



BASEBALL MANITOBA COVID-19 RETURN TO PLAY

CHECKLIST: INDOOR TRAINING

This checklist has been created to help you stay within the guidelines of Baseball Manitoba's Return to Play for indoor training in 2020/2021.

WHAT YOU **NEED** TO DO:

- Follow all directions from Manitoba Health's Restoring Safe Services Plan, regarding sport activities: www.gov.mb.ca/covid19/restoring/sports-guidelines.html
- Understand and follow Baseball Manitoba's Return to Play guidelines and information: www.baseballmanitoba.ca/administration/registration/return-play
- Follow all directions from the Facility in which the events take place. Adhere to signs and floor markings. Separate entrances and exits must be used, when possible.
- Complete the COVID-19 on-line screening tool, provided by Manitoba Health, the Facility and/or the program provider, before entering the facility for each visit.
- Attendees names and contact information must be tracked, and the record must be kept for at least 21 days.
- Physical distance (6 feet or 2 meters) always, except when engaged in physical activity.
- Always wear a mask, except when engaged in physical activity.
- Hand Sanitizer or handwashing stations must be available.
- Depending on the facility, spectators may not be allowed.
- Ride sharing is discouraged. In cases where ride sharing is needed, all riders should wear a mask.
- Arrive no more than 15 minutes before your session and be dressed, ready for activity.
- Stagger start times and stations switches, to limit the congregation of people in small areas.

Thank you for your dedication and cooperation.
Have a great off-season of training!