

timbits®

SOFTBALL



Modified Program

Physical Distancing Activities

The items listed in this document are suggestions of recommended safeguards for restarting Softball activity in Canada. Provincial/Territorial (P/T) Associations, Leagues, Tournament Hosts, Staff, Players, Coaches, Parents and Spectators should continue to follow Federal, Provincial/Territorial and Local Governmental guidelines. Feel free to make your guidelines more stringent if you deem necessary.

Remember that information and recommendations during the pandemic are very fluid and are subject to change.

CHILDREN OFTEN FORGET ABOUT PHYSICAL DISTANCING, EVEN WITH REGULAR REMINDERS!

PRE-SESSION

- It is recommended players, parents and coaches are aware of safety protocols prior to arriving (via email if possible)
- It is recommended that signage is well displayed in the entry area regarding the spreading of the virus, proper hygiene, information on physical distancing and what to do if you have any symptoms
- Facilities should develop protocol on entry into a ballpark for the teams
- Encourage the wearing of a mask
- It is recommended to take everyone's temperature upon entering the facility if possible
- Standard screening questions on each person's health should be asked:
 - o Have you travelled out of country in the last 14 days?
 - o Do you have any symptoms – cough, shortness of breath, or fever?
 - o Have you been diagnosed with or waiting on test results of Covid-19?
- If a person answers yes to any of these questions, they must be denied entry to the facility
- If a person is denied entry because of pre-screening, a procedure should be in place to encourage that person to visit a medical facility or hospital immediately and ensure that persons contact information is maintained
- Do not share equipment. Participants should be expected to bring all their own equipment and should be notified prior to each session what is required. Or modify activities to ensure participants can use what they have
- Anywhere it says "partner" it is assumed that "partner" is the family member who is accompanying the child
- Be aware that family members may not know how to play with or instruct their child. It is important that instructors also give cues to family members



PARTICIPANT CONSIDERATIONS

- All participants **MUST** be accompanied by a single adult partner from their family
- Direct spectators to a viewing area away from players – possibly the outfield and request that they maintain physical distancing
- Hands must be washed and/or sanitized before entering the playing surface
- No physical contact with any participants other than their family partner
- When participants arrive at the location, they go directly to a spot indicated by the organizer in the playing area adhering to 2 meter distancing
- Participants and families are asked not to congregate in the parking lots prior to or after the session
- Players are encouraged to wash their equipment and shower once they get home

PLAYING AREA RECOMMENDATIONS

- Playing area should be equipped with access to hand washing and/or hand sanitizer units
- No use of dugouts/benches to maintain physical distancing and all belongings stay outside the fenced area
- Ensure the playing area is properly laid out for the session prior to participants arrival. It would be helpful to have a visual indicator (pylon, etc) to show participants where to go
- Playing area may need to be equipped with speakers and a microphone for better communication. It would also be helpful to have a raised platform for instructors to be seen
- A sanitation station at the field for cleaning supplied equipment after each group
- Provide a closed garbage can (with lid) at the bench area to allow for disposing of tissues, sanitizing wipes and other refuse
- All players, coaches and family members should have their own water bottles/sports drink. No community water jugs or shared plastic/paper cups
- Sunflower seeds, gum, candy etc. or spitting of any kind should not be permitted
- Have a first aid kit with a supply of materials including masks and gloves to address any medical concerns or injuries. Programs should have a designated medical person to attend to injuries or issues



PROGRAM CONSIDERATIONS

- It is not recommended to have scrimmaging, group games, modified play, etc. until U10, and at that point Softball Canada's Return to Play Guidelines should be followed and any additional recommendations made by the P/T Association or Local Association
- Timbits Softball program instructors should direct and make any corrections following the physical distance guidelines of 2 metres
- If equipment borrowing is needed (ex. participants not having a ball of their own) all items must be properly sanitized between uses. It is strongly recommended that activities be modified to use what players have available to them

OTHER SUGGESTED MODIFICATIONS

- Length of session may be reduced
- Smaller groups per session to follow the "gathering guidelines" as laid out by local public health officials
- No high fives, physical contact or sharing of equipment
- More time allotted between group sessions to allow for equipment to be sanitized
- No use of bench area and all belongings stay outside the fenced area
- Masks can be worn by all participants, partners, and instructors
- Snacks should not be shared



ACTIVITIES

The following list of activities can be modified to incorporate *Physical Distancing*. Many are dependent on the equipment available. Some activities will not be feasible as not all participants will have access to necessary equipment. Modify as needed. Family partners play a vital role as they will act as a partner for each drill for each skill and aid in instruction and corrections of skill mechanics.

All activity descriptions can be found in the Timbits Softball manuals which can be obtained from the P/T Softball Association.

U6

WARM UP

- Simon Says
- Follow the Leader
- Laughs & Bridges
- Reaction Sprint
- Partner Shuttle
- Trick Catch
- Frogs & Piggies
- Catch This
- Up and at Em
- What Time is it Mr. Wolf

MAIN ACTIVITIES

- Diamond Orientation
- Over the Rainbow
- Champ
- Partner Throws
- Smash
- Reach the Coach
- Big Foot
- Hoop Darts
- Fielding Mechanics
- Circus
- Catch It
- Circle Toss
- Spell Your Name
- Space Shuttle
- Goal Ball
- Sky Ball
- Bulls Eye
- Hitting Stations



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U8

Use any activities listed in U6.

WARM UP

- Grab the Bacon

MAIN ACTIVITIES

- Hitting Stations
- Sliding mechanics
- Knee Claps
- Whip It
- Lead Me
- Groundball
- Beanbag to Ball Arm Circles



U10

Use any activities listed in U6 & U8.

Children at this age may be able to incorporate more of Softball Canada's Return to Play Guidelines for modified game situations. Parents should be made aware before hand if this is going to happen and have the choice to include their child or not as there are added guidelines that should be followed for game play. Check with your P/T association for details on these guidelines.

MAIN ACTIVITIES

- Batters Bonanza
- Target Pitching
- Queen/King

OTHER

- Sack Races
- Water balloon toss

**THANK YOU TO ALL ESSENTIAL AND FRONT-LINE
WORKERS.
STAY SAFE AND HAVE FUN!**

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