



# **BASEBALL MANITOBA COVID-19 2021 RETURN TO PLAY DOCUMENT**

## **VERSION 2**

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# **PURPOSE AND MANDATE**

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The purpose of this document is to describe the Return to Play guidelines for the sport of baseball in the province of Manitoba. These guidelines will be provided to all organized baseball associations through membership at Baseball Manitoba and have been prepared through a comprehensive review of the 2020 Season and a collaboration of community volunteers and staff and further reviewed and will be ratified by Baseball Manitoba's Management Committee and its member organizations on March 14, 2021.

These Return to Play guidelines are required to be in place and executed in full to start up any organized baseball activities by order of The Province of Manitoba and must be followed as outlined. Noncompliance can lead to removal of facility access through the municipality in which you offer baseball programming, by law fines or even provincial health officer order to cease activity.

This work came from Baseball Manitoba, in collaboration with other Provincial Sport Governing Bodies. Finally, multiple personnel from baseball associations across the Province were included in the process to prepare guidelines that could be submitted for approval that would allow our athletes and clubs to resume baseball in some form.

Required content included safety and personal hygiene measures to be incorporated for all participants during the COVID 19 pandemic, possible adaptations to standard practices to allow for the restrictions in place at any time through an Order of the Provincial Health Officer and general guidelines that may not necessarily fall under any of the above categories.

***This document was created in collaboration with local baseball associations and in conjunction with Sport Manitoba, the Province of Manitoba's Restoring Safe Services Plan and current Public Health Orders. As our Province adapts and adjusts to Restore Safe Services, so shall baseball.***

## **DISCLAIMER:**

The information contained in this document is not intended as a substitute for professional medical prognosis, recommendations, or treatment. Baseball Manitoba makes no representation and assumes no responsibility regarding the information concerning COVID - 19 due to the constant updates, and any information on COVID - 19 should be obtained from the Provincial Health Authority.

## **BASEBALL MANITOBA'S 2021 RETURN TO PLAY PHASES:**

1. Manitoba Public Health Orders to allow 1 on 1 indoor training and all outdoor activities to resume under Sport Return to Play Plans.

**February 12, 2021**

2. Manitoba Public Health Orders to allow indoor training at 25 Percent Capacity under Sport Return to Play Plans.

**March 5, 2021**

3. Collaborate with other Provincial Sport Organizations and Local Baseball Associations to build Return to Play document and verify compliance capabilities.

**Feb 12 - March 14**

4. Foundational Plan development around safety, personal hygiene and guidelines for training sessions and competitions.

**March 14 - March 19**

5. Phase 1: Return to Train Guidelines for 7U and 9U baseball sessions and 11U and above tryouts and training sessions, including clinics and camps for players, coaches, and umpires.

**March 19, 2021**

6. Phase 2: Return to Play Guidelines (all age groups)

**May 8, 2021**

## HOW BASEBALL'S PHASES MAY INTERACT WITH MANITOBA HEALTH COLORED PHASES:

<b>MB Health Phases</b>	<b>Red (no activity)</b>	<b>Red (with exemptions)</b>	<b>Orange</b>	<b>Yellow</b>	<b>Green</b>
<b>Baseball Phase</b>	At home training only	Phase 1 – with limitations	Phase 2 – within regions	Phase 2 – within Province	No Return to Play Document applied
<b>Restrictions</b>	-Physical Distance -No non-essential travel -No public gatherings allowed	-Same as 'Red', plus -Limited public gatherings (10 - 25)	-Physical Distance Limited travel (within region) -Limited public gatherings (25-50)	Limited public gatherings Indoor – 50 Outdoor 100	None (new normal)
<b>Enhanced Protocols</b>	Increased hand hygiene	-Same as 'Red' -Symptom Screening -Cleaning protocols	-Same as 'Red' -Symptom Screening -Cleaning protocols	-Same as 'Red' -Symptom Screening -Cleaning protocols	-Increased hand hygiene -Cleaning protocols
<b>Facility</b>	Outdoor or within home only	-Outdoor safest -Indoor slow opening -Masks required indoors -Change rooms closed	-Outdoor safest -Indoor slow opening -Masks required -Change rooms closed	-Maintain Physical Distance while not on the field of play -Masks required when not engaged in Physical Activity	-Increased Facility Cleaning Protocols -No masks
<b>Participants</b>	-Individual Activities only -Facilities closed	-Small groups indoors (10 or less) -Arrive ready for activity	-Small groups (25 percent capacity)	Groups sizes increase to 50 percent capacity	-Large groups allowed -No masks
<b>Activity (baseball)</b>	-Virtual Activities safest -Low risk/lone outdoor activity -No coach contact	-Modified training activities and drills -Sport Science activity	Same as 'Red with exemptions'	-Limit contact during training and sport activities	-No restrictions

<b>MB Health Phases</b>	<b>Red (no activity)</b>	<b>Red (with exemptions)</b>	<b>Orange</b>	<b>Yellow</b>	<b>Green</b>
<b>Baseball Phase</b>	At home training only	Phase 1 – with limitations	Phase 2 – within regions	Phase 2 – within Province	No Return to Play Document applied
<b>Competition</b>	-Cannot occur	-Team play or modified games allowed -Intra-squad games allowed	-Competition allowed with clubs/regions	-Inter-regional Competition allowed -Physical distance on benches -PSO sanctioned events (tournaments) allowed	-Large scale events may return -No restrictions
<b>Equipment</b>	-N/A -self use only	-No shared equipment	-Minimal shared equipment, must be disinfected between users	-Enhanced equipment cleaning	-Shared equipment allowed
<b>Travel</b>	None	None	Limited to within region	Limited to within Province	-unlimited

# PHASE I – RETURN TO TRAIN

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## PERSONAL HEALTH AND HYGIENE

- Anyone displaying ANY illness symptoms WILL NOT be allowed to participate.
- Anyone who has been in contact with anyone who is sick or not feeling well may not participate.
- Indoor training must be conducted at 25 percent facility capacity, or in compliance with public health orders.
- Outdoor training must be conducted in groups of 50 or less participants, to a maximum of 50 percent of the facility capacity, or in compliance with current Health Orders. This includes players, coaches and Health and Safety Coordinators. **(Amended April 28, 2021)**
- Only one parent or caregiver for each minor participating in a sporting activity at an outdoor sporting facility may watch the sporting activity and all spectators must maintain a separation of at least two metres from each other. **(Amended April 28, 2021)**
- Sessions must be planned and implemented using proper Physical Distancing (6 feet), except for brief exchanges.
- Players and Coaches must disinfect equipment before and after each training session.
- Coaches must wear a mask when not engaged in physical activity and cannot properly Physical Distance (2m).
- Players must wear a mask indoors.
- Players are encouraged to wear a mask outdoors when not engaged in physical activity or cannot properly Physical Distance (2m).
- No using saliva to moisten hands or fingers.
- No sharing of water bottles or food of any kind.
- No spitting.
- No chewing gum or sunflower seeds.
- Sharing of all equipment is discouraged, if sharing must occur, items must be sanitized between users.
- Ride Sharing to be discouraged whenever possible.
- All First Aid protocols and safeguards followed or put in place for any required treatment, Physical distancing, and personal safety for responders.
- All uniforms or clothing to be washed after each event.
- All participants to shower at first opportunity after each event.
- No sharing of personal items like sunglasses, phones, wallets, etc.

## COACH'S CONSIDERATIONS

- Assign a parent representative to be the Health and Safety Coordinator for each session and the entire season. Responsibilities include, but are not limited to:
  - Ensuring all people are Physical Distancing.
  - Discourage equipment sharing and ensure that if any equipment is shared that it is sanitized between users.
  - Ensure baseballs and bases are disinfected after each session.
  - Ensure players disinfect hands between each drill, or when they have used saliva to moisten their hands or fingers.
  - Ensure all participants are recorded, tracked and records are kept for a minimum of 21 days.
- Ensure all participants have signed (online) Baseball Manitoba's 2021 waiver to play baseball in 2021.
- No team huddles before, during or after the session, unless executed with Physical distancing.
- All drills to be created and implemented ensuring Physical distancing requirements are met.
- Only 1 team to practice at a time, no joint practices. Rally Cap (7U) and Grand Slam (9U) may have 2 or 3 teams permitted.
- Physical distancing must be practiced in the dugouts, bullpens, and other waiting areas.
- Wear a mask.
- Any person who is medically unable to wear a mask is not required to wear a mask during baseball activities.



**BEST PRACTICES FOR RETURN TO TRAIN (COVID-19)**  
**PRESENTED BY:**  
**BASEBALL MANITOBA**

**BASEBALL ASSOCIATIONS IN MANITOBA ARE PREPARED TO MEET CURRENT PUBLIC HEALTH REGULATIONS THROUGH THE FOLLOWING RECOMMENDED BEST PRACTICES AS OUTLINED BELOW. ADDITIONAL ACTIONS WILL BE ADDRESSED AS MANDATED.**

**THIS APPLIES TO TRYOUTS, CAMPS, AND PRACTICES FOR 11U AND ABOVE, AS WELL AS 9U AND 7U SESSIONS.**

REFERENCE NO.	DEPARTMENT	PROCEDURE
BP-001	Ballpark	Place appropriate signage outside the dugouts and ballpark entries briefly outlining the physical distancing guidelines in place.
BP-002	Ballpark	Place signage at the ballpark entrance and dugouts encouraging good handwashing and respiratory hygiene.
BP-003	Ballpark	Increase the frequency of cleaning, sanitation and disinfecting of all common areas, especially high traffic areas such as benches, gates, tables and more. Create a log sheet for cleaning frequency tracking, where appropriate.
BP-004	Ballpark	If more than one staff working on maintenance, then one person to be assigned to a workstation or piece of machinery. At the end of the shift the workstation to be cleaned prior to the next shift, the work area to also be cleaned throughout the day but also prior to another staff person using that equipment.
BP-005	Ballpark	The <b>Health and Safety Coordinator</b> or designate <b>must record and track all participants and keep those records for a minimum of 21 days</b> , remind each person of the physical distancing requirement plus not to touch anything on the field besides their own belongings, excluding the ball and the bases. Players and Coaches are not permitted to shake hands or high five. People caught disobeying any safety protocols will be requested to leave the facility immediately.
BP-006	Ballpark	If a ballpark has an announcement system, then they should use this to recite the participants rules of physical distancing at the beginning and middle of each event and more if necessary.
BP-007	Ballpark	Each participant must <b>self-screen for flu-like symptoms</b> and be asked if they have returned from travel outside of Western Canada or lives with someone who has been outside of Western Canada, and if so, they must follow Manitoba Health recommendations regarding travel.
BP-008	Ballpark	Make wash stations or hand sanitizer stations available in common areas, if applicable.

BP-009	Ballpark	Signage posted in English may also be posted in other languages if useful for the local clientele. Signage will include proper hand and respiratory hygiene as well as Physical distancing expectations.
BO-001	Baseball Operations	Participants without a pre-scheduled session are not permitted, they must arrange a reservation prior to arriving at the field.
BO-002	Baseball Operations	Request participants to arrive only 15 minutes ahead of their session to ensure a limited number of people are waiting and discourage loitering.
BO-003	Baseball Operations	Do not permit people to loiter in the parking lot either before or after the training session.
BO-004	Baseball Operations	Spectators must, always, keep Physical Distancing in place. This may mean spacing along fence lines, watching from vehicles, or not attending the training session.
BO-005	Baseball Operations	Baseball Parks are to limit the number of people at each field at one time by either increasing session intervals and/or blocking off additional timeslots.
BO-006	Baseball Operations	Multiple sessions may take place in the same day, so long as there is sufficient time between sessions to allow for sanitizing and one group to exit the facility before another group enters.
BO-007	Baseball Operations	If a ballpark employs maintenance personnel, then this person will be tasked with ensuring everyone is adhering to the Manitoba Health Restrictions and anyone failing to comply will be asked to leave the property immediately.
BO-008	Baseball Operations	Bases and baseballs are to be disinfected after each session.
BO-009	Baseball Operations	Encourage participants avoid contact whenever possible.
BO-010	Baseball Operations	The sharing of baseball equipment (bats, helmets, gloves, catcher's gear, etc.) is discouraged. If sharing must occur, the item(s) must be sanitized between users.
BO-011	Baseball Operations	Persons cleaning any equipment must use gloves and wash their hands upon completion.
BO-012	Baseball Operations	Remove or disconnect water fountains, taps or coolers; offer bottled water only.
BO-013	Baseball Operations	Remove infield rakes.
BO-014	Baseball Operations	Tape 6 feet markings on benches and bleachers to assist with physical distancing requirements. Reserve areas outside the dugouts for players and coaches to be – away from spectators.
BO-015	Baseball Operations	Facilities are encouraged to remove trash cans and ask participants and spectators to take their own garbage home.

BO-016	Baseball Operations	Maximum of 2 individuals in batting cages at one time (Physical distancing being acknowledged) and spectators must maintain physical distance (6ft).
BO-017	Baseball Operations	Provide dedicated waiting areas for next teams to approach playing field, if applicable.
PE-001	Participants Expectations	Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges.
PE-002	Participants Expectations	Offensive players never touch the baseball.
PE-003	Participants Expectations	Do not shake hands or high five to celebrate, a tip of the cap will do.
PE-004	Participants Expectations	Do not loiter in the parking lot before or after your session.

# PHASE 2 – RETURN TO PLAY

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## PERSONAL HEALTH AND HYGIENE

- Anyone displaying ANY illness symptoms WILL NOT be allowed to participate.
- Anyone who has been in contact with anyone who is sick or not feeling well may not participate.
- Competitions must be conducted in groups of 100 or less, 50 percent of the facility maximum capacity, or in compliance with current public health orders.
- Competitions must be planned and implemented using proper Physical Distancing (6 feet), except for brief exchanges.
- Umpires, Players and Coaches must disinfect equipment before and after each competition.
- Coaches must wear a mask.
- Players must wear a mask, when not engaged in physical activity.
- No using saliva to moisten hands or fingers.
- No sharing of water bottles or food of any kind.
- No spitting.
- No chewing gum or sunflower seeds.
- Sharing of all equipment is discouraged, if sharing must occur, items must be sanitized between users.
- Ride Sharing to be discouraged whenever possible.
- All First Aid policies require reviewing and safeguards put in place for any required treatment including provision of PPE, Physical distancing, and personal safety for responders.
- All uniforms or clothing to be washed after each event.
- All participants to shower at first opportunity after each event.
- No sharing of personal items like sunglasses, phones, wallets, etc.

## COACH'S CONSIDERATIONS

- Assign a parent representative to be the Health and Safety Coordinator for each session and the entire season. Responsibilities include, but are not limited to:
  - o Ensure all people are Physical Distancing.
  - o Discourage equipment sharing and ensure that if any equipment is shared that it is sanitized between users.
  - o Ensure baseballs and bases are disinfected after each session.
  - o Ensure players disinfect hands between each half inning, or when they have used saliva to moisten their hands or fingers.
- Ensure all participants have signed (online) Baseball Manitoba's 2021 waiver to play baseball in 2021.
- No team huddles before, during or after the competition, unless executed with physical distancing.
- All drills to be created and implemented ensuring Physical distancing requirements are met.
- Physical distancing must be practiced in the dugouts, bullpens, and other waiting areas.
- Organized Competition is permitted as of May 8, 2021.
- Wear a mask.

## UMPIRE'S CONSIDERATIONS

- Bring your own gloves, water and hand sanitizer.
- Limit the handling of baseballs and line up cards.
- Ensure proper Physical distancing (6ft) is followed, except brief exchanges.
- The home plate umpire may call the game from the usual position (immediately behind the catcher) or 6 feet behind the catcher, or from behind the mound.
- Ensure all game balls were sanitized prior to the start of each competition.
- Wear a mask.

**BEST PRACTICES FOR RETURN TO PLAY (COVID-19)**

**PRESENTED BY:  
BASEBALL MANITOBA**

**BASEBALL ASSOCIATIONS IN MANITOBA ARE PREPARED TO MEET CURRENT PUBLIC HEALTH REGULATIONS THROUGH THE FOLLOWING RECOMMENDED BEST PRACTICES AS OUTLINED BELOW. ADDITIONAL ACTIONS WILL BE ADDRESSED AS MANDATED.**

**THIS APPLIES TO ALL ORGANIZED BASEBALL COMPETITIONS IJU AND ABOVE.**

REFERENCE NO.	DEPARTMENT	PROCEDURE
BP-001	Ballpark	Place appropriate signage outside the dugouts and ballpark entries briefly outlining the physical distancing guidelines in place.
BP-002	Ballpark	Place signage at the ballpark entrance and dugouts encouraging good handwashing or sanitizing and respiratory hygiene.
BP-003	Ballpark	Increase the frequency of cleaning, sanitation and disinfecting of all common areas, especially high traffic areas such as benches, gates, tables and more. Create a log sheet for cleaning frequency tracking, where appropriate.
BP-004	Ballpark	If more than one staff working on maintenance, then one person to be assigned to a workstation or piece of machinery. At the end of the shift the workstation to be cleaned prior to the next shift, the work area to also be cleaned throughout the day but also prior to another staff person using that equipment.
BP-005	Ballpark	The <b>Health and Safety Coordinator</b> must remind each person of the physical distancing requirement plus not to touch anything on the field besides their own belongings, excluding the ball and the bases. Players and Coaches are not permitted to shake hands or high five. People caught disobeying any safety protocols will be requested to leave the facility immediately.
BP-006	Ballpark	If a ballpark has an announcement system, then they should use this to recite the participants rules of physical distancing at the beginning and middle of each game and more if necessary.
BP-007	Ballpark	Each participant must <b>self screen for flu-like symptoms</b> and be asked if they have returned from travel outside of Western Canada or lives with someone who has been outside of Western Canada, and if so, they must follow Manitoba Health recommendations regarding travel.
BP-008	Ballpark	Make wash stations or hand sanitizer stations available in common areas.



BP-009	Ballpark	Signage posted in English may also be posted in other languages if useful for the local members.
BO-001	Baseball Operations	Participants without a pre-scheduled competition are not permitted, they must arrange a reservation prior to arriving at the field.
BO-002	Baseball Operations	Request participants to arrive only 45 minutes ahead of their competition to ensure a limited number of people are waiting and discourage loitering.
BO-003	Baseball Operations	Do not permit people to loiter in the parking lot either before or after competitions.
BO-004	Baseball Operations	Spectators must, always, keep Physical Distancing in place. This may mean spacing along fence lines, watching from vehicles, or not attending the training session.
BO-005	Baseball Operations	Baseball Parks are to limit the number of people at each field at one time by either increasing session intervals and/or blocking off additional timeslots.
BO-006	Baseball Operations	Multiple sessions, including Double Headers, may take place in the same day, so long as there is sufficient time between competitions to allow for sanitizing and one group to exit the facility before another group enters.
BO-007	Baseball Operations	If a ballpark employs maintenance personnel, then this person will be tasked with ensuring everyone is adhering to the rules of the park and anyone failing to comply will be asked to leave the property immediately.
BO-008	Baseball Operations	Baseballs and bases must be cleaned and disinfected after each competition.
BO-009	Baseball Operations	Encourage participants avoid contact whenever possible.
BO-010	Baseball Operations	The sharing of baseball equipment (bats, helmets, gloves, catcher's gear, etc.) is discouraged. If sharing must occur, the item(s) must be sanitized between users.
BO-011	Baseball Operations	Persons cleaning any equipment must use gloves and wash their hands upon completion.
BO-012	Baseball Operations	Remove or disconnect water fountains, taps or coolers; offer bottled water only.
BO-013	Baseball Operations	Remove infield rakes.
BO-014	Baseball Operations	Tape 6 feet markings on benches and bleachers to assist with physical distancing requirements. Reserve areas outside the dugouts for other players and coaches to be – away from spectators.

BO-015	Baseball Operations	Facilities are encouraged to remove trash cans and ask participants and spectators to take their own garbage home.
BO-016	Baseball Operations	Maximum of 2 individuals in batting cages at one time (Physical distancing being acknowledged) and spectators must maintain physical distance (6ft).
BO-017	Baseball Operations	Provide dedicated waiting areas for next teams to approach playing field.
PE-001	Participants Expectations	Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges.
PE-002	Participants Expectations	Offensive team never touches the baseball.
PE-003	Participants Expectations	Do not shake hands or high five to celebrate, a tip of the cap will do.
PE-004	Participants Expectations	Do not loiter in the parking lot before or after your competition.
CS-001	Competition Safety	Educate coaches and umpires to recognize the symptoms of COVID-19 in each other and players.
CS-002	Competition Safety	Establish a communication plan to keep coaches and umpires informed and updated on issues affecting baseball.
CS-003	Competition Safety	Inform coaches and umpires to tell local associations when they have been exposed to any highly communicable illness, and then direct them to the local health agency for appropriate testing.
CS-004	Competition Safety	Train or give resources to coaches and umpires on proper hand washing and sneezing/coughing practices and have them sign off on the training document for assurance they understand the importance of implementing these practices.
CS-005	Competition Safety	Conduct meetings by phone or online wherever possible. For in-person meetings, ensure safe Physical distancing (6+ feet) between attendees.
CS-006	Competition Safety	Coaches and Umpires to be informed to stay 6 feet apart from all people.
CS-007	Competition Safety	Participants may not have visitors while on the baseball field.
CS-008	Competition Safety	Ensure appropriate signage is present throughout the facility.
CS-009	Competition Safety	Provide necessary sanitation supplies.
CS-010	Competition Safety	Ensure hand washing or sanitizing stations are available, and signage is present at all wash stations.
CS-011	Competition Safety	Umpires will not be handling baseballs, except in situations where an umpire must inspect a ball to ensure it is acceptable for play. Only the defensive team may touch baseballs. Therefore, each



		team must bring their own game balls to every competition and have the pitcher or catcher carry out the game ball for each inning. Or, associations may organize for home teams to supply the balls and give new baseballs to the visiting team before the start. The defensive team is also in charge of collecting passed balls and foul balls and must put balls back in play from the dugout. Home teams may designate one spectator, who is healthy and will sanitize their hands before and after touching the ball, to collect foul balls, if they wish.
MC-001	Maintenance Crews	Minimize the number of maintenance personnel working on the field at one time. Consider splitting the crew into two teams that do not work at the same time.
MC-002	Maintenance Crews	Always maintain physical distancing guidelines.
MC-003	Maintenance Crews	Assign staff equipment to avoid sharing between employees.
MC-004	Maintenance Crews	Stagger work hours and break hours and limit access to lunchrooms or workstations.
MC-005	Maintenance Crews	Place hand sanitizer throughout maintenance area and access to hand washing stations.
MC-006	Maintenance Crews	Regularly sanitize common area surfaces (gates, counters, etc.).
MC-007	Maintenance Crews	If equipment (including mowers) must be shared, they must be sanitized before being used by another employee.
MC-008	Maintenance Crews	Practice handwashing or sanitizing and standard hygiene practices.
TM-009	Maintenance Crews	No visitors to the facilities.