



NEW WESTMINSTER BASEBALL ASSOCIATION – RETURN TO PLAY GUIDELINES

SAFE OPERATING PLAN (COVID-19)

The following safe operating plan was developed using Return to Play recommendations from ViaSport, Baseball BC, WorkSafe BC and the BCRPA guidelines. It is intended to allow New Westminister Baseball Association (NWBA) players, coaches and volunteers to safely return to play on the City of New Westminister baseball fields that NWBA utilizes while keeping options open for any changes by the local/provincial health authorities (PHO).

WorkSafeBC: [Sports and recreation: Protocols for returning to operation](#)

ViaSport: [Return to Sport](#)

BaseballBC: [Return To Play](#)

BCRPA: [COVIDGuideline](#)

FACILITY ACCESS & USE

NWBA will host activities at outdoor venues only. NWBA will prioritize the use of our three enclosed fields (JMF, MP1, QPS) to control access and ensure that aspects of our safety plan are adhered to such as: screening, attendance, sanitizing etc. The on-field activities in Phase 2 and hopefully games in Phase 3 must follow the appropriate guidelines for social distancing plus personal and environmental hygiene as laid out by Baseball BC and our PHO.

1) Restricted Access

NWBA will limit access to areas that are essential for baseball use to participants, coaches, safety personnel, and facility staff only

- a) equipment storage areas will be restricted to coaches or personnel only.
- b) dugouts will not be used by players in Phase 2.
- c) bleachers will be marked off only for use by participants, areas on bleachers will be designated 2 metres apart.
- d) no concession will be operated.
- e) no spitting, chewing gum, sunflower seeds or any food will be allowed on the baseball field.
- f) parents and spectators will be limited and situated in areas of the park that allow for social distancing of at least 2 metres (6 feet apart) and will follow Provincial Phase regulations and will not exceed the 50 person group limit (ie. along the outfield fence at JMF or MP1, spaced out in stands at QP Stadium).

2) Risk Management

- a) NWBA will educate all volunteers/players/coaches (members) about risks involved with participation through email and signage at all facilities.
- b) Each participant will be required to read and sign a COVID-19 waiver releasing NWBA and the City of New Westminster specific to COVID-19 related illness. This document is to be signed by a legal parent or guardian prior to commencing any activity.
- c) Each member will be required to pre-register in order to attend an event, no drop-ins will be allowed.

3) Arrivals and Departures

- a) scheduled times for activity will be staggered to account for screening & attendance before each activity and cleaning protocols after events.
- b) participants will be provided with a time to arrive, they should not arrive sooner than 10 minutes before their scheduled activity.
- c) participants must immediately leave the park upon completion of their scheduled activity.
- d) entry and exit locations to the park/field will be marked with arrows and/or signs.
- e) participants will be directed to stay home if showing any symptoms related to COVID-19 or answering 'yes' to any of the screening questions.
- f) players/participants MUST hand wash/sanitize before entering, during and upon exiting the field; sanitizing stations will be provided at the entrance to each field location.

4) Cleaning

- a) high touch surfaces will be cleaned regularly by NWBA members/volunteers wearing appropriate personal protective equipment.
- b) sanitizing stations will also be located at locations inside the field for players/coaches/volunteers.

ACTIVITY OPERATIONS

1) Teams/Coaches

- a) each team will be given a list of 'Return to Play' expectations to follow
- b) each team will be required to appoint a Safety Volunteer or group of Safety Volunteers to share duties
- c) the Safety Volunteer will keep a log of all attendees at each event, this log will include a safety questionnaire
- d) Coaches are to come prepared with their own practice plans which allow for social distancing and will be responsible for enforcing this plan for participants

- during activities. If a Coach needs shared equipment, it is agreed that the equipment will be sanitized each time it is used before and after
- e) NWBA will assign one Coach or Individual to be responsible for setup and take down of equipment to reduce the number of contact points
 - f) each coach will have access to hand sanitizer and sanitary wipes
 - g) masks and gloves will be available for coaches/volunteers
 - h) team sizes are 6 to 15 players depending on the Division, 2 coaches maximum, 1 parent per player will be allowed to participate in each event
 - i) T-Ball division will have required parent/guardian participation with their own child to help prevent contact and better follow protocol

2) Participants

- a) zero tolerance policy for "playing when sick." All participants are directed not to participate if they are showing any symptoms of illness including: not feeling well or are displaying symptoms of COVID-19; someone in their household has COVID-19 or is showing symptoms of COVID-19; they have travelled outside Canada within the last 14 days or someone in their household has travelled outside of Canada within the last 14 days
- b) all participants will be required to have a legal guardian read, accept and sign a COVID-19 waiver. This waiver acknowledges they have read the guidelines and understand the risk before participating
- c) NWBA will implement enhanced hygiene protocols: frequent and proper handwashing, avoid touching eyes, nose and mouth, cough into your sleeve

3) Use of Equipment

- a) shared equipment will be limited to field/diamond equipment, baseballs
- b) in developmental activities baseballs will be sanitized and allowed to dry in between use & switched out often, in the event that games are permitted in Phase 3 balls will be switched out at the end of every 1/2 inning and the balls will be sanitized by the coaches with sanitizer and air dried, any ball that goes out of play will be returned to the coach for sanitizing and a new ball put into the game
- c) each player is responsible to have their own equipment and will store it in its own physical distance space away from others
- d) if a player does not have a bat, one will be loaned to the player for the summer season, or any team bats will be sanitized in between users
- e) catchers gear use will be limited; when possible it will be used by 1 player per event or season and sanitized when each event concludes, but in the case when more than 1 player/event is required to use the same equipment it will be thoroughly sanitized in between uses and allowed to dry
- f) each player will have their own water bottle and keep it in their own bag at all times
- g) all field equipment used as part of an event will be sanitized after each event

PROGRAMMING

1) Activity Type

- a) NWBA will focus on skill development. Our activity will include practices and clinics which allow individuals to physically distance from one another.
- b) activities scheduled will allow for participants to maintain physical distancing including 2 metres apart from one another, no contact activities and no touching (handshaking, high fives or hugging etc.)
- c) equipment is strongly encouraged to not be shared. If it is to be shared, it will be sanitized between usage
- d) NWBA will focus on in house activity until it is safe to do so with clearance from the Provincial Health Officer, Provincial Government, Baseball BC and Local Public Health Officer
- e) each team is responsible for ONLY their own equipment and will not be shared with other teams
- f) maximum attendance including players/coaches/spectators at each location(diamond) will be under 50

EMERGENCY RESPONSES

1) First Aid

- a) each team/coach will have a first aid kit on hand at all times
- b) first aid kits will be upgraded to include PPE equipment; masks, gloves, and a mask for injured participant

2) Outbreak Plan

- a) NWBA will assign roles and responsibilities of members and volunteers if a case or outbreak is reported
- b) If there is a suspected case or outbreak, NWBA will immediately report and discuss the suspected outbreak with the Medical Health Officer at our local health authority;
- c) If NWBA staff or a participant reports they are suspected or confirmed to have COVID-19, enhanced cleaning measures will be undertaken immediately
 - player/spectator attendance is available if a confirmed case of COVID was to be identified as we follow a strict schedule
 - operations would cease IMMEDIATELY in that case and the local health authorities and members would be notified of potential to exposure
 - the Outbreak Plan and the Illness Policy would be initiated
- d) infected individuals will be asked to self isolate, monitor their symptoms daily, report respiratory illness and not return to any activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite



INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

WARNING! By signing this document, you will assume certain risks and responsibilities. Please read carefully.

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in the sport of baseball and the orientation, instruction, activities, programs, and services (collectively the "Activities") of Baseball BC and New Westminster Baseball Association (collectively the "Organization"), the undersigned, being the Participant and the Participant's Parent or Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document:

Description of Risk

2. The Parties understand and acknowledge that:

a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;

b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;

c) The Organization has a difficult task to ensure safety and it is not infallible, The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and

d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

3. The Participant is participating voluntarily in the Activities. in consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

a) Contracting COVID-19 or any other contagious disease;

b) Executing strenuous and demanding physical techniques;

- c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- i) Privacy breaches, hacking, technology malfunction or damage;
- j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- k) Physical contact with other participants, spectators, equipment, and hazards;
- l) Not wearing appropriate safety or protective equipment, such as a helmet;
- m) Failure to act safely or within the Participant's ability or within designated areas;
- n) Grass, turf, and other surfaces including bacterial infections and rashes;
- o) Collisions with fences, poles, stands, and baseball equipment,
- p) Negligence of other persons, including other spectators, participants, or employees;
- q) Weather conditions; and
- r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

We have read and agree to be bound by paragraphs 1 to 3

Terms

4. in consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
- b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
- c) To comply with the rules and regulations for participation in the Activities;
- d) To comply with the rules of the facility or equipment;
- e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of the Organization representative immediately;
- f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
- g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;

- h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
- i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

5. in consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

We have read and agree to be bound by paragraphs 4 and 5

General

6. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of British Columbia, Canada and they further agree that the substantive law of British Columbia will apply without regard to conflict of law rules.

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives

Name of Participant (print)

Date of Birth

Name of Parent/Guardian (print)

Signature of Parent or Guardian

Date



COVID-19 SAFETY PLAN

The following are the requirements that every participant of New Westminster Baseball Association must comply with:

1. Strict compliance with all terms in the Return to Sport Guidelines.
2. Anyone displaying ANY illness symptoms MUST NOT attend.
3. Maximum of 15 athletes, 2 coaches, and 1 parent/player at an activity
4. 2m physical distance required between participants. This must include participants arriving and leaving the facility.
5. All government expectations and requirements to be met, including ViaSport Phase 2 guidelines, and Phase 3 when announced
6. All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced.
7. Attendance must be taken and kept at every event for all people in attendance including parents (drivers). These records must be kept for 30 days before being destroyed.
8. No non-essential travel
9. No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
10. All Drills to be created and implemented ensuring 2m physical distancing requirements are adhered to.
11. No dugout use permitted by players in Phase 2. Athletes must be set up outside of the dugout with 2m physical distancing requirements adhered to.
12. Baseballs will be sanitized prior to every event and every effort given to limit the number of athletes using one ball in a practice environment.
13. Any team issue bats should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared.
14. No indoor events permitted in Phase 2.
15. All field prep equipment to be disinfected and cleaned after every use.
16. Reminder to all participants daily to avoid touching of eyes, nose or mouth
17. No sharing of water bottles.
18. No sharing of food of any kind.
19. No spitting.
20. No chewing gum or sunflower seeds.
21. No sharing of any personal equipment or items.
22. Ride sharing to be discouraged whenever possible.



ILLNESS POLICY

In the below, "Team member" includes volunteers, participants, parents and spectators.

1. Inform an individual in a position of authority (i.e. coach, team manager, designated safety individual) immediately if you feel any symptoms of COVID-19 such as: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

a) Team members must review the self-assessment signage located in many areas throughout the park each visit before commencing practice or any activity to attest that they are not feeling any of the COVID-19 symptoms.

b) Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the facility.

c) If Team Members are unsure they can access the self-assessment tool <https://bc.thrive.health/COVID19/en> on NWBA's website, or through the COVID-19 BC Support App self-assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms:

a) They should remain at home and contact Health Link BC at 8-1-1.

b) If they feel sick and are showing symptoms while at the facility, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c) No Team Member may participate in any activity of any kind if they are symptomatic.

4. If a Team Member tests positive for COVID-19:

a) The Team Member will not be permitted to return to the facility or any activity until they are free of the COVID-19 virus.

b) Any Team Members who are in close contact with the infected Team member will also be removed from the facility and any activity for at least 14 days to ensure the infection does not spread further.

c) NWBA will close off, clean and disinfect the infected areas immediately and any surfaces that could have potentially been infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test:

a) As with the confirmed case, the Team Member must be removed from the facility and all activity.

b) The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C. NWBA will strictly enforce this rule.

c) Other Team Members who may have been exposed will be informed and removed from the facility and any activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

d) The facility and surrounding areas will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected touched,

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:

a) Team Members must advise their coach or designated safety individual if they reasonably believe they have been exposed to COVID-19.

b) Once the contact is confirmed, the Team Member will be removed from the facility and all activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team member will also be removed from the facility and any activity for at least 14 days.

c) The workspace activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self Isolate if:

a) Any Team member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate.

b) Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

c) Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

d) Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures, in addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.

2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implementing enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.

3. Implement your illness policy and advise individuals to:

- Self-isolate
- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine further assessment or testing for COVID-19 is needed.
 - individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - individuals can learn more about how to manage their illness here: [website link](#)

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your illness Policy and your enhanced measures.

5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with Local health authorities.

For more information on cleaning and disinfecting:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/COVID-19-health-safety-cleaning-disinfecting?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23q%3Dclean%2520disinfect%26sort%3Drelevancy%26f%3Alanguage-facet%3D%5BEnglish%5D>

Regional Health Authorities:

<https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus/restart#.XvQM85NKjUI>



PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants")

All Participants while in attendance at League activities of New Westminster Baseball Association agree to abide by the following points when entering league facilities and/or participating in league activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let a NWBA member know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by NWBA (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others. I agree to not share any equipment during practice times, unless it has been sanitized before and after use by another party.
- I agree to abide by all of NWBA's COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my NWBA membership temporarily.
- I acknowledge that there are risks associated with entering NWBA facilities and/or participating in league activities, and that the measures taken by the league and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name (printed)

Signature
(if minor, parent/guardian must sign)

Date