

# Mission Minor Baseball (1990) Association

(updated on March 25, 2021)

## Return to Play Safety Plan

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These rules are subject to change due to Provincial Health Order(s) in effect at the time of activity.



## **MMBA COVID-19 PROTOCOL**

### **CURRENT PHO STATUS – ALLOWABLE ACTIVITY**

On March 24, 2021, the Public Health Officer's Office extended the March 12, 2021 order to **no expiration date** unless amended by Dr. Bonnie Henry. This extension also applies to all sports activities in B.C.

Baseball BC requires all member organizations and their clubs to move back to Phase 2 of its Return to Play Guidelines (as of July 10, 2020). This Phase change is required by new Provincial Health Officer Orders put into effect on December 2, 2020.

Any movement between phases will be decided through collaboration with viaSport and the Provincial Health Office and announced by Baseball BC.

Baseball is currently in Phase 2 – Stage 1. Baseball programming for all athletes can continue with the following guidelines and recommendations:

- Full team training and development sessions for youth athletes under the age of 22 are permitted.
- Small group team training and development sessions for athletes 22 and older are permitted. However, the maximum group size is 10 persons.
- Participants must maintain a physical distance of **three meters** from one another. This includes during drills, activities, and team discussions and applies before, during, and after an event.
- Activities should be a low risk of transmitting the virus (e.g., individual activities, group training that maintains 3 meters physical distance.)
- Parents/Spectators are not permitted at any baseball activities (games, competitions, tournaments, training, or practices) unless the person's presence is necessary to provide care to a participant.
- Masks are **MANDATORY** in all indoor public settings – as defined by the current public order.
- Strength training and dryland training are **NOT** permitted unless there is a COVID-19 Safety Plan in place for this type of activity that is strictly followed (see Regional Health Authority for your local requirements.)
- Verbal symptom screening and attendance tracking must be performed daily.
- Modified gameplay, games, tournaments, and competitions for teams are **NOT** permitted.
- Participants are only permitted to participate in one team at any one time.
- No dugout use permitted.
- All bleachers and stands should be closed to spectators.
- Participants can only travel to their home club.
- Participants should always hand sanitize.
- No shared use of personal equipment.
- The team shared equipment should be minimal – if shared, disinfect before, during, and after.



- Indoor practices are permitted as long as the facility is operating in accordance with Provincial, Regional, and Municipal COVID-19 regulations. Anyone practicing indoors must amend their COVID-19 safety plan to detail how they will continue to abide by all other requirements in Phase 2 when practicing indoors.

And as always; MMBA will:

- Do verbal symptom screening at every session.
- Collect the first and last names and telephone numbers or email addresses of every participant who attends the activity.
- Retain the information for 30 days, in case there is a need for contact tracing on the part of the medical health officer, in which case the information must be provided to the medical health officer.
- Destroy the information after 30 days.
- Advise participants to stay home if they are sick.
- Abide by all government expectations and requirements to be met, including viaSport Phase 2 Guidelines, Baseball BC Phase 2 Guidelines, and the current PHO Orders.

This document is LIVE. MMBA continues to review the new PHO orders and review and revise respective COVID-19 Safety Plans and Policies and adapt where necessary.



## **MMBA COVID-19 PROTOCOL** **BASEBALL BC GENERAL HEALTH AND PERSONAL HYGIENE** **GUIDELINES**

*As adopted by the BC Minor Baseball Association*

Please note that all the below Personal Health and Hygiene Guidelines are intended to be required for anyone involved in youth or amateur baseball, including athletes, coaches, umpires, administrators, volunteers, and spectators.

- Refer to PHO or local health authorities for current restrictions.
- Attendance must be taken and kept at every event for all people in attendance. These records must be kept for 30 days before being destroyed.
- Anyone displaying ANY illness symptoms **MUST NOT** attend.

**COVID-19 SYMPTOMS**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache
- Congestion or runny nose
- Sore throat

Other symptoms may be:

- New loss of taste or smell
- Fatigue
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms.

**If you are experiencing any of the above symptoms, do not enter this worksite.**

**Self-Assessment Tool British Columbia**  
<https://bc.thrive.health/covid19/en>

**Call 8-1-1**

- Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.
- People with mild symptoms who are otherwise healthy should manage their symptoms at home.
- On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

The BC COVID-19 Self- Assessment Tool is available to assist with daily screening.  
Link: <https://bc.thrive.health/covid19/en>



- Everyone is required to use hand sanitizer when entering the field.
- Disinfectant wipe down of all surfaces athletes can be exposed to before, during, and after practice or game.
- Reminder to all participants daily to avoid touching of eyes, nose, or mouth.
- Reminder to all participants daily to cough and sneeze into their elbow.
- Reminder to all participants daily to frequently washes their hands.
- Bring your own water. No sharing of water bottles. No filling stations will be available.
- No sharing of any food of any kind.
- No spitting.
- No chewing gum or sunflower seeds
- No sharing of any personal equipment or items (helmets, gloves, bats, catcher's masks and gear, etc.)
- Bring your hand sanitizer.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Comply with the 3 meters distancing at all times.
- Ridesharing to be discouraged whenever possible
- All participants are encouraged to disinfect their equipment after each event.
- All participants are encouraged to wash all clothing and selves after each event.

Hand washing materials will be available for coaches and players when they arrive, during sessions, and before leaving the park.



## **MMBA COVID-19 PROTOCOL** **CLEANING AND SANITIZING HIGH TOUCH COMMON SURFACES**

COVID-19 can survive on surfaces for a period of several hours or up to several days, depending on the conditions. It tends to survive on hard surfaces such as plastic and metal than on softer surfaces.

The following protocol has been established for coaches/team managers/team parents to guide how to clean and sanitize high-touch common surfaces.

MMBA will provide all cleaning supplies that are required.

### Pre-baseball Activity

1. Gather supplies – sanitize using the association-provided sanitizing solution or wipes, along with cloth or paper towels.
2. Disinfect all baseballs, shared team bats, and back catcher gear after every use.

### Post baseball Activity

1. Clean and sanitize the following:
  - a. Rakes/Shovel/Brooms
  - b. Gator steering wheel, all buttons, dials, clutches, starter button
  - c. Liner Machines
  - d. Base Installation equipment
  - e. Homeplate template
  - f. Field Maintenance Equipment
  - g. Pitching Machine handle
  - h. Batting tees
  - i. L-Screens/Bow-nets
  - j. Hitting Screen

Link to Cleaning & Disinfecting.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

### Disclosure Statement:

The District of Mission will continue to clean and disinfect the washrooms before closing. The cleaning crew does not come mid-day to maintain cleanliness. Therefore, we encourage all users to wash and sanitize their hands before and after use. We also remind users to follow the protocols and guidelines on signage posted at the facility.



## **MMBA COVID-19 PROTOCOL SAFETY PLAN – MISSION SPORTS FIELDS GUIDELINES**

- The parking lot (closest to the fields) is designated for drop-offs and pick-ups only.
- Parking is permitted only where designated.
- All participants need to practice physical distancing.
- Players, Coaches, and spectators are to enter and exit the fields only as per the directions. Signages will be posted to control the flow of foot traffic.
- Staggered start times to account for participants moving in and out of the fields.
- 3m (10 foot) physical distancing must be observed at all times.
- Arrive 10 minutes in advance of the start time for the event; players move to play areas. If you arrive more than 10 minutes in advance, wait inside your vehicle.
- Parents/Spectators, move to outfield spaces and observe 3m (10 foot) distance between other spectators. Bring your own chair.
- Players come dressed for practice or game uniforms and are ready to play—no changing at the park.
- No changing rooms permitted.
- Bleachers and stands are closed and will not be used.
- No gathering around the park until your scheduled start time. Players must leave the park as soon as practice, or the game is over.
- There is no operation of concession. There is no access to a water fountain.
- Field allotments will need to be modified to allow all events to stay under the 50 person social gathering limits.
- Coaches and players will only use the dugout to enter and exit the field.
- Washrooms are accessible and maintained by the District of Mission. Physical distancing standards must apply – limit 1 person or 1 family, wash and sanitize your hands.
- Players are to store their equipment on the fence line.



## **MMBA COVID-19 PROTOCOL SAFETY PLAN – BATTING CAGE GUIDELINES**

- The parking lot (closest to the fields) is designated for drop-offs and pick-ups only.
- Parking is permitted only where designated.
- All participants need to practice physical distancing.
- A maximum total of 6 participants (players and coaches) is permitted inside the cage at a time.
- Parents/Spectators must not stay around the batting cage. They can stay inside their vehicles or leave the park.
- Players will store their equipment outside of the cage.
- Players and coaches are to enter and exit only as per the directions. Signages will be posted to control the flow of foot traffic.
- Staggered start times to account for participants moving in and out of the batting cage.
- 3m (10 foot) physical distancing must be observed at all times.
- Players come dressed and are ready to practice—no changing at the park.
- No changing rooms permitted.
- No gathering around the batting cage until your scheduled start time. Players must leave the batting cage as soon as practice is over.
- There is no operation of concession. There is no access to a water fountain.
- Washrooms are accessible and maintained by the District of Mission. Physical distancing standards must apply – – limit 1 person or 1 family, wash and sanitize your hands.





## **MMBA COVID-19 PROTOCOL PLAYER'S ROLE**

- If you show **any symptoms** of COVID-19 or **any illness**, you are required to stay home.
- Ensure your personal equipment is clean and sanitized before going to the park, and keep it together in your bag at all times.
- Always carry a non-medical mask with you just in case 3m distancing cannot be met.
- Have your own marked water bottle and snack—no sharing of water bottles or food of any kind. Bring enough water. There is no access to a water fountain.
- Arrive at the ballpark fully dressed for baseball activity—no change room access.
- Check-in with the attendance tracker and screener.
- Be prepared for a health assessment before every session.
- Go right to your designated area and wait for direction from your coach.
- No spitting, gum, sunflower seeds, etc.
- We highly recommend you don't share equipment, but if you must, be sure it has been sanitized before and after you use it.
- No high fives, handshakes, hugs – wave and thank the coaches and umpires, your teammates and opponents after practice/game.
- Avoid touching your eyes, nose, or mouth. Cough or sneeze into your sleeve.
- Any player using the washroom facilities **MUST** sanitize before rejoining the activity.
- Sanitize your hand frequently before, during & after the practice/game – wash your hand at least 20 seconds with soap and water or using an approved hand sanitizer.
- Use the designated entrance and exit assigned in the field/batting cage.
- After the practice or game is over, leave the park promptly, with no meeting or visiting.
- We recommend that you shower and wash all your clothes after returning home.



## **MMBA COVID-19 PROTOCOL COACH'S ROLE**

- If you show **any symptoms** of COVID-19 or **any illness**, you are required to stay home.
- Confirm your exact scheduled time and location for the baseball activity – communicate with your parents and players.
- Delegate the role of an Attendance Tracker if you are not taking on the part.
- Remember to bring a mask with you to all activities in case it is needed.
- Check the first-aid kit is stocked and includes masks, disposable gloves, and sanitizers.
- Conduct a health assessment every session with each player before starting.
- Ensure the area to be used has been sanitized and hand cleaning supplies are available.
- Direct team members to your designated area for practice or games.
- Event Attendance sheets **MUST** be filled out at every activity and emailed to the MMBA Health and Safety Director within 12 hours of activity.
- Maintain a minimum of 3 meters distance whenever possible.
- Be sure your area has been cleaned, sanitized, all garbage and refuse have been cleaned up before leaving the dugout area.
- No post-game meetings. Leave the park promptly as soon as clean-up is complete.
- Any player or coach that uses the washroom facilities must sanitize before rejoining the activity.
- Always remind players to avoid touching of eyes, nose, or mouth, and no spitting.
- Always remind players to cough or sneeze into their sleeves.
- Sanitize the baseball often during activity.
- Make sure that all field equipment to be sanitized and cleaned after every use.
- Minimize the number of players practicing together by having the same partner, if possible.



- Layout markers indicating locations for players for drill stations using the recommended flat or spot marker.
- In the event, first aid is to be administered, all persons attending to a player must first put on a mask and gloves.



## **MMBA COVID-19 PROTOCOL PARENT/SPECTATOR'S ROLE**

- If you show **any symptoms** of COVID-19 or **any illness**, you are required to stay home.
- If there are groups still on your team's designated practice/game space, wait at your vehicle or a safe distance away until space has been vacated and your team coach indicates it is ok to come into the area.
- Please be aware that the parking lot will be used for drop-offs and pick-ups only.
- Check-in on arrival with the attendance tracker and screener.



- No spitting, gum, sunflower seeds, etc.
- Avoid touching of eyes, nose, or mouth. Cough or sneeze into your sleeve.
- Any parent/spectator that uses the washroom facilities must wash and sanitize their hands.
- In the event of extreme weather conditions that cause either a delay or postponement of an activity, return to your vehicle to wait for the resumption of play.
- After the game or practice is over, leave the park immediately, with no meetings or visiting.

**Parents/Spectators are not permitted at any baseball activities (games, competitions, tournaments, training, or practices) unless the person's presence is necessary to provide care to a participant.**



## **MMBA COVID-19 PROTOCOL EMERGENCY RESPONSE FIRST AID**

If first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

Coaches should:

- Stop the activity for all participants.
- Gather information to determine whether or not this is COVID-19 related or some other type of incident.

If not COVID-19 related:

- Ask if the participant can self-treat under your direction. If so, provide him/her with the supplies he/she needs while maintaining a physical distance of 3m.
- If direct care is needed, provide the participant with a mask while you provide first aid; put on your mask and gloves.
- Continue with the participant assessment.
- If the participant is unresponsive, call 911 immediately.

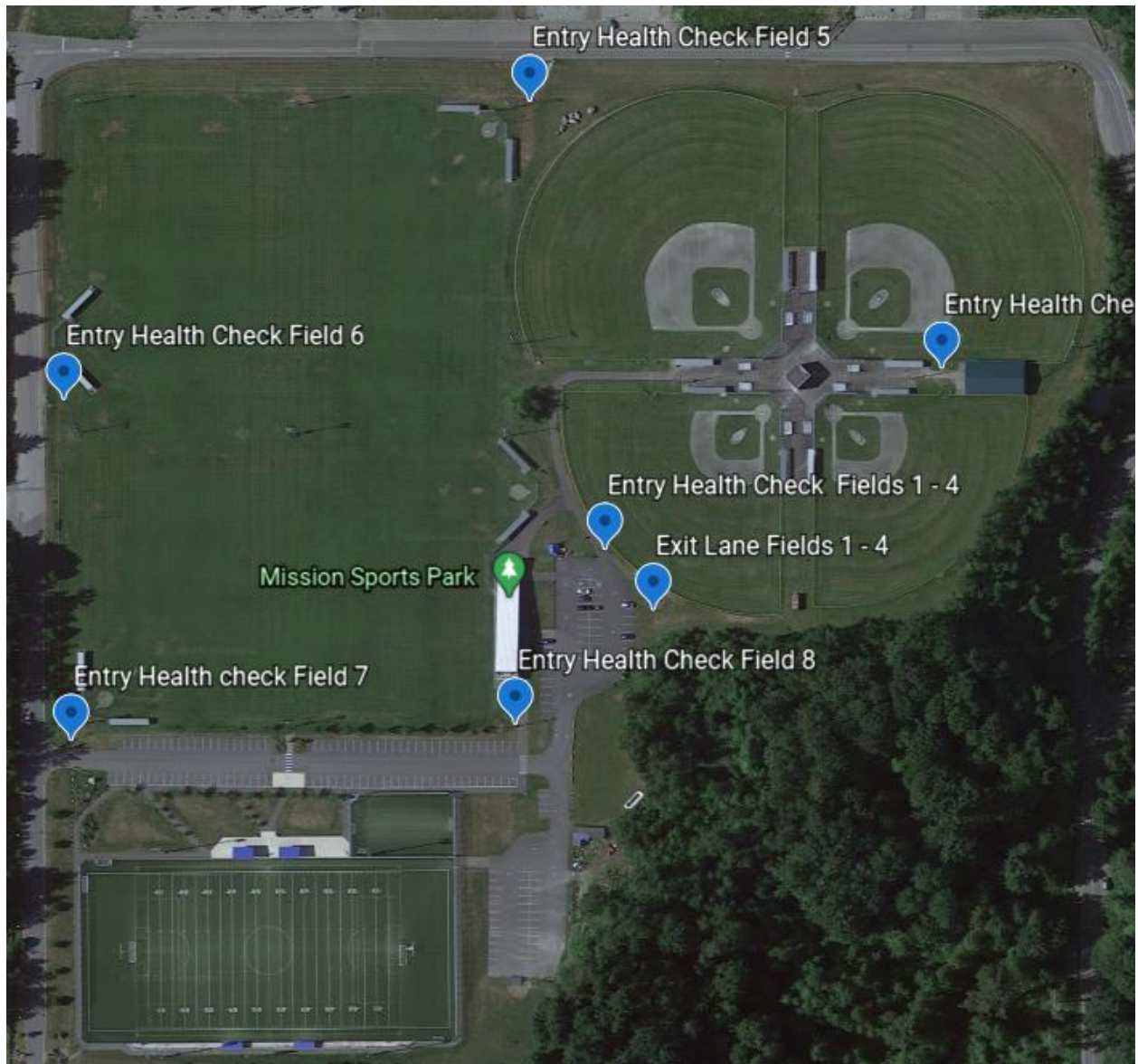
If COVID-19 related:

- Follow the assessment tool.
- Only one person (the first aider) needs to be in contact with the participant
- Maintain 3m physical distance
- Isolate the participant at the outside of the backstop (behind the umpire position)
- Call the parent or guardian of the participant
- Notify the MMBA Health & Safety Director

\*\* Dispose of mask and gloves after use and perform hand hygiene with soap and water or alcohol-based hand sanitizer.



## ENTRY AND EXIT LOCATION PER FIELD



The notes on the following page are to be used to clarify the rules applying to the map above.



## **MMBA COVID-19 PROTOCOL** **FIELD ATTENDANCE PROTOCOLS**

### Map Notes:

1. Please do not get out of your car until 10 minutes before the activity. Athletes and parents (if parents are staying) must give contact tracing information to participate.
2. Athletes need to enter the appropriate health check station for the field they are going to. You will be directed to stay off the field and go to the correct station if you have arrived at the wrong station.
3. Dugouts are not to be used on any field for anything other than entering/exiting the field. If someone is walking through the dugout, you must wait until the person has cleared the dugout before entering.
4. All personal gear is to be stored outside the fence line when practicing using social distancing measures.
5. For fields 5 thru 8, we only have a one-time slot, so the entry location becomes the exit location. Athletes enter individually, checking in at the health check table before going to their field. No dugout use is allowed. Teams to exit independently of each other. i.e., no bunching up at the gates.
6. For fields 1 thru 4, entry is through the paved gate off of the parking lot. Exit down the chute between fields 3 and 4. No cross attendance. If you are at field 3, you stay within 6 feet of the fence line of field 3 whenever you are not on the field. You exit in a single file, maintaining social distancing through the center of the chute between 3 & 4.
7. Failure to follow the protocols, rules, and requirements set out in this safety plan will result in you (Athlete, parent, or spectator) being removed from the facility.
8. These rules are subject to change due to Provincial Health Order(s) in effect at the time of activity. All participants should check the website for updates before each activity.