

Beacon Hill Baseball and Softball Association Return to Play for Baseball (Phase 3)

References:

- A. ViaSport Return to Sport Guidelines for BC:
<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>
- B. BC Baseball RTP Guidelines: <https://baseball.bc.ca/return-to-play>
- C. BCCDC Covid-19 Resources: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- D. WorkSafeBC:
<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returningsafe-operation>

Situation: Baseball BC, the PSO for baseball, has drafted a plan for baseball consistent with the federal and provincial health guidelines, and the provisions of the viaSport Return to Play guidelines. Beacon Hill Baseball and Softball Association (BHBSA) must have their own written Return to Play plans approved by their board of directors in compliance with all orders and guidelines from the Provincial Health Officer and must be either posted on the wall of a facility or on the organization's website.

Baseball BC emphasized the advice of public health officials and viaSport to move ahead slowly, and systematically restart activities in a way that allows our organization and local health authorities to monitor, evaluate and adjust as needed. Given an evolving situation in a COVID persistent environment, all organizations are required to follow the guidance from all levels of government and the BC health authorities to ensure you are providing a safe environment for all participants.

With the Phase 3 guidelines that have been released by the Province, diligence and strict adherence to protocols are essential to ensure the health and safety of all players, coaches, and support members. Risks of exposure to COVID-19 are increased through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk. For return to play baseball, exposure through proximity, shared equipment and spaces will be of the highest concern.

Challenge: In order to reduce the risks of exposure and transmission, the implementation of protocols for all drills, practices and future play will need to be implemented.

Way Ahead: In order for return to play, the following are required to be completed and approved by the BHBSA Board prior to any return to play activities:

1. Annex A - COVID-19 Safety Plan (Phase 3)
2. Annex B - Wellness Screening & Contact Tracing (Phase 3)
3. Annex C - Illness Policy (Phase 3)
4. Annex D - Outbreak Plan (Phase 3)
5. Annex E - First Aid Plan (Phase 3)

Follow On Activities: While currently in Phase 3, activity under the protocols in the Safety Plan aligned with directions from viaSport and the BC health authorities. For Phase 3 play, the Safety Plan has been updated to reflect any development in guidelines.

Support Requirements: In order for all aspects of the protocols to be met there are several aspects of support beyond the usual equipment required for each team.

Registration: All waivers, rules and guidelines to be included in registration acceptance and all correspondence.

Communications:

1. In accordance with the Safety Plan, increased correspondence and dialogue with players and families will be required from the LSO as well as the coaches and Team Safety.
2. The BHBSA website will include up-to-date information, guidelines, and protocols.
3. Scheduling will be used for all events to ensure attendance is monitored and managed for each event.

Supplies for all teams: In addition to limited team equipment, all items required in accordance with Annexes will be distributed to each team.

Authorities: The LSO has the authority to amend and update the plans in accordance with Provincial, viaSport, and BC Baseball guidelines as the situation develops.

Annexes:

- Annex A — COVID-19 Safety Plan
- Annex B — Wellness Screening & Contact Tracing
- Annex C — Illness Policy
- Annex D — Outbreak Plan
- Annex E — First Aid Plan

Beacon Hill Baseball and Softball Association COVID – 19 Safety Plan – Phase 3 Baseball

As Beacon Hill Baseball and Softball Association is preparing to resume play we must develop plans to reopen safely, which includes assessing the risk of COVID-19 transmission, and developing measures to reduce these risks.

Purpose and Scope:

The procedures below will serve to eliminate, reduce and or control the hazards likely to be encountered by players, coaches, volunteers, and spectators when participating at an event.

- 1) **Assess Risk:** The COVID 19 virus causes infections of the nose, throat and lungs. The closer together individuals are and the longer they are close to each other, the greater the risk.

The virus is most commonly transmitted by an infected person through:

- a) Respiratory droplets generated when they cough or sneeze;
- b) Close personal contact, such as touching or shaking hands; and
- c) Touching objects or surfaces with the virus on it, then touching your mouth, nose or eyes.

In order to limit the risk to all players, coaches, volunteers, and spectators, the BHBSA has identified areas where people gather, situations and processes where individuals are close to one another or members of the public. We have identified the equipment that may be shared by individuals and those surfaces that people touch often. In order to ensure a safe environment for all, a Team Safety will be identified to support the implementation of the following protocols.

- 2) **Implement Risk Reduction Protocols:** To reduce the risk of the virus spreading, the following protocols may need to be implemented to protect against the risk of COVID-19.

- a) **First level protection (elimination):** Limit the number of people and ensure physical distance whenever possible.

i) Limitations:

- (1) No more than 50 people at an event, including coaches, safeties, players and spectators;
- (2) Maximum of 1 parent or spectator per athlete at an event.

ii) Actions:

- (1) All practices (and games if permitted) will be scheduled for team use of the permitted venues;
- (2) Where there is more than one event, staggered start times are encouraged to limit the number of people coming and going at one time;
- (3) Each event will be allocated sufficient time for diamond or sport field preparation and clean up;
- (4) Activities open to individual participants will be managed through pre-registration; no drop-in activities will be held;
- (5) Teams and groups are to be instructed to arrive and depart at a specific time. No player or parent shall come onto the field unless a Team Safety is present;
- (6) Parents will drop their player no more than 10 minutes prior to scheduled start times (with exception of field prep) and will remain with their player outside of the field area and proximity (in the car) until scheduled time and only send their player to the field once previous teams have fully vacated the facilities. Players will fully vacate a field before new players may arrive. Players must also respect the complications that occur by coming late and therefore make all efforts to arrive on time;
- (7) No post-practice (or post-game if games are permitted) meetings should take place, without ensuring the 2m distancing rule and being mindful that all participants should leave the playing area promptly at the end of the practice (or game if permitted) or when time has expired;
- (8) No team huddles before, during or after the practice for coaching or teaching purposes all team or group meetings must ensure 2m physical distancing requirements are adhered to;
- (9) All drills to be created and implemented ensuring 2m physical distancing requirements are adhered to with appropriate indicators for players whenever possible;
- (10) Players may not have more than one spectator in attendance at practices and said attendee must remain off the field and only spectate from the outfield (beyond the fence) or with safe distancing in the bleachers (where use is permitted);
- (11) Parents are not permitted to coach or interact with their players during practices (or games if permitted) and will adhere to Provincial Health Guidelines with respect to social / physical distancing thus maintaining safe distance from each other, coaches, and game officials at all times;
- (12) Only Players and Coaches are permitted in and around player areas (amended covid dugout areas) at all times.
- (13) Players, coaches, volunteers, and spectators are to quickly vacate the facility after events maintaining physical distancing;

b) Second level protection (engineering): Barriers and partitions

i) Limitations:

- (1) No use of the dugout;
- (2) No changing or dressing rooms permitted.

ii) Actions:

- (1) At each event each player will be given a measured and marked section inside of one of the two foul line fences for equipment, water, etc; and
- (2) The team safety will identify these areas spaced 2m apart and ensure players set up within their own designated section.

c) Third level protection (administrative): Rules and guidelines

i) Limitations:

- (1) All government expectations and requirements to be met, including viaSport Phase 3 guidelines; and
- (2) All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced as outlined.

ii) Actions:

- (1) Rules and guidelines will be included with registration, sent to all participants, and posted;
- (2) Every event to include reminders to participants regarding 2m physical distancing and include no spitting, no face touching, no sunflower seeds, no contact between the athletes;
- (3) Verbal symptom screening must be performed at every session to ensure all participants are symptom free;
- (4) Players and parents will be reminded prior to each event of the necessary protocols;
- (5) Coaches will hold copies of the rules and guidelines;
- (6) Signage advising and educating on COVID-19 wellness, hygiene, and social/ physical distancing measures will be posted at facilities prior to all events; and
- (7) Attendance must be taken by the Team Safety and kept at every event for all people in attendance including parents (drivers). These records must be kept for 30 days before being destroyed.

d) Fourth level protection:

i) Masks:

Each coach and team safety will be encouraged to bring a P.P.E. mask to be worn at times when physical distancing can not be assured.

ii) Cleaning and Disinfecting Protocols:

- (1) All players, coaches, will wash their hands before and after each event;
- (2) Handwashing and hand sanitizing stations will be set up prior to each event in sufficient numbers;
- (3) Players will be responsible for ensuring they always sanitize their hands and maintain a safe distance from other players and coaches;
- (4) No shared use of personal equipment;
- (5) All players will have their own glove, which must be cleaned prior to every game or practice;
- (6) Each player will be required to bring a baseball glove, appropriate footwear, (Minors and Majors baseball only) baseball socks, Jock or Jill, baseball pants, designated team shirt or jersey (provided by association), left and right batting gloves if ever using team bat, team hat (provided by association), and a batter's helmet;
- (7) To minimize equipment sharing each player is strongly encouraged to have their own USA Bat/ Little League approved bat (See LL Rule 1.10);
- (8) All gear and clothing must be washed immediately after practice or games and remain unused (or re-cleaned) prior to each practice (and game if permitted), this includes hats;
- (9) All personal equipment, with the exception of team bats and catcher's gear, may not be shared or touched by anyone other than its designated player / family member;
- (10) Any player who is without any of the above listed equipment (exception of a bat and catcher's gear) will not be permitted to practice (or play);
- (11) The only team equipment that will be brought and shared for practices (or games if permitted) will be bats, balls and safety equipment like catcher's gear, L-Screens, protective netting etc., and PPE / sanitizing materials;
- (12) All team equipment / gear is to be sanitized prior to and after any practice (or game if permitted);
- (13) Any team-provided bats and catcher's gear should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared;
- (14) Shared bats and catcher's gear must be sanitized immediately after player use and before any other player is permitted to use said equipment;
- (15) Baseballs should be sanitized prior to every event and every effort given to limit the number of athletes using one ball in a practice environment;
- (16) All field prep equipment to be disinfected and cleaned prior to and after every use.

e) Policies and protocols:

(1) Team Safety Position: TEAM SAFETY is not a coaching position and therefore may not coach players.

- (a) At least one team safety must be present at all practices (and games if permitted) for each team;
- (b) The team safety must be aware of all safety protocols and will be responsible for ensuring they are followed during all practices (and games if permitted);
- (c) They will work directly with the coaches and players to ensure that safety protocols are followed;
- (d) Each safety will be encouraged to wear a P.P.E. mask;
- (e) Team safety will assist with player hand sanitizing and the sanitizing of bats and balls for reuse during practice (or games if permitted);
- (f) The Team Safeties will assist in tracking participants and spectators, maintaining player distancing during practices (and if permitted pre and post-game as well as during the offence portion of the innings).

(2) Screening of players, coaches and volunteers

- (a) Screening will be conducted before each event in accordance with Annex B; and
- (b) Illness Plan is outlined in Annex C.

(3) Communication and training plans

- (a) All policies and protocols are provided to all players, coaches, and volunteers at registration and posted on the BHBSA website;
- (b) All updates to the policies and protocols will be sent to all players, coaches, and volunteers by email, verbally at each event, and posted on the BHSBA website;
- (c) Signs will be posted at each facility to include occupancy limits and effective hygiene practices;
- (d) Signs will be posted indicating who is restricted from participating, including players, coaches, and spectators with symptoms; and
- (e) Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

(4) Continue to develop and Update Policies

- (a) As the COVID-19 pandemic evolves, any amendments to this plan will be disseminated to all registered participants;
- (b) Team Safeties are to identify risks and suggest changes to policies;
- (c) Any health and safety concerns can be raised to the Team Safeties;
- (d) When resolving safety issues, designated health and safety representatives will be engaged; and
- (e) All new staff, coaches, volunteers or those taking on new roles or responsibilities.

In accordance with the order of the Provincial Health Officer, this plan must be posted.

Annex B

Wellness Screening & Contact Tracing (Phase 3)

15 September 2020



BEACON HILL
BASEBALL & SOFTBALL
VICTORIA, BC

CONTACT TRACING

DATE:

FIELD:

All attendees (players, coaches, safeties, spectators) must be able to answering all of these questions with a "NO"

Are you experiencing or have you experienced in the past 10 days any of the following:

- Fever
- New onset or worsening of existing cough
- Sore throat or painful swallowing
- Difficulty breathing
- Severe fatigue
- Loss of sense of smell
- New onset or worsening headache
- New or worsening muscle aches
- Loss of appetite

Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

Did you provide care or have close contact with someone who has symptoms of COVID-19 (see question #1) within the last 14 days?

Illness Policy

Inform an individual in a position of authority (coach, team manager, program coordinator) 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.

Assessment

- 1) Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- 2) 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 workday/practice/activity.
- 3) If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.
- 4) 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 /or are showing symptoms while at work, 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 a practice/activity if they are symptomatic.
- 5) If a Team Member tests positive for COVID-19
 - a) The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b) Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c) Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
- 6) 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 workplace/practice/facility.
 - 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.
 - c) Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d) The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- 7) If a Team Member has come in to contact with someone who is confirmed to have COVID-19
 - a) Team Members must advise their employer/coach 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 workplace/practice/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 workplace 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.
- 8) 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 COVID-19.

1. The Team Safety is to immediately inform the Board President in the event a case or outbreak is reported.
2. The board president will convene the Board to modify, restrict, postpone or cancel activities.
3. If coaches, players, or volunteers report they are suspected or confirmed to have COVID-19 and have been at the field or facility, implement enhanced cleaning measures to reduce risk of transmission. If BHBSA is not the facility operator, notify the facility right away.
4. Implement illness policy and advise individuals to:
 - a. self-isolate;
 - b. 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;
 - c. use the COVID-19 self-assessment tool at <https://bc.thrive.health/covid19/en> to help determine if further assessment or testing for COVID-19 is needed;
 - d. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency; and
 - e. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/ifyouare-sick>
5. 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 Illness Policy and enhanced measures.
6. If BHBSA is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.
7. Further resources:
 - a. For more information on cleaning and disinfecting: http://www.bccdc.ca/HealthInfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf
 - b. Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-healthcaresystem/partners/health-authorities/regional-health-authorities>

First Aid Procedures

Injury / Event Safety Strategy:

In the unfortunate event that a player is injured, the following protocols should be considered.

General First Aid Protocols

- Universal approach – assume all victims are COVID-19 positive.
- For all issues, minimize the number of first aid attendants who have contact with the victim.
- At each focal point, provide a dry container including hand sanitizer and PPE for team safety, coach, victim, and parent.
- Post rescue (resuscitation or first aid with bodily fluids): Hand hygiene, shower, change clothes, bag clothes to be washed, disinfect first aid equipment.
- When possible, ask parents or caregivers to provide first aid to children or minors.
- Provide the parent or caregiver with PPE appropriate for the injury.
- Provide guidance to the parent or caregiver performing first aid.

Scene Assessment

1. Ensure the scene is safe.
2. Assume universal approach – all victims COVID-19 positive.
3. Minimize the number of rescuers in contact with the victim. Only one Team Safety and one coach are permitted to approach the injured player. (If more than one player is injured at the same time another coach will approach that player.)
4. 2m physical distancing at all times.
5. Don appropriate PPE (self, victim, bystander)
6. One safety and coach must remain with the other players to ensure they remain safely distanced.
7. If the injury requires attention the parent will take over for the coach only after being invited to do so. Parents are not permitted to come onto the field unless they are indicated to do so by a coach or Team Safety
8. If a parent is not present the safety and coach will remain with the player until the parent or medical attention arrives.

Post-Rescue Procedures

1. Take care to remove and dispose of PPE in a safe manner.
2. Disinfect all surfaces that were in contact with either the victim or rescuer during treatment (chair, pen, clipboard, etc.).
3. Practice hand hygiene and disinfection if required.