



PoCo Minor Baseball

Return to Play Guidelines - June 29, 2020

PURPOSE OF PLAN

A COVID-19 Safety Plan is required prior to Port Coquitlam Minor Baseball restarting baseball activity. At the time of our re-start, we are planning for baseball activity in “Phase 2” of the Baseball BC Return to Play Guidelines. However, this Plan is a living document and will be amended from time to time so that measures can be maintained over all the Phases (longer term of 12-18 months). Information and Guidelines from the government authorities and governing bodies is updated frequently. Where reference is made to them in this Plan, their websites will contain the most up to date information.

All participants, volunteers and parents must adhere to all municipal COVID-19 operational plans when using fields and facilities operated by the municipality. This plan is modelled after the resources provided to us from the viaSport and WorkSafeBC template, Baseball BC Return to Play Guidelines, and the BC Minor Baseball Return to Play Portfolio.

The following five principles from B.C.’s Restart Plan have been used to guide this document.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces





FACILITIES

Facility Guidelines for Thompson Park:

- Park in main lot (avoid parking on Brown Street area). This will be the only drop off and pick up area.
- Signage will be posted to control the flow of foot traffic to enter and exit the park and keep directional limitations.
- Staggered start times to account for individuals moving in/out of fields.
- 2m (6 foot) physical distance between each player.
- Maximum 10 athletes at an event, maximum 1 parent per athlete (where required).
- Maximum 2 coaches per event.
- On arrival, players move to playing areas, parents move to outfield spaces or remain in cars .
- Dugout will only be used to enter and exit the field, with social distancing in place.
- Players to store their equipment on fence lines along 3rd baselines in marked areas.
- No indoor events - practice batting cage is permitted with social distancing rules in place.
- No changing or dressing rooms permitted.
- Comes dressed for practice – no changing at the park.
- Signage advising and educating on social distancing measures in place must be present at every field and facility utilized.
- No use of bleachers.
- Field allotments will need to be modified to allow for all events to stay under the 50 person social gathering limits.
- No gathering around the park until your scheduled start time (please wait in your car). Athletes must leave the park immediately after the practice or game.
- Washrooms will be accessible and maintained by City of PoCo.
- No operation of concession during Phase 2.

Facility Operations for Bird Field:

- On arrival, players move to playing areas, parents move to outfield spaces.
- 2m (6 foot) physical distance between each player.
- Maximum 10 athletes at an event, maximum 1 parent per athlete (where required).
- Maximum 2 coaches per event.
- Parents to social distance at the park during practice utilizing paths.
- Dugouts not to be used.
- Players to hook their equipment on fence lines along 3rd baselines in marked areas.
- No use of bleachers.
- Washrooms will be accessible and maintain by City of Port Coquitlam.
- No changing or dressing rooms permitted. Come dressed for practice.
- Signage advising and educating on socials distancing measures in place must be present at every field and facility utilized.



- All spectator seating to be configured with social distancing requirements adhered to (no bleachers).
- Field allotments will need to be modified to allow for all events to stay under the 50 person social gathering limits.
- No gathering around the park until your scheduled start time. Athletes must leave the field immediately after the practice or game.

HYGIENE & SAFETY

Participants and volunteers at higher risk of experiencing severe illness should not take part in any baseball related activities. The BC COVID-19 Self Assessment Tool is available to assist with daily screening.

<https://bc.thrive.health>

Participants should NOT attend if:

- You don't feel well or are displaying symptoms of COVID-19.
- Some in your household has or is showing symptoms of COVID-19.
- Someone in your household has traveled outside of Canada in the last 14 days.
- Players are to arrive in practice gear and do not change at the park.
- Hand washing materials will be available for coaches and players when they arrive, during sessions, and before they leave.
- All participants are required to their own water-bottle, hand sanitizer, and personal gear.

PROTOCOLS TO REDUCE RISK

Participants will be instructed before each session the guidelines of social distancing, hygiene, and not touching equipment. Failure to follow these rules will result in the participant being removed from the session and/or program.

- Cleaning supplies will be provided to coaches to clean equipment before and after each session.
- Cleaning will occur during sessions as needed.
- All participants & volunteers are required to use hand sanitizer when arriving at the ballfield and again upon return to the field, if field was left (ie: washroom use).
- Reminders to avoid touching their face, eyes, nose and mouth
- Reminders to cough and sneeze into your elbow
- No touching will be permitted of other participants, coaches or equipment. Disinfectant wipe down of all surfaces athletes can be exposed to during a game or practice performed before every event.
- No sharing of water bottles.
- No sharing of food of any kind.
- No spitting.



- No chewing gum.
- No sunflower seeds.
- No sharing of personal helmets.
- No sharing of catchers masks.
- Players and Coaches should sanitize hands at all reasonable opportunities (during water breaks)
- All participants to disinfect their equipment after each event.
- All uniforms or clothing to be washed after each event.
- All participants to shower at first opportunity after each event.
- Any team member exhibiting symptoms will be asked to leave the field and will be placed in a side grass area. Will remain in safety distanced space, with someone from PCMBBA with them until they can be picked up.
- Participants and parents waivers are required for any kind of Return to Play.
- 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.
- Cleaning supplies will be provided to coaches to clean equipment before and after each session.
- Cleaning will occur during sessions as needed.
- All participants & volunteers are required to use hand sanitizer when arriving at the ballfield and again upon return to the field, if field was left (ie: washroom use).

CLEANING PROTOCOL

Equipment:

- All field prep equipment to be disinfected and cleaned after every use
- All players to have their own equipment – no sharing of helmets, gloves
- All catchers must have their own gear - no sharing of any catcher equipment
- Players to bring their own labelled water bottles – no sharing
- Balls are cleaned before and after each practice and rotated regularly during same
- 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.
- 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.
- No changing or dressing rooms permitted.
- Link to Cleaning & Disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf



COMMUNICATION PLANS AND TRAINING

We have information and instruction for volunteers and coaches regarding policies, procedures, and continued monitoring.

Participants are advised of policies at time of registration and given a checklist to remind of the levels of protection we have in place.

All parties are informed to stay home if they are sick.

Participants receive verbal communication at each practice about wellness policies, hygiene practices, and the other applicable protocols.

MONITOR AND UPDATE

Factors and considerations may change as Guidelines and programming go on. If we identify a new area of concern, or if something is not working, we will take steps to update our policies and procedures.

This plan is a living document and will be updated as needed. This will be done through consultation with those affected whenever necessary and possible.

If anyone has any suggestions or concerns, they should contact any member of the PCMBBA Executive.

Links to sites for Current Information

PROVINCE OF BC RESTART PLAN – PHASE 2 – [Web Link Here](#)

VIA SPORTS RETURN TO SPORT - [Web Link Here](#)

BASEBALL BC RETURN PLAY PLAN - [Web Link Here](#)

BC Minor Return to Play Guidelines - [Web Link Here](#)



FIRST AID & OUTBREAK PLAN

FIRST AID

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

Coaches will:

1. Stop the activity for all participants.
2. Gather information to determine if incident is COVID-19 related or some other type of incident.
3. If not COVID-19 related
4. If no critical intervention required, attend to incident while maintaining physical distance of 2m, is possible.
5. If direct care is needed (2m distance cannot be maintained), wear a mask and gloves

If COVID-19 related:

- a. Maintain 2m physical distance if possible
- b. Wear mask and gloves
- c. Provide mask to the participant
- d. Call parent or guardian of all participants
- e. Notify a member of PCMBBA executive await further direction

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." – via Sport Return to Sport Guidelines

1. In the event of an Outbreak, all PCMBBA baseball activities will be suspended indefinitely
2. If any coach, participant, or member of their household reports they are suspected or confirmed to have a case COVID-19, PCMBBA will
 - a. Suspend all Association baseball activities
 - b. Implement enhanced cleaning measures, as necessary
 - c. Implement PCMBBA Illness Policy
 - d. Seek health authority advice and guidance
 - e. Only return to full or partial baseball activities on the advice of health authorities
3. If contacted by a medical health officer in the course of contact tracing, PCMBBA will cooperate with local health authorities.



APPENDIX A - Participant Agreement & Assumption of Risk

Participant's Name: _____

Parent/Guardian: _____

COVID-19 has been declared a worldwide pandemic and is extremely contagious.

PoCo Minor Baseball (PCMBA) has put in place preventative measures to reduce the spread of COVID-19 to protect all athletes, coaches, members, volunteers, participants and family members of participants (the "Participants") while in attendance at baseball activities

A Participant who is unable to agree to the terms outlined in this document is not permitted to participate.

All Participants agree to abide by the following points related to PCMBA's baseball activities:

1. I will stay home if I feel sick. I will **not** participate in PCMBA baseball activities and immediately inform PCMBA if it has been less than 14 days since any of the following:
 - a. Me or anyone in my household has returned from outside of British Columbia;
 - b. Me or anyone in my household has had and since recovered from any flu-like symptoms;
 - c. Me or anyone in my household has been exposed to a person with a confirmed or suspected case of COVID-19;
 - d. Provincial Public Health guidelines has required or recommended I, or anyone in my household, self-isolate for any period of time.
2. **I am participating voluntarily and understand and assume the risks associated with COVID-19. I agree to assume those risks, including but not limited to exposure and being infected. I acknowledge that the measures taken by PCMBA will not eliminate those risks.**
3. I am following recommended public health guidelines, such as practicing physical distancing, frequent handwashing, and otherwise limiting exposure to COVID-19.
4. I will follow the safety, physical distancing, and hygiene protocols of PCMBA.
5. PCMBA may remove anyone from participation in baseball activities at any time and for any reason if PCMBA believes, in its sole discretion, that the Participant is no longer in compliance with this document or the safety measures it has in place for its baseball activities.

Signature: _____ Date: _____

Participant

Signature: _____ Date: _____

(Parent/Guardian if under the age of majority)

Date: _____ Signature: _____



APPENDIX B – SCREENING

1. EVERY COACH AND PARTICIPANT must sign the Participant Agreement & Assumption of Risk before they participate in baseball activities.
2. Upon arrival, at every session,
 - a. coaches must self declare and log their answers to the screening questions below.
 - b. every participant (and parent/guardian if staying at the session) must answer the screening questions below.
 - c. coaches will take attendance of every coach, participant, parent/guardian who stays at the field, and individual who brought the participant to practice (if different than parent/guardian).

If anyone answers yes to any of the screening questions, they will be sent home and advised to take the BC COVID-19 self-assessment tool. They will not be permitted to return for a minimum of 14 days.

- a. This does not apply to a participant, or member of the participant's household, if they are designated
an essential service worker who is required to travel
 - i. between provinces for their employment; or
 - ii. outside of Canada and is subject to a Government exemption from mandatory self-isolation.

SCREENING QUESTIONS

Participant agreement must be signed (See Appendix A)

In the last 14 days, have you or anyone in your household

1. Had flu-like symptoms or symptoms of COVID-19, including fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache?
2. Returned from travel outside of British Columbia?
3. Exposed to a person with a confirmed or suspected case of COVID-19?
4. Been required or recommended to self-isolate by a medical health officer or other public health guidelines?



APPENDIX C – Youth Waiver

https://cdn1.sportngin.com/attachments/document/a00e-2187172/Youth_Particpant_Waiver_2020_16508_-_Modified6.16.20.pdf#_ga=2.172563491.1891433217.1593311797-997265621.1548011463

B.C. Minor Baseball Association (BCMBA)

DECLARATION OF COMPLIANCE: COVID-19

Participant's Name (print): _____

Participant's Parent/Guardian
(if the Participant is under the age of majority) _____

Email: _____

Telephone: _____

B.C. Minor Baseball Association and its affiliated member clubs (collectively the "Organization") require disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

A Participant (or the Participant's parent/guardian, if the Participant is under the age of majority) who is unable to agree to the terms outlined in this document is not permitted to participate in the Organization's activities, programs, or services at this time.

I, the undersigned being the Participant and the Participant's Parent/Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization (WHO) and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all participants (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The Participant has not been diagnosed with COVID-19, **OR** if the Participant was diagnosed with COVID-19, the Participant was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** if the Participant was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The Participant is participating voluntarily and understands and assumes the risks associated with COVID-19. The Participant (or the Participant's parent/guardian, on behalf of the Participant (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The Participant has not, nor has anyone in the Participant's household, experienced cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, shortness of breath, respiratory illness, difficulty breathing).
- 6) If the Participant experiences, or if anyone in the Participant's household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the Participant will immediately isolate and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

- 7) The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada or in any Province outside of British Columbia in the past 14 days. If the Participant travels, or if anyone in the Participant's household travels, outside the Province of British Columbia after submitting this Declaration of Compliance, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return. *Please note the exemptions for workers deemed essential* <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>
- 8) The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, frequent handwashing, and otherwise limiting exposure to COVID-19.
- 9) The Participant will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the Participant from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the compliance standards described in this document.

Signature: _____ Date: _____
Participant (If 13 and over)

Signature: _____ Date: _____
(Parent/Guardian if under the age of majority)