

All participants of OMBA Return to Play plans will have to be aware and abide by the Illness Policies set out by VI Sport which is the governing body aligned with the Ministry of Health.

1. 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.

2. Assessment a. 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.

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 workday/practice/activity.

c. 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.

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 /or are showing symptoms while at baseball, 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.

4. If a Team Member tests positive for COVID-19 a. The Team Member will not be permitted to return to the 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 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.

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 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 practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

d. The practice/activity space 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 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 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 OMBA events 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 facilities associated with OMBA 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/FIELDS.

OMBA players, coaches and support staff will abide by the principles, directions below once practice, training and play begin:

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

PREGAME- PRIOR TO ARRIVING AT FIELDS!!!

1. All consent forms/participant forms need to be signed and received by coaches prior to any child returning to the field.

****Please see the appendix attached to this package****

2. Coaches need to set up the field/batting cage with cones distinguishing distance markings in respect to social distancing, all players need to be 6 feet apart. At ALL times. (another suggestion is to use the fence poles as a guide, that each player stands by their post that they were assigned to during the event).

3. Families need to health check their kids prior to coming to the field, please see the attached illness policy for reference on how to do this. No child is to come to the field with even the slightest of indication of any type of illness, even if they think it is not COVID-19.

4. Coaches need to notify their players prior to coming to the field as to what equipment to bring. There is no sharing of any equipment, with the exception of a baseball bat that can be and has to be wiped down with a disinfectant solution or wipe between every use! Every player must have their own water bottle, helmet, glove, and it is recommended that if kids have batting gloves to bring them.

5. **MASKS:** Although there is a lot of mixed information regarding masks, as an association we would like to HIGHLY RECOMMEND that those who are comfortable wearing them to do so Provincially lead studies have shown that they do help prevent the spread of COVID-19.

6. There will be NO parents permitted on site during training, they are to drop off only in the parking lot. (If they wish to observe from a distance, i.e. the grassy knoll, then it is entirely up to them while **keeping at a safe social distance**). Parents will not be permitted at the ballfield areas.

7. NO DROP IN PLAYERS permitted. Coaches must adhere to the firm list of players attending the event, kids are to arrive to the field on time and remain with their group the entire practice.

ATTENDANCE must be taken prior to the practice start, and must be taken before everyone leaves. This is critical for contact tracing in the event that an illness breaks out. **

1. **MAX 10 players: 2 Coaches (no exceptions) Any field or batting cage practice.**

2. Coaches must gather the players and complete an attendance roster. Coaches must then go over the illness pre-screening discussion with all of the players. Please ensure one more time that there are no kids looking visibly ill or complaining of not feeling well. If you should discover any player that indicates they are not well, they are to be removed from the event and parents called for pick up immediately.

3. **Cones and spacing** for social distancing should be set up to ensure a reminder for the kids during the practice where they need to be

Batting Cage: One coach, and one player at a time in the batting cage, "PER LANE" . NO EXCEPTIONS. Same team players from each group ONLY at each session.

4. **Baseballs:** Coaches should have on hand a spray disinfectant or disinfecting wipes to manage all of the baseballs. Judgement should be used to ensure that they are sanitized on a regular basis during the practice.

Batting Cage Balls: batting cage baseballs are not absorbent, it is recommended perhaps a pail with soap and water or disinfectant be used to clean them frequently throughout the practice. Recommendation of 12 reps/baseballs in the batting cage per player, when the players switch, a quick wipe down of the balls is recommended. Coaches may use their discretion on this matter.

5. **Catchers gear:** Catchers gear **must be sanitized** in between use. This will be particularly important when gameplay begins later in the summer. recommend that teams have at least two sets of catcher gear to eliminate delays.

6. **EXIT/ENTRY TO FIELDS; (Most important when entire teams changing up – aside from 10:2)**

Springwood New: Players and coaches must enter the field from the first base side gate/ Players and coaches must exit the field from the third base side gate.

Springwood Old: Players and coaches must enter the field from the third base side gate nearest the tennis courts. Players and coaches must exit the field from the first base side gate.

Bantam Field: Players must enter from the third base side gate nearest dugout/Players must exit the field via the first base side gate/dugout.

Royals Field - Players must enter the Royals field gate nearest the washrooms at third base side/ Players must exit to Royals Field via the first base side gate.

7. **DUGOUTS:** **There is no permitted use of dugouts** during this phase of the return to play program. There should not be any players or coaches in the dugout at any time until further direction from BC baseball and VI sport.

8. **ALL Equipment is to be sanitized at the end of each practice session!!**

ILLNESS POLICY – VI SPORT

Oceanside Minor Baseball to follow this policy:

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. **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.
2. **Assessment** a. Team members must review the self-assessment signage located throughout the facility each morning before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.

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.

If Team Members are unsure please have them use the 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 /or are showing symptoms while at practice, 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.
4. **If a Team Member tests positive for COVID-19** a. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
b. Any Team Members who play closely with the infected Team Member will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
c. Close off, clean and disinfect their practice/facility area immediately and any surfaces that could have potentially be infected/touched.

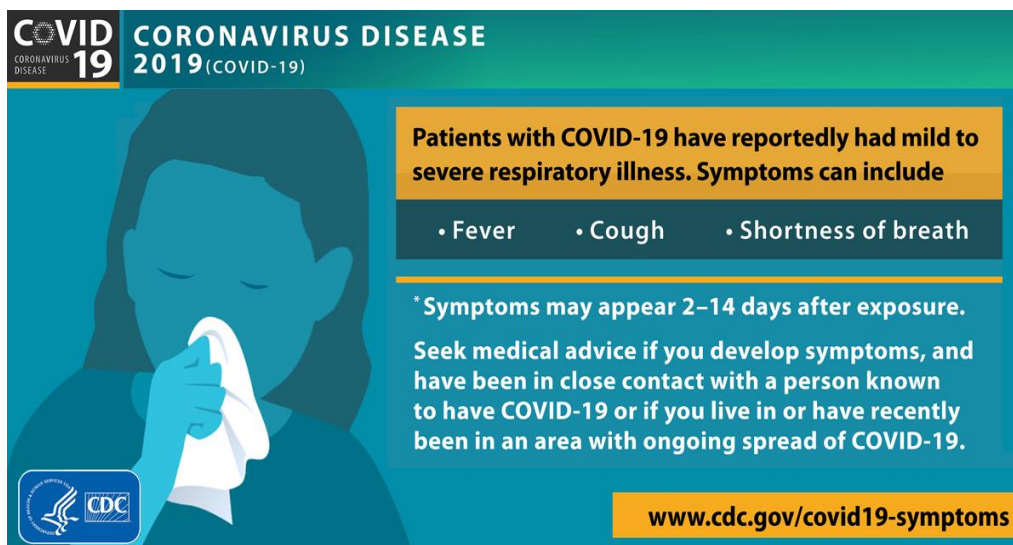
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- As with the confirmed case, the Team Member must be removed from the 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 practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The practice/activity space 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 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 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 practice facility/field for at least 14 days.
- c. The practice 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 are not to attend any OMBA events.



COVID 19 CORONAVIRUS DISEASE
CORONAVIRUS DISEASE 2019 (COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

* Symptoms may appear 2–14 days after exposure.
Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

www.cdc.gov/covid19-symptoms

The infographic features a teal background with a white silhouette of a person coughing into their elbow. Logos for the Department of Health and Human Services and the CDC are visible in the bottom left corner.

PARTICIPANT AGREEMENT for Return to Play

All Participants of OCEANSIDE MINOR BASEBALL MUST agree to abide by the following points when entering association facilities and/or participating in association activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my association 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 fields/practice facilities, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the association (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.
- I agree to abide by all of my associations 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 association led activities 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 association membership temporarily.
- I acknowledge that there are risks associated with entering association facilities and/or participating in association activities, and that the measures taken by the association 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.

Date: _____

Signature/Parent Signature _____

Name of Player _____

Address _____ PHONE NUMBER _____

OMBA Families:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Oceanside Minor Baseball has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport in order to ensure:

- Health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce the risks to each sport organization and its participants
- Our sport is united and aligned on a plan to reopen throughout the province

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the field until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Leave the field of play as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

IF you have any questions or suggestions, feel free to contact any member of the OMBA Executive.