

Covid 19 Return to Play Safety Plan

*For all North Island Cubs Players/Parents/Coaches/Spectators*

Health and safety have remained at the forefront of our plans as we now prepare to ramp back up our baseball operations, and begin playing games. There has been a lot of planning since the suspension was announced to develop a progressive plan needed to get us safely back up and running. The suspension gave us the opportunity to thoughtfully evaluate what needed to be done. Below we’ve outlined our plan for everyone associated with the CRMBA North Island Cubs.

Prior to returning to practice or play, each person will have to fill out and complete the following waivers and declarations.

* BCMBA Covid 19 Declaration of compliance
* BCMBA Youth Participant Waiver
* BCMBA Adult Participant Waiver
* Covid 19 Participant Agreement

Covid 19 Checklist

No Exceptions:

No person who falls into one or more of these categories will be allowed on any diamond or in any indoor facility:

* If you are experiencing one or more of the following symptoms
* Fever, cough, sneezing or sore throat
* Mild to moderate shortness of breath
* Inability to lie down because of difficulty breathing
* Any Flu – like symptoms
* Has been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19 while the individual was ill
* Has travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel
* Has been ordered to self-isolate or is living with someone who is self-isolating

Any person experiencing COVID-19 symptoms listed above should contact BC Health Services at 811 and perform the COVID-19 assessment, follow their directions and self-isolate for 14 days. Any person developing symptoms while at play must leave the diamond or facility immediately and notify the coach of their departure.

Physical Distancing

* Throughout this pandemic, health organizations and agencies have identified physical distancing as one of the most effective strategies to prevent the spread of COVID-19
* All players/coaches/parents/visitors, when reasonably possible, are required to maintain a minimum of two meters distance from each other and avoid person to person contact.
* Non-essential physical activity that requires close contact between players will not be carried out.
* No sharing of bats, gloves or any other equipment
* No sharing of water bottles
* Try not to spit
* Try not to touch your face
* No dugout usage for players
* Player equipment and clothing should be washed before coming to practices or games
* No high-fives or hand shakes

Individual Stay Safe Measures

Transportation to and from Diamonds and facilities

* Whenever possible, players should travel to the site while respecting physical distancing measures by:
* Driving alone or with people they are living with (no carpooling)
* Separating themselves from others (following physical distancing of two meters)
* Avoiding touching common surfaces while in pubic
* Come straight to the ball park from home. (i.e. not visiting public places such as stores before/after practice) and go straight home

Practice Good Hygiene

* All players/coaches/parents/visitors must follow proper hygiene practices including:
* Coughing into a sleeve
* Sneezing into a tissue
* Minimizing face touching
* Washing hands thoroughly and frequently with soap and water for at least 20 seconds
* When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol
* Hand washing is to be completed:
* At the start of every practice and before starting workouts
* Before and after eating or drinking
* After using the washroom facilities
* After handling any equipment that may be contaminated
* At the end of the players practice or workout before they leave the diamond/facility
* Disinfecting phones, tablets and computers is also a good practice. Leave non-essentials in the car
* Do not share tablets, phones, drinks or food

Monitor each other. If you see someone doing something they are not supposed to or they have forgotten to do something, remind them. No one should take offence to this as these are necessary to keep everyone safe.

Procedures for Practices and Games

* Please have equipment sanitized before arriving to diamond or facility
* Sanitize hands when arriving at diamond or facility
* Masks are not mandatory at this time, however if you wish to wear one, make sure it’s snug and form fitting so it doesn’t affect your vision
* Head to your designated area which will be along a fence or wall and at least 6 feet away from anyone else
* Coaches to teach from a safe distance
* Safe distance at practice/workout/games as best as you can
* Sanitize hands at water breaks and every half inning
* Clean up at the end of practices/workouts/games
* Sanitize before leaving practices/workouts/games
* Hand wash for 20 seconds minimum when you get home
* Maximum 1 parent per player at practices/workouts/games

Hand sanitizer and disinfectant wipes will be provided for players and coaches at every practice/workout/game. Players are encouraged to sanitize frequently throughout the session.

Game Play

Players, Coaches, Parents and Spectators can expect to see certain measures in place at our baseball field on game days.

* There will be a 16 to 25-foot physical barrier safe zone or “bubble” set up around the entire playing field
* There will be one (1) clearly marked entrance into the “bubble” which will include a sign – in sheet for contact tracing purposes, and a verbal screening process before entry will be permitted. There will also be one (1) clearly marked exit from the “bubble” at a safe physical distance from the entrance.
* A maximum of 50 people only will be allowed inside this “bubble”. This includes players from both teams, coaches, managers, umpires, scorekeepers, grounds crew and parent volunteers. Any person exceeding the maximum number of 50, will have to remain outside of the “bubble” or “safe zone” and practice safe physical distancing from others.
* Use of dugouts is prohibited by players. There will be a temporary dugout constructed along the 1st and 3rd base fence lines, allowing for players to maintain a minimum of 2 meters distance between each other.
* Baseballs will be taken out of play and sanitized after each time they are put into play by either the batter, or the defensive team. It is recommended that each team be responsible for the sanitization of the baseballs being used while they are on the defensive side of the inning. New baseballs to be supplied by the home team.
* Umpires will be positioned behind the pitcher’s mound (calling balls and strikes) and far behind home plate (calling foul balls and plays at the plate) in order to maintain a safe physical distance from players
* Players and coaches will be reminded to refrain from spitting, licking their fingers (pitchers), chewing gum or eating sunflower seeds during game play.
* There will be no plate meeting prior to the game between head coaches of the two teams and the umpires. There will be no arguing calls with an umpire or coming on to the field to confront an official. A modified plate meeting will be done with proper physical distancing at the umpire’s discretion.
* No post game handshakes. Instead, teams are to line up on their respective foul lines at a distance of no less than 2 meters between players and “tip their hats” towards the opposing team. This practice will replace the traditional hand shake at the conclusion of games.