



Baseball Manitoba COVID-19 Return to Play

Prepared by:

Jason Miller – Executive Director

Baseball.jason@sportmanitoba.ca

1 (204) 223-8661

Date: May 23, 2020

Table of Contents

Page 3: Purpose and Mandate

Page 4: Phases Overview

Page 5: Phase 1 - Personal Health and Hygiene

Page 6: Phase 1 - Coach's Considerations

Pages 7-9: Phase 1 - Best Practices for Associations

Page 10: Phase 2 - Personal Health and Hygiene

Page 11: Phase 2 - Coach's and Umpire's Considerations

Pages 12-15: Phase 2 - Best Practices for Associations

The purpose of this document is to describe the Return to Play guidelines for the sport of baseball in the province of Manitoba. These guidelines will be provided to all organized baseball associations through membership at Baseball Manitoba and have been prepared through a collaboration of community volunteers and staff and further reviewed and ratified by Baseball Manitoba's Management Committee and its member organizations on May 22, 2020. It is our desire to have approval by The Province of Manitoba as soon as possible.

These Return to Play guidelines are required to be in place and executed in full to start up any organized baseball activities by order of The Province of Manitoba and must be followed as outlined. Noncompliance can lead to removal of facility access through the municipality in which you offer baseball programming, by law fines or even provincial health officer order to cease activity.

This work came from Baseball Manitoba, in collaboration with other Provincial Sport Governing Bodies. The working group was assembled in April and was supervised by Baseball Manitoba Executive Director, Jason Miller and included Management Committee Members Tony Siemens (President), Alex Grenier (VP-Competition) and Louis Cote (VP - Coaching). Finally, multiple personnel from baseball associations across the Province were included in the process to prepare guidelines that could be submitted for approval that would allow our athletes and clubs to resume baseball in some form.

Required content included safety and personal hygiene measures to be incorporated for all participants during the COVID 19 pandemic, possible adaptations to standard practices to allow for the restrictions in place at any time through an Order of the Provincial Health Officer and general guidelines that may not necessarily fall under any of the above categories.

Baseball Manitoba's Return to Play Phases.

1. Collaborate with other Provincial Sport Organizations and Local Baseball Associations to build Return to Play document and verify compliance capabilities.

April 1 – Present

2. Foundational Plan development around safety, personal hygiene and guidelines for training sessions and competitions.

May 4 - Present

3. Phase 1: Return to Train Guidelines for 7U and 9U baseball sessions and 11U and above tryouts and training sessions, including clinics and camps for players, coaches, and umpires.

Submission: May 23, 2020

Proposed Target Implementation: June 15-30

4. Phase 2: Return to Play Guidelines (all age groups)

Submission: May 23, 2020

Proposed Target Implementation: July 1-15

PHASE 1 – Return to Train

Personal Health and Hygiene

- Anyone displaying **ANY** illness symptoms **WILL NOT** be allowed to participate.
- Anyone who has been in contact with anyone who is sick or not feeling well should also consider not participating.
- Sessions must be conducted in groups of 50 or less in compliance with current public health orders.
- Sessions must be planned and implemented using proper Social Distancing (6 feet), except for brief exchanges.
- Players and Coaches must disinfect equipment before and after each training session.
- No using saliva to moisten hands or fingers.
- 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 catcher's masks.
- No sharing of any other equipment.
- Ride Sharing to be discouraged whenever possible.
- All First Aid protocols and safeguards followed or put in place for any required treatment, social distancing, and personal safety for responders.
- All uniforms or clothing to be washed after each event.
- All participants to shower at first opportunity after each event.
- No sharing of personal items like sunglasses, phones, wallets, etc.

Coach's Considerations

- Assign a parent representative to be the Health and Safety Officer for each session and the entire season. Responsibilities include, but are not limited to:
 - Ensuring all people are Social Distancing
 - Ensure equipment is not being shared
 - Ensure baseballs and bases are disinfected after each session
 - Ensure players disinfect hands between each drill, or when they have used saliva to moisten their hands or fingers
- Ensure all participants have signed (online) a waiver to play baseball in 2020.
- No team huddles before, during or after the session, unless executed with social distancing.
- All drills to be created and implemented ensuring social distancing requirements are met.
- Only 1 team to practice at a time, no joint practices. Rally Cap (7U) and Grand Slam (9U) may have 2 or 3 teams permitted.
- Social distancing must be practiced in the dugouts and other waiting areas.
- Organized Competition is NOT permitted.

BEST PRACTICES FOR RETURN TO TRAIN (COVID-19)

**Presented by:
Baseball Manitoba**

Baseball Associations in Manitoba are prepared to meet current Public Health regulations through the following Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

This applies to tryouts, camps, and practices for 11U and above, as well as 9U and 7U sessions.

REFERENCE NO.	DEPARTMENT	PROCEDURE
BP-001	Ballpark	Place appropriate signage outside the dugouts and ballpark entries briefly outlining the physical distancing guidelines in place.
BP-002	Ballpark	Place signage at the ballpark entrance and dugouts encouraging good handwashing and respiratory hygiene.
BP-003	Ballpark	Increase the frequency of cleaning, sanitation and disinfecting of all common areas, especially high traffic areas such as benches, gates, tables and more. Create a log sheet for cleaning frequency tracking, where appropriate.
BP-004	Ballpark	If more than one staff working on maintenance, then one person to be assigned to a workstation or piece of machinery. At the end of the shift the workstation to be cleaned prior to the next shift, the work area to also be cleaned throughout the day but also prior to another staff person using that equipment.
BP-005	Ballpark	The Head Coach or designate must remind each person of the physical distancing requirement plus not to touch anything on the field besides their own belongings, excluding the ball and the bases. Players and Coaches are not permitted to shake hands or high five. People caught disobeying any safety protocols will be requested to leave the facility immediately.
BP-006	Ballpark	If a ballpark has an announcement system, then they should use this to recite the participants rules of physical distancing at the beginning and middle of each event and more if necessary.
BP-007	Ballpark	Each participant must be asked if they have returned from travel outside of Canada, Manitoba, or lives with someone who has been outside of Manitoba, and if so, they must follow Manitoba Health recommendations regarding travel.
BP-008	Ballpark	Make wash stations or hand sanitizer stations available in common areas, if applicable.

Baseball Manitoba – Return to Play

BP-009	Ballpark	Signage posted in English may also be posted in other languages if useful for the local clientele. Signage will include proper hand and respiratory hygiene as well as social distancing expectations.
BO-001	Baseball Operations	Participants without a pre-scheduled session are not permitted, they must arrange a reservation prior to arriving at the field.
BO-002	Baseball Operations	Request participants to arrive only 45 minutes ahead of their session to ensure a limited number of people are waiting and discourage loitering.
BO-003	Baseball Operations	Do not permit people to congregate in the parking lot either before or after the training session.
BO-004	Baseball Operations	Spectators must, always, keep Social Distancing in place. This may mean spacing along fence lines, watching from vehicles, or not attending the training session.
BO-005	Baseball Operations	Baseball Parks are to limit the number of people at each field at one time by either increasing session intervals and/or blocking off additional timeslots.
BO-006	Baseball Operations	One baseball session per evening per baseball field, maximum of 1 team (except for Rally Cap and Grand Slam).
BO-007	Baseball Operations	If a ballpark employs maintenance personnel, then this person will be tasked with ensuring everyone is adhering to the Manitoba Health Restrictions and anyone failing to comply will be asked to leave the property immediately.
BO-008	Baseball Operations	Bases and baseballs are to be disinfected after each session.
BO-009	Baseball Operations	Encourage participants avoid contact whenever possible.
BO-010	Baseball Operations	The sharing of baseball equipment (bats, helmets, gloves, catcher's gear, etc.) is prohibited.
BO-011	Baseball Operations	Persons cleaning any equipment must use gloves and wash their hands upon completion.
BO-012	Baseball Operations	Remove or disconnect water fountains, taps or coolers; offer bottled water only.
BO-013	Baseball Operations	Remove infield rakes.
BO-014	Baseball Operations	Tape 6 feet markings on benches and bleachers to assist with physical distancing requirements. Reserve areas outside the dugouts for players and coaches to be – away from spectators.
BO-015	Baseball Operations	Remove trash cans and ask participants and spectators to take their own garbage home.

Baseball Manitoba – Return to Play

BO-016	Baseball Operations	2 individuals in batting cages at one time (social distancing being acknowledged) and no more than 2 spectators outside the cage at any given time.
BO-017	Baseball Operations	Provide dedicated waiting areas for next teams to approach playing field, if applicable.
PE-001	Participants Expectations	Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges. Key baseball training situations to avoid: <ul style="list-style-type: none"> • Catcher/Hitter • 1st base/runner • Tag plays/drills
PE-002	Participants Expectations	Offensive players never touch the baseball.
PE-003	Participants Expectations	Do not shake hands or high five to celebrate, a tip of the cap will do.
PE-004	Participants Expectations	Do not loiter in the parking lot before or after your session.

PHASE 2 – Return To Play

Personal Health and Hygiene

- Anyone displaying **ANY** illness symptoms **WILL NOT** be allowed to participate.
- Anyone who has been in contact with anyone who is sick or not feeling well should also consider not participating.
- Competitions must be conducted in groups of 50 or less, or in compliance with current public health orders.
- Competitions must be planned and implemented using proper Social Distancing (6 feet), except for brief exchanges.
- Umpires, Players and Coaches must disinfect equipment before and after each competition.
- No using saliva to moisten hands or fingers.
- 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 catcher's masks.
- No sharing of any other equipment.
- Ride Sharing to be discouraged whenever possible.
- All First Aid policies require reviewing and safeguards put in place for any required treatment including provision of PPE, social distancing, and personal safety for responders.
- All uniforms or clothing to be washed after each event.
- All participants to shower at first opportunity after each event.
- No sharing of personal items like sunglasses, phones, wallets, etc.

Coach's Considerations

- Assign a parent representative to be the Health and Safety Officer for each session and the entire season. Responsibilities include, but are not limited to:
 - Ensure all people are Social Distancing
 - Ensure equipment is not being shared
 - Ensure baseballs and bases are disinfected after each session
 - Ensure players disinfect hands between each half inning, or when they have used saliva to moisten their hands or fingers
- Ensure all participants have signed (online) a waiver to play baseball in 2020.
- No team huddles before, during or after the competition, unless executed with social distancing.
- All drills to be created and implemented ensuring social distancing requirements are met.
- Ensure Social distancing is practiced in the dugouts, on the field and in other waiting areas.
- Organized Competition is permitted.
- Ensure baseballs are sanitized before and after each competition.

Umpire's Considerations

- Bring your own water and hand sanitizer.
- Recommended to wear gloves and a mask.
- Limit the handling of baseballs, line up cards.
- Always ensure proper Social distancing (6ft) is followed.
- Ensure baseballs were sanitized by home team prior to the start of each competition.

BEST PRACTICES FOR RETURN TO PLAY (COVID-19)

**Presented by:
Baseball Manitoba**

Baseball Associations in Manitoba are prepared to meet current Public Health regulations through the following Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

This applies to all organized baseball competitions 11U and above.

REFERENCE NO.	DEPARTMENT	PROCEDURE
BP-001	Ballpark	Place appropriate signage outside the dugouts and ballpark entries briefly outlining the physical distancing guidelines in place.
BP-002	Ballpark	Place signage at the ballpark entrance and dugouts encouraging good handwashing and respiratory hygiene.
BP-003	Ballpark	Increase the frequency of cleaning, sanitation and disinfecting of all common areas, especially high traffic areas such as benches, gates, tables and more. Create a log sheet for cleaning frequency tracking, where appropriate.
BP-004	Ballpark	If more than one staff working on maintenance, then one person to be assigned to a workstation or piece of machinery. At the end of the shift the workstation to be cleaned prior to the next shift, the work area to also be cleaned throughout the day but also prior to another staff person using that equipment.
BP-005	Ballpark	The home team Head Coach or Umpire must remind each person of the physical distancing requirement plus not to touch anything on the field besides their own belongings, excluding the ball and the bases. Players and Coaches are not permitted to shake hands or high five. People caught disobeying any safety protocols will be requested to leave the facility immediately
BP-006	Ballpark	If a ballpark has an announcement system, then they should use this to recite the participants rules of physical distancing at the beginning and middle of each game and more if necessary.
BP-007	Ballpark	Educate staff on hygiene, sanitation, and its impact of preventing the spread of communicable diseases.
BP-008	Ballpark	Make wash stations or hand sanitizer stations available in common areas.
BP-009	Ballpark	Signage posted in English may also be posted in other languages if useful for the local members.

Baseball Manitoba – Return to Play

BO-001	Baseball Operations	Participants without a pre-scheduled competition are not permitted, they must arrange a reservation prior to arriving at the field.
BO-002	Baseball Operations	Request participants to arrive only 45 minutes ahead of their competition to ensure a limited number of people are waiting and discourage loitering.
BO-003	Baseball Operations	Do not permit people to congregate in the parking lot either before or after competitions.
BO-004	Baseball Operations	Spectators must, always, keep Social Distancing in place. This may mean spacing along fence lines, watching from vehicles, or not attending the training session.
BO-005	Baseball Operations	Baseball Parks are to limit the number of people at each field at one time by either increasing session intervals and/or blocking off additional timeslots.
BO-006	Baseball Operations	One baseball competition per evening per baseball field, maximum of 2 teams (except at Rally Cap [3 teams]).
BO-007	Baseball Operations	If a ballpark employs maintenance personnel, then this person will be tasked with ensuring everyone is adhering to the rules of the park and anyone failing to comply will be asked to leave the property immediately.
BO-008	Baseball Operations	Baseballs and bases must be cleaned and disinfected after each competition.
BO-009	Baseball Operations	Encourage participants avoid contact whenever possible.
BO-010	Baseball Operations	The sharing of baseball equipment (bats, helmets, gloves, catcher's gear, etc.) is prohibited.
BO-011	Baseball Operations	Persons cleaning any equipment must use gloves and wash their hands upon completion.
BO-012	Baseball Operations	Remove or disconnect water fountains, taps or coolers; offer bottled water only.
BO-013	Baseball Operations	Remove infield rakes.
BO-014	Baseball Operations	Tape 6 feet markings on benches and bleachers to assist with physical distancing requirements. Reserve areas outside the dugouts for other players and coaches to be – away from spectators.
BO-015	Baseball Operations	Remove trash cans and ask participants and spectators to take their own garbage home.

BO-016	Baseball Operations	Close batting cages or limit the use of the batting cage if open to 4 people maximum, this may need to be increased or reduced depending on size of the and number of cages in the area.
BO-017	Baseball Operations	Provide dedicated waiting areas for next teams to approach playing field.
PE-001	Participants Expectations	Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges. Key baseball situations: <ul style="list-style-type: none"> • Catcher/Umpire (umpire should wear a face mask) • Catcher/Pitcher (no mound visits)
PE-002	Participants Expectations	Offensive team never touches the baseball.
PE-003	Participants Expectations	Do not shake hands or high five to celebrate, a tip of the cap will do.
PE-004	Participants Expectations	Do not loiter in the parking lot before or after your competition.
CS-001	Competition Safety	Educate coaches and umpires to recognize the symptoms of COVID-19 in each other and players.
CS-002	Competition Safety	Establish a communication plan to keep coaches and umpires informed and updated on issues affecting baseball.
CS-003	Competition Safety	Inform coaches and umpires to tell local associations when they have been exposed to any highly communicable illness, and then direct them to the local health agency for appropriate testing.
CS-004	Competition Safety	Train or give resources to coaches and umpires on proper hand washing and sneezing/coughing practices and have them sign off on the training document for assurance they understand the importance of implementing these practices.
CS-005	Competition Safety	Conduct meetings by phone or online wherever possible. For in-person meetings, ensure safe social distancing (6+ feet) between attendees.
CS-006	Competition Safety	Coaches and Umpires to be informed to stay 6 feet apart from all people.
CS-007	Competition Safety	Participants may not have visitors while on the baseball field.
CS-008	Competition Safety	Ensure appropriate signage is present throughout the facility.
CS-009	Competition Safety	Provide necessary sanitation supplies.
CS-010	Competition Safety	Ensure hand washing or sanitizing stations are available, and signage is present at all wash stations.
MC-001	Maintenance Crews	Minimize the number of maintenance personnel working on the field at one time. Consider splitting the crew into two teams that do not work at the same time.

Baseball Manitoba – Return to Play

MC-002	Maintenance Crews	Always maintain physical distancing guidelines.
MC-003	Maintenance Crews	Assign staff equipment to avoid sharing between employees.
MC-004	Maintenance Crews	Stagger work hours and break hours and limit access to lunchrooms or workstations.
MC-005	Maintenance Crews	Place hand sanitizer throughout maintenance area and access to hand washing stations.
MC-006	Maintenance Crews	Regularly sanitize common area surfaces (gates, counters, etc.).
MC-007	Maintenance Crews	If equipment (including mowers) must be shared, they must be sanitized before being used by another employee.
MC-008	Maintenance Crews	Practice handwashing and standard hygiene practices.
TM-009	Maintenance Crews	No visitors to the facilities.