



Baseball Nova Scotia

Phase 1: Return to Training

Association Guidelines

On June 15th, associations and teams will be permitted to begin on field activities, including tryouts, training, and practices.

As a baseball community, we must be grateful for the opportunity to get on the field this summer. It is everyone's responsibility to adhere to core public health guidelines. The rules and guidelines presented in this document must be adopted by all groups in order to operate. Reasonable attempts to follow these rules must be made. Failure to do so could result in loss of membership, facility usage, and negatively impact the possibility of the sport progressing in the Return to Play plan. Most importantly, we need to ensure the safety of all participants.

Association Considerations

1. BNS guidelines are the minimum standard that must be met. Associations may implement any other precautionary measures they feel necessary to ensure the safety of participants.
2. It is expected that all associations will familiarize themselves and remain up to date with the relevant Public Health Guidelines issued by the Province.
3. These guidelines have been created in the context of a rapidly changing environment. It may be the case that new or modified Public Health directives are issued prior to the amendment of these guidelines. In the event of any conflict between these guidelines and any Public Health directive or recommendation, the Public Health directive or recommendation shall govern.
4. Phase 1 may be adjusted as public group sizes are permitted to increase.
5. Approval of Phase 1 does not guarantee we will get to Phase 2 in a timely manner. Please communicate to people registering that we still have no definite timeline on a Return to Competition. Bluenose League will not commence earlier than July 11th
6. Although June 26th is the decision date for Bluenose League, it is not the decision date for competition.
7. While not a mandatory guideline, associations must decide whether running younger programs (8U and below) is feasible while gathering sizes are still

limited 10 people or less. The increased coach to athlete ratio necessary may be difficult to attain with such small permissible group sizes.

8. Recognizing there will be a reduction in services provided, BNS will be reducing membership fees from \$20 to \$10 per member for 2020
9. Membership data must be provided to BNS prior to participants being permitted on the field.
10. Should the summer be interrupted due to COVID-19, BNS will not be issuing membership refunds. It is highly recommended associations develop their own refund policy.
11. All participants will be required to sign a **Release, Waiver of Liability, and Indemnity** acknowledging the inherent risk in participation, and the release of liability towards Baseball Nova Scotia and the association. BNS will provide a form of waiver to its associations. Associations must have the signed waiver prior to allowing any athlete on the field. BNS reserves the right to audit associations to ensure they have collected the signed waiver.
12. Each association must communicate all guidelines to its members. BNS does not collect contact information for every member, so every association is mandated to communicate these guidelines and any changes to them to its members and/or their guardians.
13. Associations are required to work with facility owners to adopt Baseball NS Return to Play plan. Associations will also be required to take all additional health precautions put in place by facility owners.
14. Should a potential COVID-19 case within or connected to an association or member thereof become known, BNS reserves the right to require associations to cease operations immediately. Associations must abide by any order to cease operations until it is deemed safe to resume.
15. All associations will cooperate and work with BNS in investigating any concerns or issues brought forward regarding adherence to these guidelines (on a case by case basis).

Environment

1. Indoor training is permissible if and only if groups follow the Provincial Public Health measures in place at the relevant time.
2. Dugouts are off limits to athletes but may be utilized by coaches/organizers, assuming physical distancing and all other Public Health measures can be observed.
3. Field bookings are to be made with a minimum of 15-minute grace times between bookings to allow for limited interaction between groups using the field.
4. Athletes must be encouraged to not arrive at the field more than 5 minutes prior to their practice time. If they do arrive more than 5 minutes prior to the game, they are required to remain in their vehicle or stay away from the field until the previous group has vacated the field.

5. Associations must require that spectators be limited to one family member (or guardian), or no more than one acquaintance of the athlete. All spectators will be required to maintain physical distancing.
6. Ride sharing is to be discouraged whenever possible.

Equipment

1. No sharing of personal helmets, gloves, hats, or training devices.
2. No sharing of bats (unless cleaned with a certified disinfectant after every use).
3. No sharing of any other equipment unless disinfected between personal uses.
4. No sharing of catcher's gear. Catchers gear can only be used if the following conditions are met:
 - Personal gear is used
 - 'Association gear' is used by one person per day, and disinfected after each session
5. The following precautions are recommended to minimize the risks of multiple people handling the same baseballs:
 - Balls must be sanitized after use or not used for four days to reduce likelihood of transmission. Information on sanitization can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/assumptions.html#a5>
 - Different training groups are prohibited from using the same baseballs (unless sanitized between use).
 - Athletes must be provided with the opportunity to sanitize their hands between drills/activities.

Personal Protective Precautions

1. All participants and/or their guardians must conduct a self-assessment questionnaire to determine whether they are at risk of having Covid-19 or having come into contact with COVID -19 prior to attending any association event. A form of self-assessment questionnaire is attached to these guidelines. If the answer to any of the questions is "yes" then this must be reported to the association and the individual will not be permitted to participate in association events until such time as the individual completes a self-quarantine, receives a negative COVID-19 test or has been otherwise cleared by Public Health to leave quarantine (i.e. recovered and non-symptomatic after a positive case).
2. All First Aid kits are to be updated to include PPE (as deemed appropriate by public health - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention->

- [risks.html?topic=ex-col-faq#p](#)) should physical contact may be necessary due to injury.
3. One designated person shall be present at any association event to address injuries in order to avoid physical contact between the injured person and multiple people.
 4. Teams must have hand sanitizer available for use by participants, but athletes will be encouraged to bring their own sanitizer bottle for personal use.

Communication

1. Every association must communicate the self-assessment requirements, personal hygiene recommendations and guidelines, together with any additional safety requirements it puts in place to all athletes and their guardians.
2. BNS to provide Participant Guideline document for communication.

Tracking and Reporting

1. Associations must keep a participant registry or have the ability to trace names, dates, time, and contact info for training activities and other events. Should a COVID-19 case be reported, this will assist in tracing.
2. Associations must report potential cases of contact between its membership and COVID-19-positive individuals to Baseball Nova Scotia immediately. Further activities must be suspended until confirmation of a negative test is provided.

Baseball Training, Practices, and Tryouts

1. Drills, practices, and activities must adhere to the guidelines in this document.
2. Activities must ensure physical distancing of 2 metres (6 feet)
3. Activities must not involve the sharing of equipment
4. Gathering limits of no more than 10 (or the current public gathering limit is at the time) must be adhered to (minimum 2 coaches on the field)

BASEBALL NOVA SCOTIA

COVID-19 Participant Screening Questionnaire

To protect the health and safety of all participants, their families and our volunteers, all participants (together with their guardians, as appropriate) must self-assess prior to participating in any association event. It is the responsibility of the association to ensure that participants answer the following questions prior to attending any association event.

1. Have you recently travelled outside of Nova Scotia or been in contact with someone who has travelled or been outside the Province? If yes, participant is not permitted to attend association events for 14 days from the date of the return from out of Province.
2. Have you been in contact with someone who has tested positive for COVID-19 within the last 14 days? If yes, participant is not permitted to any association events for 14 days from the date the participant last had contact with the COVID-19 positive individual.
3. Are you currently experiencing any of the following COVID-19 symptoms?
 - A fever (or chills/sweats)
 - New cough (or one that is getting worse)
 - Sore throat
 - Headache
 - Shortness of breath
 - Muscle aches
 - Sneezing
 - Runny nose
 - Hoarse voice
 - Diarrhea
 - Unusual fatigue
 - Loss of sense of smell or taste
 - Red, purple or blueish lesions, on the feet, toes or fingers without clear cause

If yes, the participant is not permitted to attend association events until symptoms have disappeared or a negative COVID-19 test is provided.