



Baseball Nova Scotia

Phase 1: Return to Training

Participant Guidelines

On June 15th, associations and teams can 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.

Baseball Nova Scotia acknowledges a perfect environment is impossible. Associations are working hard to ensure all feasible health and safety guidelines are adhered to, but we also understand many of the guidelines may be difficult for youth to understand. While our volunteers and coaches will do their best to create a safe environment, please talk to your child about how they can stay healthy while still enjoying the game!

Please note Baseball Nova Scotia and your association require parents and guardians to sign a Release, Waiver of Liability, and Indemnity prior to any activity participation.

General Personal Hygiene

Keep in mind the following core principles when participating in baseball activities.

1) **Stay home** if you have any symptoms of COVID-19 or have been in contact with someone who has or had the virus in the previous 14 days. Proof of testing will be required to return to play.

2) Even if you appear to be healthy and have had no contact with someone who is at-risk, it is still important to follow physical distancing and sanitation practices

3) Use sanitary practices recommended by the public health authorities.

a) Practice proper hygiene as it can help reduce the risk of infection or spreading infection to others.

b) Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom– or use alcohol-based hand sanitizer if soap and water are not available (have these readily available or ask members to bring their own).

c) Avoid touching your eyes, nose or mouth.

4) The Coronavirus that causes COVID-19 spreads through droplets that people produce as they breathe, talk, cough and sneeze.

When coughing or sneezing:

a) Cough or sneeze into a tissue or the bend of your arm, not your hand.

b) Use a tissue and dispose of any used tissues as soon as possible in a lined waste basket and wash your hands afterwards.

c) Keep Physical Distancing of 2 m or 6 feet:

5) Wear a mask if in close contact with others (surgical procedure or cloth mask is sufficient, N-95 mask not required). Masks don't replace proper physical distancing. Masks are not mandated at this time.

6) Avoid large groups where social distancing is not feasible.

7) BNS rules:

- No sharing of water bottles.
- No sharing of food of any kind.
- No spitting.
- No chewing gum.
- No sunflower seeds.
- All participants must complete the COVID-19 Screening Questionnaire at the end of this document prior to attending a training session or event
- All participants to shower at first opportunity after each event.

Environment

1. Dugouts are off limits to athletes (coaches/organizers can utilize, assuming physical distancing is possible)
2. Athletes are encouraged to not arrive at the field more than 5 minutes prior to their practice time. If they do, they are encouraged to stay in their vehicle or stay away from the field until the previous group has vacated the field.
3. Spectators are limited to one family member, or no more than one acquaintance of the athlete. All spectators will be expected to maintain physical distancing
4. Ride sharing is discouraged whenever possible
5. Athletes should not leave any garbage behind on the field.

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 should be sanitized after use or not used for four days to reduce likelihood of transmission
 - Two different training groups should not be using the same baseballs (unless sanitized between use).
 - Athletes should be provided with the opportunity to sanitize their hands between drills/activities.

Personal Protective Precautions

1. Gloves and masks are not mandatory, but are encouraged in situations where physical distancing is not feasible
2. It is encouraged athletes have personal hand sanitizer with them at 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.