



Baseball Nova Scotia

Phase 2: Return to Competition

Guidelines

On July 31st, associations and teams will be permitted to begin competition

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. All Phase 1 protocols relating to sanitization remain in place
4. 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.
5. Phase 2 may be adjusted as public group sizes are permitted to increase.
6. Recognizing there will be a reduction in services provided, BNS will be reducing membership fees from \$20 to \$10 per member for 2020
7. Membership data must be provided to BNS prior to participants being permitted on the field.
8. 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.
9. 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 (hard copy or electronic version) prior to allowing any athlete on the field. BNS reserves the right to audit associations to ensure they have collected the signed waiver.

10. 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.
11. 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.
12. 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.
13. 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).
14. **Membership Registration: This will take place the same as past seasons. Instructions have been sent around to all associations, your username and password are the same as previous seasons. If your login is not working please contact Chris (clerette@sportnovascotia.ca). Note: login information is only for club presidents and registrars.**
15. **Team Listing and Rosters: All teams wishing to play games against teams from an association other than their own must be listed on the Baseball Nova Scotia website and have a roster (players, coaches & assistant coaches) attached. Prior to rosters being added to a team the team must be submitted via the form on our website ([click here](#)). Rosters can then be added by the association through the registration process.**

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 enter the premises while other teams are still playing. If they do arrive while another game is in progress, they are required to remain in their vehicle or warm up in an area away from athletes, and fans attending the previous game.**

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. Public health orders stipulate no more than 50 at a gathering. If gathering sizes exceed 50 (including athletes, coaches, and officials), parents may be asked to move to the parking lot or another area of the premises away from the main viewing area (bleachers, etc.)
6. Due to current gathering size limits, tournaments are still not permitted.
7. 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:
 - Athletes must be provided with the opportunity to sanitize their hands between drills/activities. Sanitization of baseballs is not necessary

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. BNS will provide a template that can be used for recording attendees (athletes and coaches only) http://baseballnovascotia.com/clientuploads/BNS_Attendance_List.pdf
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)

Game Modifications

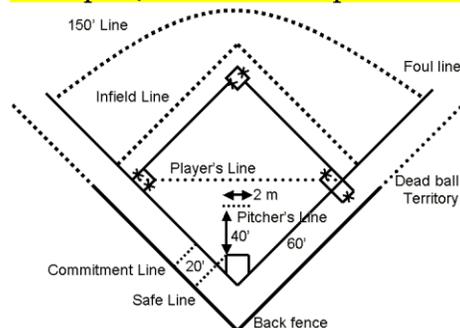
1. Dugouts can be used during competitions for coaches and no more than 3 athletes at a time. Personal gear is to remain outside of the dugout. Designated space inside or outside the field must be provided for participants and teams to safely physical distance from each other.
2. Games will see a strict 1 hour and 45 minute time limit at all levels and age categories. As field bookings are typically done in 2 hour slots, we want to ensure a 15 minutes grace period as one group enters the facility and one leaves

3. No team 'huddles' pre, post, or during competition. Addressing the entire team must be done with 2 meters spacing between everyone.
4. Post game hand shakes are not permitted
5. Each team is responsible for their own baseballs on defence.
6. No home plate umpire. Balls and strikes to be called from an official at least 10 feet behind the pitcher.
7. A 'Safety Line' will be drawn in foul territory starting at the front corner of home plate and perpendicular to the third base line. A 'Commitment Line' will be drawn twenty feet from home plate at the half way point between home plate and 3rd base and perpendicular to the third base line. Instead of needing to touch home plate, runners need to cross the Safety Line in order to score. Should a runner pass the Commitment Line, but the ball reach the catcher on home plate prior to the runner passing the Safety Line, the runner will be out. Force plays only.

Plays at the plate – runners will be called out if they touch the plate. Whether or not there is a play, when attempting to score, the runner must go to the Safety line. If the runner chooses to go to the plate, they will be called out. This includes home runs. For close plays at the plate, the runners foot that has passed the safety line must be on the ground in order to be called safe – being in the air doesn't count – safe as a force play at a base.

For the commitment line coming home, if the runner passes it on a Fly ball that is caught, the runner can't return to tag up to attempt to score. Once past the line, they must continue to home.

Example (this is an example. The Commitment Line is half way, not twenty feet):



8. Should a tag play be necessary, athletes are to vacate the immediate area as soon as possible

9. Mound visits are permitted, but must include only the coach, pitcher, and catcher. No other players shall be permitted to join, unless a pitching substitution is being made. Participants must physically distance.
10. Pregame plate meetings can occur for ground rules. Only the head coach of each team and game officials shall participate. Six feet physical distancing should be practiced.
11. All other baseball rules are in effect

Umpires

1. As umpires will be calling the game from behind the pitcher, we remind all coaches, athletes, and volunteers this will present extra challenges in game management. There is to be no arguing calls. This will result in immediate ejection.
2. Due to reduced official registration in 2020, there may be situations where only one official is available. Fees for single umpires will be as follows:

Division	Plate Umpire	Base Umpire	Single Umpire	Total Cost/Game (Two Umpires)
11U	\$30.00	\$25.00	\$40.00	\$55.00
13U	\$35.00	\$30.00	\$50.00	\$65.00
15U	\$45.00	\$40.00	\$65.00	\$85.00
18U	\$55.00	\$45.00	\$75.00	\$100.00
21U	\$60.00	\$50.00	\$85.00	\$110.00
Intermediate	\$60.00	\$50.00	\$85.00	\$110.00

3. Umpires will not be responsible for enforcing COVID related rules (athletes sanitizing hands, cleaning bats, etc.) Should an environment present itself that umpires deem to be in violation of COVID protocols (full teams using the dugouts, gathering sizes exceeding allowable limits surrounding the field, or other flagrant violations), they reserve the right to end the game or delay the game until the situation is addressed by coaches.

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 Atlantic Canada or been in contact with someone who has travelled or been outside the Atlantic region? If yes, participant is not permitted to attend association events for 14 days from the date of the return from out of the Atlantic 'Bubble'.
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.