



2021 COVID-19 Safety Plan Addendum

Updated: April 2021

This safety plan has been developed to align with current Alberta Health COVID-19 protocols, following best practices concerning COVID-19 to minimize risk of COVID-19 transmission.

This is based on the belief that it is fundamentally safe for participants to play outdoor sports in a controlled and supervised environment at fields and areas dedicated for that purpose. We are advocating, and thus supporting, a strong team effort that educates our members on the need for a safe operation plan.

This version of the safety plan is specific to baseball **training and practices**, following the April 16 update by Alberta Health. The latest Alberta Health measures are found at:

<https://www.alberta.ca/enhanced-public-health-measures.aspx>

SECTION 1 – Roles and Responsibilities

Parents, Guardians, and Spectators

- If any player or member of the player's household is experiencing COVID-19 symptoms, that player cannot attend any RMLL event.
- Parents must perform a player health assessment before every event (see the RMLL COVID Checklist document).
- Temperature checks administered by parents is recommended as a personal initiative before coming to the field. Anyone showing a fever above 38.0 degrees Celsius is not permitted on the field and is asked to stay home.
- Player attendance will be communicated to coaches to facilitate contact tracing
- We recommend that visitors at the field download the ABTraceTogether app as an additional safety measure.

RMLL

- To enable quick contact with participants and guardians, RMLL will maintain an up-to-date contact list including names and phone numbers.
- RMLL will update and maintain this COVID-19 safety addendum to align with Alberta Health recommendations and requirements.

Coaches and Volunteers

- If any coach or volunteer, or member of the volunteer's household is experiencing COVID-19 symptoms, that volunteer cannot attend any RMLL event.

- If a coach, volunteer, or players develops COVID-19 symptoms during the activity, they should be sent home to begin isolation immediately.
- For the purposes of tracing close contacts, coaches or volunteers should be able to indicate anyone who was on the field at a given time. Use of the SportsEngine app or TeamSnap is required to track player participation at each event.

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SECTION 2 – Activity Protocols

- RMLL will use training groups with a maximum of 10 people, including players, coaches, and volunteers. There can be multiple groups on a single field, so long as groups maintain 3 meter separation.
- All activity participants must maintain 2 meter physical distancing
- Coaches and volunteers are required to wear nonmedical masks at all times during events, covering mouth and nose.
- Players are required to wear nonmedical masks at all times during events, except during periods of high intensity (for example, when running)
- Spitting is not permitted. Tobacco use of any kind, unshelled sunflower seeds, and unshelled peanuts are not permitted at any diamonds or facilities.
- Players are not permitted to touch their face or put any part of their hands in their mouth. If this happens, the player in question must sanitize hands before resuming participation.
- All players and coaches will sanitize their hands before games begin. RMLL will provide hand sanitizer at each diamond.
 - If sanitizer with prolonged protection is used (for example, Dermsafe):
 - Once before an event is sufficient.
 - If alcohol sanitizer is used, then further sanitization must take place:
 - **After every half inning**, and before leaving the diamond after a game.
 - **After each drill** during practices No exceptions.
- Coaches will sanitize hands and practice hand hygiene prior to handling baseballs.
- Use of dugouts will be limited. Dugouts can be used as a staging area for up to 3 players waiting for their turn at-bat, and for coaches to stand while their team plays defense. Adequate space (minimum 2 meters) must be available for players and/or coaches to stand in the dugout. No equipment, bags or other gear can be stored in the dugout/bench area at any time.
- All player bags will be set up with adequate space (minimum 2 meters) in appropriate areas (along fences, etc).
- Physical distancing must be maintained at all times when off the field of play, whether in dugouts or outside the playing field.
- Players are required to come to games and practices dressed and ready to play.

SECTION 3 - Health & Hygiene

- RMLL will make hand sanitizers available to all coaches and/or volunteers. Common player surfaces will be sanitized before each event. Spectator area seating and other facilities will not be disinfected and it is the responsibility of spectators and off-field volunteers to

consider providing their own disinfectants for the area they choose to observe the game from.

- All participants must clean and disinfect their equipment after each event and prior to the next one (preferably 24 hours apart).
- Participants are encouraged to wear clean clothing/uniforms to each event. Uniforms are encouraged to be cleaned after each event and prior to the next one.
- Team equipment must be sanitized by an appointed volunteer or coach before each use, and between sharing users. Catchers equipment can not be shared during same event/day and must be sanitized before its next use.
- Users assume the risk of using shared equipment such as team bats, which will be sanitized between each use. Personal equipment is not to be shared, and hats and helmets should be labelled to avoid mistakenly sharing. Players must provide their own helmet.
- Baseballs must be sanitized before and after each event and prior to being re-entered into games or practices. Sanitization should use recommended products to ensure the maximum safety.
- RMLL will provide a means to sanitize hands at locations on the field where patrons and staff are known to handle goods.
- Hand sanitizer or hand-washing is required if the coach or volunteer has visibly dirty hands.
- In the event that a participant requires first aid, a family member is asked to attend to the injured. If not possible, the first aider should use appropriate Personal Protective Equipment, including medical mask and gloves. All RMLL diamonds will have gloves and masks in First Aid kits.
- RMLL will use hand sanitizers recommended by Health Canada

SECTION 4 – Safety and Physical Distancing

- Parents/Spectators are encouraged to spread out in the field using lawn chairs etc.
- At diamonds with bleachers or fold down seats, participants must observe 2 meter physical distancing from anyone who is not a member of their cohort group.
- No physical contact (handshakes, fist bumps, high 5's, etc.) at any time including between players and between players and coaches.
- No gathering around the park until your scheduled arrival time. Please remain in your own vehicle until 5 minutes before your scheduled arrival time.
- All participants/patrons must leave the facility immediately following the conclusion of the event. Brief (5 minute) post-game meetings for participants are permitted after events so long as physical distancing requirements are met.
- Maintaining a 2 meter separation between individuals social distancing (e.g., workers, volunteers, patrons) will be enforced.
- Spectators are not allowed to enter designated participant-only spaces.
- Only guardians and/or families of a participant can spectate in a designated area. No public spectators are allowed.

SECTION 5 - Administrative Considerations

- We will conduct training sessions with organization board members, umpires, coaches, players, and parents to explain reopening conditions.
- At a large venue, such as an outdoor baseball park, we believe that social distancing can occur over a wide, spread out area.
- No sharing of water bottles or food of any kind. Water/beverages should be brought from home. Please ensure water bottles are labelled with participant name.
- RMLL will make every effort to encourage and educate coaches and players on respiratory etiquette (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in the trash, followed up with hand hygiene) is followed.
- Ride sharing (car pooling) is not recommended. Players should travel only with an immediate family member. If necessary, a pod of two families can be created (only includes immediate family members of two nearby families) to assist in getting each other's children to the game/practice, but group car pooling is not recommended or endorsed in any way.
- In the event where a positive COVID-19 case of a participant, coach, or volunteer is identified, RMLL will utilize contact tracing to inform all affected participants.

Rocky Mountain Little League COVID-19 Screening Questions

Screening Questions for Children under 18 (from Alberta Health Services):

1.	Has the child traveled outside Canada in the last 14 days?	YES	NO
2.	Has the child had close contact with a case¹ of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging	YES	NO
Does the child have any new onset (or worsening) of the following core symptoms:			
	Fever. Temperature of 38 degrees Celsius or higher	YES	NO
3.	Cough. Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath. Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste. Not related to other known causes or conditions like allergies or neurological disorders	YES	NO

Does the child have any new onset (or worsening) of the following other symptoms:			
	Chills. Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing. Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion. Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
4.	Feeling unwell/fatigued. Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea. Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite. Not related to other known causes or conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches. Not related to other known causes or conditions, such as arthritis or injury	YES	NO
	Headache. Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO

If any of the above questions were answered YES, the child cannot participate.