



2020 RETURN TO PLAY SAFETY PLAN - CALGARY ROCKY MOUNTAIN LITTLE LEAGUE (RMLL)

Little League Alberta has been monitoring all relevant policies, guidelines, and protocols in order to create this document which member leagues and districts can use as a template for their own “Return to Play Safety Plan” this summer/fall that is consistent with the following:

- A. Little League International/Little League Canada guidelines
- B. Government of Alberta/Alberta Health Services orders, policies, and guidelines
- C. Little League Alberta Baseball Relaunch Document

The goal of our relaunch 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. The over-arching purpose of this safety plan addendum is to prevent transmission of COVID-19.

SECTION 1 - Considerations & Assumptions

- Anyone who is sick or has anyone in their household with cold-like symptoms such as cough, fever, runny nose, sore throat or shortness of breath, **MUST NOT** be at the field and must leave the field or designated play area immediately.
- Patrons with these symptoms will not be allowed on the field and will be advised to return home (see the RMLL Covid Checklist document).
- To enable quick contact with participants and guardians, RMLL will maintain an up to date contact list including names and phone numbers.
- 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.
- 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.
- We recommend that visitors at the field download the ABTraceTogether app as an additional safety measure.
- PPE is recommended when physical distancing of 2 metres **CANNOT** be maintained. Players, coaches, volunteers and parents may wish to wear medical or nonmedical grade face coverings and gloves (if they choose) when attending events.
- Spitting is not permitted. Tobacco use of any kind, unshelled sunflower seeds, and unshelled peanuts are not permitted at any facility.
- A basic safety practice plan for coaches, supervisors, umpires, and game spotters to use will be created as a tool for consistent messaging. Players need to be educated and reminded on a continual basis about the safety measures.

- If a participant, coach, staff or volunteer develops COVID-19 symptoms during the activity, they should be sent home to begin isolation immediately.
- In the event that a participant requires first aid, consider having a family member 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.

SECTION 2 – Activity Protocols

- Players are not permitted to touch their face or put any part of their hands in their mouth. Pitchers are not allowed to put their fingers to their mouth. If this happens, play is stopped, the baseball is removed and sanitized, and the player in question must sanitize hands before play is resumed.
- Anytime a baseball leaves the playing field it needs to be cleaned, disinfected, and sanitized before it can be used again.
- All players and coaches will sanitize their hands before games begin, **after every half inning**, and before leaving the diamond after the game. No exceptions. RMLL will provide hand sanitizer at each diamond.
- Coaches will sanitize hands and practice hand hygiene prior to handling baseballs.
- Each team will use its own supply of baseballs when they are playing on defense. Coaches will replace baseballs when needed (foul ball out of play, player touches face, etc). Umpires will not handle baseballs before or during games.
- Use of dugouts with solid wall structures is prohibited. At RMLL diamonds with chain link or mesh/net walls, 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 metres) must be available for players and/or coaches to stand in the dugout.
- Other players will wait for their turn at-bat, or while sitting out on defense, outside the fenced playing area, or along the foul line out of play for those diamonds that are not fully enclosed with fences.
- Sitting on benches is not permitted at this time, and no equipment, bags or other gear can be stored in the dugout/bench area at any time.
- All player bags will be set up outside the playing area behind dugouts, 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

- Regular household cleaning and disinfecting products are effective against COVID-19 when used according to the directions on the label. Make sure to follow instructions on the product label to disinfect effectively
- 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.
- It is strongly recommended that participants shower after each event at the earliest opportunity possible.
- 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. Each team will be given a minimum of 3 sets of catcher's equipment, with up to 2 sets being assigned to one player for the entire season at coaches discretion.
- 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. 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 is required if the coach or volunteer has visibly dirty hands.

SECTION 4 – Safety and Physical Distancing

- We will restrict the number of volunteers and patrons in outdoor facilities at any one time to 200 persons. This applies to games and practices during this stage.
- 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 metre 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. Teams are encouraged to do any longer meetings via video conference call on apps like Skype, Zoom, House Party, etc. once everyone has arrived home safely.
- Maintaining a 2 metre 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.

- Schedule windows will be larger for events to avoid unnecessary congestion between activities and to allow for necessary cleaning.
- 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 cell phones, clothing items, or personal items. If someone does not have a phone, that person must go to the leader/coach who will make the phone call on behalf of said person. Also, cell phones should be disinfected prior to arriving at the field and at the first opportunity when you arrive home.
- 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.
- Email communication to all participants in advance.
- Website and social media information will contain resources and protocols for these programs.
- 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.
- The use of posters that remind players, coaches, volunteers and patrons to practice respiratory etiquette and hand hygiene will be posted where possible. Signs on appropriate hand hygiene will be posted, where possible, at hand hygiene areas and in public view.
- Signage with information that maintaining social distancing at all times will be posted.
- At this time, activities are restricted to local community opportunities within RMLL's various divisions, which have been set up to follow Alberta's guidelines on sports team cohorts ("mini-leagues").