



NSBA COVID-19 PROTOCOL - PHASE 2: PLAYING GUIDELINES¹

FOR EVERYONE INVOLVED IN A BASEBALL EVENT

Below is a list of required conduct/actions as we return to play. You will notice most of them are prohibitions. We did too. What we desire in addition, is: Have fun. Enjoy the outside. Cherish the summer days/evenings. Encourage happiness. Try to be flexible as the NSBA community works through this pandemic. And most important, let's follow Dr. Henry's lead: *"Be kind, be calm, and be safe."*

NSBA Board of Directors

For team coaches, managers and players ("Team Member") the following requirements apply for all baseball events **in addition** to those set out in the (1) NSBA COVID-19 General Health and Personal Hygiene Protocol and the (2) NSBA COVID-19 Sanitizing High Touch Common Surfaces Protocol.

Prior to any player taking the field for the first time, the following three (3) documents must be signed by the player/parent/guardian and handed to the head coach. The head coach is required to deliver the documents to the relevant NSBA Divisional Coordinator. The three (3) documents are:

1. BC Minor Baseball Association Declaration of Compliance: COVID-19
2. BCMBA Youth Participation Waiver
3. BCMBA Adult Participant Waiver

During a baseball event, the following shall occur:

1. Baseball events will be in-team play/practice only. Events between teams will not occur in Phase 2 unless and until directed by Baseball BC or our PSO.
2. Team Members must:
 - a. wash their hands prior to participation.
 - b. bring their own equipment, water bottle and hand sanitizer
 - c. comply with physical distancing measures (2m separation) at all times
 - d. avoid physical contact with others, including shaking hands, high fives, etc.
3. For the team - small group training and development sessions are permitted with a maximum of 10 players and 2 coaches at an event (or a combination of 12 participants maximum, such as, for instance, 9 players and 3 coaches or 8 players and 4 coaches).
4. Maximum of 1 parent per player at the baseball event.

¹ NSBA will be informed when BC Baseball moves to Phase 3. We anticipate it being a few weeks away. Phase 3 "loosens" some of these restrictions and will contemplate game play.

5. No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
6. No dugout use permitted and no changing or dressing rooms permitted.
7. Players set up outside of the dugout with 2m physical distancing requirements adhered to.
8. No shared use of personal equipment by players/coaches (team bats and back catcher gear are not personal equipment - both of these equipment must be disinfected between users).
9. Indoor events (batting cages for example) are permitted as long as social distancing requirements are adhered to.

Coach and/or manager specific obligations before, after, and at the baseball event:

1. Prior to attending the event the team baseballs, back catcher gear, and team bats should be sanitized.
2. Prior to taking the field with the players do the following:
 - a. verbal symptom screening to ensure all participants are symptom free.²
 - b. review with participants the Personal Health and Hygiene Recommended Guidelines and enforce accordingly.
 - c. reminders to participants regarding 2m physical distancing and include no spitting, no face touching, no contact between the athletes.
 - d. Attendance must be taken and kept at every event for all people in attendance including parents (drivers): **NSBA COVID-19: NSBA Attendee Tracking Form**. These records must be kept for 30 days before being destroyed.
3. During the baseball event:
 - a. Monitor players for signs of COVID-19 symptoms.
 - b. The only "team equipment" is team balls, team bats, and back catcher gear.
 - c. All drills should ensure 2m physical distancing requirements are met.
 - d. Use cones and other equipment or markings to ensure appropriate spacing is in place to support distancing.
 - e. Make every effort to limit the number of athletes using one ball in a practice environment.
 - f. In order to minimize touches, the following equipment will be handled only by one of the two coaches and not touched by players: (1) pitching machines; (2) tees; (3) baseball hitting screens; (4) equipment sheds/boxes (5) throw down bases or other training gear
 - g. Any team issued bats should be sanitized prior to every event and between every use by different players.
 - h. Back catcher equipment should be sanitized prior to every event and between every use by different players.

² Any illness applies to this provision. For greater clarity to our community, our health community's current definition of COVID-19 symptoms, even mild ones are the following: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite (source: BC COVID-19 Self-Assessment Tool). While less common, symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes.

4. After the baseball event:
 - a. All field prep equipment used must be disinfected and cleaned (equipment would include: rakes, tractor, line marker equipment, base implementation equipment, and equipment box at field if accessed for the baseball event, pitching machine handle,)
 - * Disinfect the high touch surfaces of the equipment.
 - b. disinfect wipe down all "surfaces" players exposed to. This includes:
 - i. team baseballs;
 - ii. team bats
 - * The disinfection of the baseballs and team bats can be done off site.