



## **NSBA COVID-19 PROTOCOL - PHASE 3: PLAYING GUIDELINES<sup>1</sup>**

### **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.

\* **Phase 3**, unlike Phase 2, includes game play. As such, this Protocol sets out the rules for practices and the rules for games. The rules for practices do not change between the Phases but are nonetheless set out below the rules for games for your convenience.

## **GAMES**

### **Playing Teams' Obligations:**

1. Teams should assign a safety and sanitization champion for each game (similar to practices) to track attendance, assist in reminders about physical distancing, and implement ongoing sanitizing needs and requirements.
2. Only game play between teams from the same local sports association are permitted right now. No exceptions. As such, NSBA teams only play NSBA teams.

### **Specific Coach and Player Obligations**

1. Players and coaches may not approach any official to discuss or argue any call. They may ask for a count from their appropriate bench or on-field location.
2. Physical distancing must always still be maintained outside of the regular course of game play (i.e., batters or plays in the field).

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<sup>1</sup> On July 24, 2020, BC Baseball announced another step in bringing baseball back more fully. NSBA is now allowed to have Phase 3 (Return to Play) games commence effective immediately.

3. No plate meetings pre-game for lineup exchanges unless physical distancing requirements are adhered to.
4. No mound visits by catcher or coach unless physical distancing requirements are adhered to.
5. No postgame handshakes.
6. Baseballs need to be new or disinfected every time they are entered into play.
7. Hand sanitizing should take place at the end of every half inning.
8. Umpires must comply with physical distancing requirements and may need to use alternate positioning to comply.
9. 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.
10. Maximum of 1 parent per player at the baseball game.
11. No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
12. No dugout use permitted. Players should set up outside of the fence line when they are at bat. They should maintain 2m physical distancing.
13. During the games, when the change over from batting to fielding occurs between 1/2 innings, the fielding team must fully exit the field before the just-finished batting team takes the field.
14. 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).
15. Any team issue bats should be sanitized prior to every event and between every use by different athletes.
16. All scorekeeping, announcing and scoreboards operation to be performed outside and not in buildings or booths with social distancing requirements in mind.
17. No tournaments permitted.

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

1. Prior to attending the game 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.<sup>2</sup>
  - 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). **Use: NSBA COVID-19: NSBA Attendee Tracking Form.** These records must be kept for 30 days before being destroyed.
3. During the baseball game:
  - a. Monitor players for signs of COVID-19 symptoms.

<sup>2</sup> 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).

- b. The only "team equipment" is team balls, team bats, and back catcher gear.
- c. 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.
- d. Any team issued bats should be sanitized prior to every event and between every use by different players.
- e. Back catcher equipment should be sanitized prior to every event and between every use by different players.
- 4. After the baseball game:
  - 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.

## PRACTICES

1. At baseball practices 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.
2. For the team - Full team practices are now permitted.
3. Maximum of 1 parent per player at the baseball event.
4. No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
5. No dugout use permitted and no changing or dressing rooms permitted.
6. Players set up outside of the dugout with 2m physical distancing requirements adhered to.
7. 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).
8. No indoor events (practice, cage) permitted although NSBA has been informed that outdoor cages are acceptable for use.

### **Coach and/or manager specific obligations before, after, and at the baseball practice:**

1. Prior to attending the practice 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.<sup>3</sup>

<sup>3</sup> 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).

- 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). **Use: NSBA COVID-19: NSBA Attendee Tracking Form.** These records must be kept for 30 days before being destroyed.
3. During the baseball practice:
- 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.
  - 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.
4. After the baseball practice:
- 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.