

# Calgary West Little League



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 each safety plan addendum is to prevent transmission of COVID-19. The following pertains to CWLL’s Return to Play Safety Plan for games and practices under the provisions of Stage 2 of Alberta’s Relaunch.

## **SECTION 1 - Considerations & Assumptions**

- Emphasize that 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 CWLL Covid Checklist document).
- To enable quick contact with participants and guardians, CWLL 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.
- Temperature checks administered by parents will be 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.

- 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.
- Baseball is a sport where we cannot always assure social distancing. It is essential to limit the number of contacts between different participants. This is done by playing within set cohorts with a fixed number of participants.
- Cohorts cannot exceed 50 people on the playing field. This includes those participants, officials, coaches, and trainers who cannot maintain 2 metres of distance from others at all times. This does not include parents and spectators.
- CWLL will ensure that play within each division includes the requisite cohort limitations between teams of play. These cohorts will remain together for the duration of Stage 2 of Alberta's Relaunch. These cohorts will allow our teams to return to a safe level of play, and will help to mitigate the risk of wide spread transmission of COVID-19 by limiting the number of participants that come within close contact. Cohorts will be supervised by the CWLL Board to oversee the adherence of the group and other public health guidance.
- It is also the responsibility of each team's volunteers to ensure awareness and adherence for all individuals involved.
- Per AHC clarifications, cohort participants are permitted in other sport cohorts, but it is recommended to do so with a high level of caution.

## **SECTION 2 – Activity Protocols**

- Players are encouraged not 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.
- Anytime a baseball leaves the playing field it needs to be cleaned, disinfected, and sanitized before it can be used again.
- Coaches will sanitize hands and practice hand hygiene prior to handling baseballs.
- No dugout use will be permitted. Most of our facilities have benches. We need to recognize distancing measures and therefore only a couple of kids will be

sitting on the bench. The rest will situate further down the line toward the outfield.

- No indoor facility use is allowed at this time.
- Encourage participants to come dressed 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.
- CWLL 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 before each use, and between sharing users. Catchers equipment can not be shared during same event/day and must be sanitized before next use. Each team will be given a minimum of 2 sets of catchers equipment. Users assume the risk of using shared equipment such as team bats. 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.
- CWLL 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 off field individuals at any one time to 100 persons.

- Bleachers will be marked with “Social Distancing Restrictions” posters to assist in facilitating this procedure. Parents/Spectators are encouraged to spread out in the field using lawn chairs etc.
- No physical contact (handshakes, fist bumps, high 5’s, etc.) at any time including between players and between players and coaches. Play interactions are the exception.
- 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.
- 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 then 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 in a widespread out fashion. Gathering of separate groups of people will be prohibited at all times, even if the 2 metre social distancing can occur.
- 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.
- CWLL’s Zero Tolerance Policy includes new provisions related to COVID- 19 baseball relaunch.

- CWLL will make every effort to encourage and educate on respiratory etiquette (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in the trash, and followed by 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 easily seen within the facility (e.g., entrances, washrooms and staff rooms). Signs on appropriate hand hygiene will be posted 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 should be restricted to local community opportunities. It is not recommended participants seek sport, physical activity and recreation opportunities out of province.