

OHMBA - Rep Return to Baseball Framework (Version 4)

This outline is adapted from the Return to High Performance Sport Framework developed by Own the Podium, Baseball Ontario and the Town of Orangeville Facility Protocols. Return to sport activities can provide many positive health, and social benefits to the Orangeville and Headwaters Minor Baseball Association players as they cope with the effects of COVID-19. All decisions regarding resumption of sport activities will take place with careful reference to the Own the Podium, Canadian Academy of Sport and Exercise Medicine, and Baseball Ontario documents, in compliance with the guidelines provided by the federal, provincial, and local public health authorities.

Operational timeline:

March 13, 2021 – September 30, 2021

Facilities:

Town of Orangeville – Tony Rose pad B

Town of Orangeville – Outdoor Baseball Diamonds (Springbrook (Shack, Centre, North), Princess of Wales, St Benedicts, Rotary (South, North) and Idylwyld)

Town of Mono – Outdoor baseball diamonds (Cardinal Woods and Mono Centre)

A to Z Batting Cages

Program Overview:

1. 11 Rep teams with 12-15 players per team with 2-5 coaches
2. House League Program ages 4 to U22

*** Team numbers for Rep and House league baseball games and practices will be modified to ensure Public Health's framework is met

Return to Sport Preparation:

Board/Coaches:

- OHMBA has a Board member dedicated to health and safety, including the organization's Covid-19 planning
- Coaching staff will be expected to familiarize themselves with Baseball Ontario's Return to Baseball Covid-19 Guidelines and any updates
- Prior to the resumption of baseball all Coaches will receive and review OHMBA's Covid-19 protocols that include the Town of Orangeville's facility and field protocol, A to Z Covid Safety plan, OHMBA's Covid-19 specific rule modifications and the Baseball Ontario Return to Sport Guidelines

Screening/Attendance Procedures

- OHMBA will be using a screening form that is accessible through the SportsHeadz app. All participants (players, coaches and parent attending) must complete the screen no more than 2 hours prior to attendance

- OHMBA will have a screener that will be monitoring responses and will not let anyone in who has not completed the screen or have answered yes to any question in the screen
- Everyone is required to answer all questions on the Screen honestly. Failure to abide by this could put everyone at risk
- If players/coaches/parent receive a fail on the health check they must stay home, not attend practice and contact their respective Public Health Unit for direction, which may include going for testing

Procedure if Player or Coach test positive to Covid-19

- Any individual who tests positive for COVID-19 should self-isolate until cleared by their local public health unit.
- Families are to let OHMBA know of a positive Covid-19 case
- Stay home & separate yourself from others in the home. Take guidance and actions from your local public health authority. No access to Baseball training will be allowed
- Once public health has declared the Player or Coach to be clear of Covid-19 they are able to return to baseball activities with proper medical clearance including a doctor's note and completion of return to sport progressions

Procedure if a Player/Coach complains of Covid-19 Symptoms while at practice

- If individual starts to feel symptoms of Covid-19 they are to notify their Coach/Staff immediately
- Those attending to individual must establish and maintain a safe physical distance of two metres
- If the player was dropped off and has no parent in attendance they will be taken to a designated isolation room (if at Tony Rose or A to Z) or a space away from the team where they can still be supervised if at outdoor field, where they will wait while a parent is contacted to come pick them up. Parents will be advised to come immediately
- If the individual is a Coach they will need to leave practice/game immediately, unless waiting for a ride where they will be taken to the designated isolation room (if at Tony Rose or A to Z) or wait away from team until their ride arrives
- The Player/Coach will be advised to contact their local public health unit, which may include testing for Covid-19
- In cases where Covid-19 is suspected the Player/Coach must notify OHMBA and they will notify the Town of Orangeville or A to Z

Procedure for Return to Sport/Training after a positive Covid-19 test

- Any Player or Coach who has been diagnosed with a Covid-19 infection and cleared by Public Health must see a Physician (preferably a Sports Medicine Physician) to be medically cleared to return to sports and training. As per Baseball Ontario guidelines evidence of clearance must be provided
- Once cleared by the Physician they must undertake a Covid-19 progressive return to sport protocol (see Appendix A)

- If symptoms, including but not limited to elevated AM heart rate, increased shortness of breath with exercise, elevated Rate of Perceived Exertion (RPE), and elevated heart rate at sub-maximal exercise intensity, they must stop the return to sport/training, rest and recover with no exercise and return to the Physician for follow-up and may not resume activity until clearance is again granted by the Physician and will re-start the return to sport/training protocol
- The player must complete full return to sport protocol before being cleared to return to training or games

Facility Procedures

Tony Rose Facility Procedures (see Appendix B)

- Screener for each OHMBA team will arrive 20-30 minutes prior to the scheduled practice time and set up at the designated table in Tony Rose B to confirm screening has taken place, take attendance for contact tracing, and direct team
- Players are to show up no earlier than 10 minutes prior to their training time
- Masks will be mandatory until the players have entered the playing surface and must be put on as soon as they leave the playing surface. Coaches are expected to wear their mask at all times
- Team is to enter through the Tony B main doors and follow the appropriate directional signage to the check in table, where they will form a physically distanced line to check in
- Only one parent is allowed per participating child and for any 2 hour practices must leave the facility. Parents are expected to wear their mask at all times and are asked to sit in the designated zone. They may not travel around the facility. Siblings of participants are not permitted.
- Once check in is complete, athletes will follow directional signage to the designated preparation area
- Once practice is complete players and coaches will exit the playing surface at the designated exit point and return to their designated area where they will put their masks back on
- Once ready to leave, all participants will follow the directional signage and exit the facility through the designated doors, Tony Rose B side door

Town of Orangeville and Town of Mono Outdoor Baseball Diamonds (see Appendix C)

- All participants (coaches, players, and guardian) must complete screening and attendance prior to attending the ball park through the SportHeadz app
- Participants will arrive at the ball park no more than 15 minutes prior to their scheduled start time and must vacate within 15 minutes of their time slot ending
- Loitering and gathering in common areas before or after time slot is strictly prohibited
- Spectators will be subject to the Public Health restrictions in place. During stage 1 no spectators are allowed. Players under the age of 18 are allowed one parent/guardian to attend. Under stage 1 siblings are not allowed
- While at the ball park any parent/guardian in attendance must maintain physical distancing

- All teams will have a designated screener and upon arrival at the ball park, all participants (coaches, players and parent/guardian) will check in with the screener
- During Stage 1 the town is limiting numbers to groups of 10 which includes players and coaches (ie 8 players 2 coaches). The field can be broken into halves (infield and outfield) to accommodate two groups of 10. Crossover of these groups is strictly prohibited and they must act as completely separate groups

A to Z Batting Cages (See Appendix D)

- All participants are required to complete their OHMBA Covid screening and attendance prior to entering the facility
- Masks are required to be worn by participants, including coaches, at all times except when hitting
- To allow for transitions between time slots, teams are to remain outside the facility until A to Z is ready for them to start
- Parents are asked to wait in their vehicle or on case by case will be allowed to wait in the lobby

Baseball Specific Return to Sport Protocol (March 18, 2021)

- There must be a gradual return to Baseball specific training
- At no point will a Baseball event exceed the number of attendees noted as the maximum number in the Province of Ontario Covid-19 framework
- Teams are expected to follow the Stage of Re-opening guidelines specific to their designated home diamond
- Attendance and self-screening must be completed by all players, coaches, volunteers and spectators prior to attending any baseball activity
- Sharing of equipment (ie batting helmets, catcher's equipment) should be avoided. Each player should have their own bat, helmet, glove, etc and store these items in their own personal bag when not in use
- Equipment that must be shared must be cleaned/sanitized between players use
- Maintaining a physical distance of 2 metres must occur whenever possible, including spectators
- Players and coaches must wear at minimum a non-medical face mask when not on the field of play, this includes any dugouts or benches
- Scheduling of diamonds must allow for a minimum of 30 minutes between the conclusion of the prior event and the start of the subsequent event to allow for proper sanitization and teams to vacate the facility before the next team enters the facility so there is no crossover between participants
- Spectators are only allowed when the Stage of Re-opening allows and must follow the local guidelines
- Local travel within your public health unit is permitted and among other health units at the same level of Provincial restriction
- Travel outside of your public health unit to an area of lesser restriction is not permitted

For more detail on rule specific changes please refer to:

<https://ondeck.baseballontario.com/page/2949/protocols/9160/approved-return-to-sport-protocols-updated-march-18-2021> for more detail on the Baseball Ontario rule modifications and <https://playbaseball.ca/Pages/1537/Rules/>

Re-Opening Ontario Framework Stage 1

- Begins Friday June 11, 2021
- Training in groups of 10 (includes coaches and players)
- Fields can be split in two to accommodate two groups of 10 but groups must stay separate throughout practice. There can be no players or coaches participating with both groups
- No spectators except for one parent or guardian for players under the age of 18
- Training only may occur during this stage. Games and scrimmages are prohibited
- All participants must complete screening and attendance prior to attending

House League

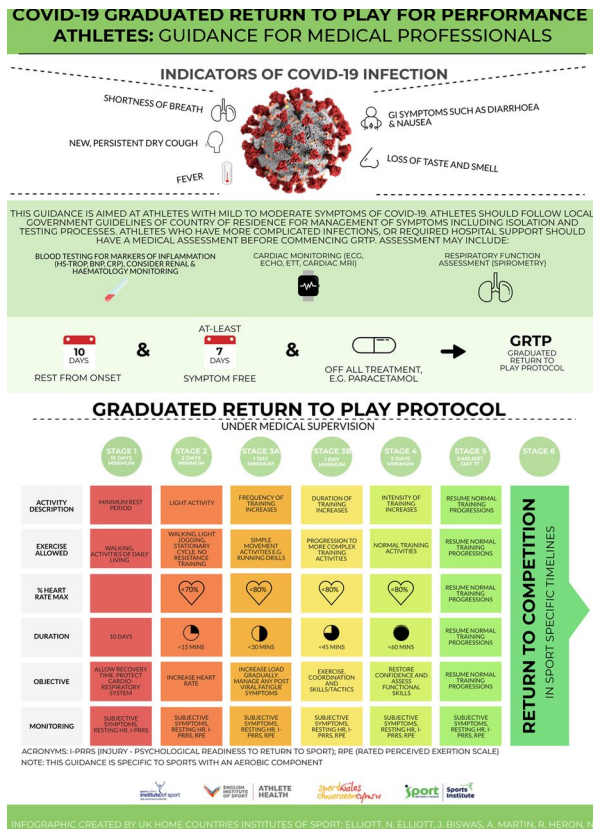
- Must follow all the above protocol
- Please see <https://playbaseball.ca/Pages/1537/Rules/> for 2021 OHMBA baseball specific rules including rule modifications due to Covid

Coaching Expectations

- Be mindful of the amount of time that some teams have been away from Baseball and a gradual increase to baseball specific training is very important
- Lead by example follow all Covid-19 protocol themselves
- Stay up to date on the Baseball Ontario and OHMBA guidelines and any changes or updates implemented

Appendices

Appendix A – Return to Sport Protocol Post Covid-19 Infection



Appendix B – Town of Orangeville Facility Protocols

Appendix C – Town of Orangeville Baseball Diamond Protocols

Appendix D – A to Z Batting Cages Covid Safety Plan

A to Z Sports & Batting Cages COVID-19 Protocols and Guidelines July 2020

Revised February 28, 2021 v.4

COVID-19 GUEST PROTOCOLS

- Reservations are required to use the facility.
- All guests are required to perform a self-screening assessment prior to entering the facility; A to Z is actively keeping records of all guests whom enter the facility in efforts to slow the spread.
- Masks are required to be worn while in the facility.
- Hand sanitizer is available upon entry and located throughout the facility for guest use.

OMHBA Return to Sport Framework – June 19, 2021

- Any complimentary equipment is to be sanitized after each user by A to Z Staff, and is stored in the staff closet.
- Absolutely no spitting, sunflower seeds, chewing gum.
- No Handshakes, hugging, fist, or chest bumps, etc.
- Maximum guest capacity is 10 personnel.

COVID-19 TEAM PROTOCOLS

- Masks are required by all players while in the facility, unless player is batting. Players, coaches, chaperones whom are not batting are asked to wear masks while also practice social distancing. *It is the responsibility of the coaches/chaperones to ensure masks are worn appropriately.*
- Hand sanitizer is available upon entry, and located throughout the facility for guest use.
- All PPE is to be provided for, and removed from the facility by Coaches and Players. This includes but is not limited to: batting gloves, helmets, bats, baseball mitts, nitrile gloves, etc. *It is the responsibility of the coaches/chaperones to ensure there is no sharing of PPE.*
- Maximum occupancy on turfed area is 10, 7 players + 3 coaches. Teams are to limit the number of spectators/chaperones to ensure physical distancing can be kept in lobby areas.
- All players and coaches must check in on the OnDeck app (if applicable,) and must respect and adhere to all recommended guidelines of their organization. *It is the responsibility of the organization, to ensure all rules and guidelines are being properly followed.*
- For smooth transitions between groups, players must remain outside until advised, to allow other players adequate space to leave the facility.

A to Z Sports & Batting Cages COVID-19 Protocols and Guidelines July 2020

Revised February 28, 2021 v.4

CLEANING/SANITIZATION STAFF PROTOCOLS

- General cleaning shall be done with appropriate cleaning products from the Health Canada website.
- General cleaning shall take place several times a day using different cleaning cloths for each type of object/surface (i.e. doors, tables, chairs, remote controls, etc.)
- Thorough disinfection of common spaces before/after use including:
 - o Frequently touched areas of batting cages, including netting, bat storage, power switches.
 - o Pens
 - o Bathrooms
 - o Any other spaces that come into frequent touch

COVID-19 STAFF PROTOCOLS

- All staff are required to perform a self-screening assessment prior to entering the facility, a thermometer is available for temperature checks.
- Staff is required to wear a mask at all times while inside the facility.
- Staff is required to wash hands regularly and in between assisting different clients; sanitizer can be used in the absence of hand washing.

This document was written in compliance to the Health Canada COVID-19 regulations and protocols; as well as aligns and coincides with the Ontario Baseball COVID-19 Guidelines

