



Trout Lake Little League – COVID-19 Safety Plan

Trout Lake Little League – Who we are

Located in East Vancouver in John Hendry Park, Trout Lake Little League (TLLL) Baseball is founded on principles of community spirit, sportsmanship, fun, and teamwork. We offer members of the community a place to connect in a safe, welcoming, and relaxed environment. Our programs are focused on teaching the fundamentals of baseball, as well as the importance of sportsmanship, friendship, and teamwork.

With our collective health as a priority, the plan below outlines how TLLL will conduct its programming, continually adapting to ensure the safety of our community.

We are committed to following the guiding principles outlined by our esteemed health officials (included in the chart below).

Guiding Principles

<i>Personal Hygiene</i>	<i>Stay home if you are sick</i>	<i>Environmental Hygiene</i>	<i>Safe Social Interactions</i>	<i>Physical Modifications</i>
Wash your hands	Routine daily screening	More frequent cleaning	Meet with small numbers of people	Spacing within environments
Cough and sneeze into your sleeve	Anyone with symptoms must stay away from others	Enhance surface sanitation in high touch areas	Maintain distance between people	

No handshaking	Returning travellers must self-isolate	Touch-less technology	Outdoor over indoor	
	Stay home if you are sick	Environmental hygiene		

We are committed to adhering to BaseballBC’s guidelines, which have been developed in accordance with the timelines in the BC Government four step re-opening plan.

On May 25, 2021 the BC Government announced its Restart Plan. Below is the chart to ViaSport’s Return to Sport Restart 2.0:

Return to Sport Restart 2.0
viaSPORT
BRITISH COLUMBIA

STEP 1 Effective May 25	STEP 2 June 15 (Earliest)	STEP 3 July 1 (Earliest)	STEP 4 Sept 7 (Earliest)
<p>Outdoor sport</p> <ul style="list-style-type: none"> Practices and competition allowed for youth and adults within their home club* Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained. Travel allowed to home club only (and cannot cross travel zones) Maximum group size for adults and varsity sport is 50 (if group is a mix of youth and adult, 50 person maximum must be followed) No maximum group size for youth to allow for more flexibility (e.g. adult supervision) No spectators <p>Indoor sport</p> <ul style="list-style-type: none"> ▶ Same restrictions that were in place prior to May 25 ▶ 3 m physical distancing required for children and adults on field of play ▶ Adult sport limited to two people ▶ No spectators ▶ Travel to home club only (and cannot cross travel zones) <p>High-performance sport</p> <ul style="list-style-type: none"> Sport Canada carded athletes (Canadian Elite or Podium levels) may travel across the three travel zones Canadian Sport Institute Pacific identified athletes** who are not Sport Canada carded can train, travel and compete within their travel zone 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Increased travel allowed Up to 50 spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Increased travel allowed Physical distance not required on field of play Competition allowed Maximum group size TBD No spectators <p>High-performance sport</p> <ul style="list-style-type: none"> Provincial travel restrictions lifted 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Increased group size Increased number of spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Increased group size Limited number of spectators <p>High-performance sport</p> <ul style="list-style-type: none"> Increased travel allowed 	<p>Return to normal sport competitions for both indoor and outdoor sport</p>

ALL STEPS: Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

***Home club**—the sport organization, club or facility with, or at which, a person is registered for ongoing sport programming

****High-performance athlete**—a person who is identified by the Canadian Sport Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization

TLLL facility access use, guidelines, and high contact surfaces

For our upcoming season, to ensure health and safety, TLLL has and will be implementing the following adaptations and guidelines:

- When it opens, our concession will be limited to pre-packaged treats and beverages. New barriers will be installed, and debit and credit card payment will be encouraged.
- All participants will bring their own water bottles and snacks to the park. There is no sharing of beverages and snacks.
- Washrooms will be professionally cleaned regularly.
- Batting cage: our cage is outdoor, and the following protocols will be put into place to ensure the health and safety of our community:
 - Increased signage, which outlines cleaning protocols.
 - Limited participants in the cage with a coach while adhering to recommended distancing.
 - Wiping all equipment after each session.
- Coaches' equipment locker: for the season, TLLL will limit use to the coaches' equipment locker:
 - Allowing limited coaches in the shed at a time.
 - Allowing only coaches in the equipment locker.
- Ump shed and lockers, when open, will follow the same protocols put in place for the coaches shed (i.e. limited people in the shed at a time while adhering to recommended distancing guidelines).
- Each diamond has a hand sanitizer station.
- Communal equipment will be cleaned after use. Kids are and will be encouraged to bring their own bats, but they may use league bats if this is cost prohibitive (shared bats will be cleaned after use and participants will be asked to clean their hands as well).
- All shared equipment will be sanitized.
- TLLL strongly encourages all participants to bring their own hand sanitizer.
- Sunflower seeds and chewing gum are banned.
- No spitting is allowed.
- TLLL discourages ridesharing where possible.
- TLLL strongly encourages everyone to maintain physical distancing throughout our program.
- No spectators (June 4th, 2021 update)
- TLLL supports wearing a mask should players choose to wear on in-field (at their discretion). Coaches and players will be given gators to wear during practices and games in support of this.

- Masks are required when not on the field or on the sidelines and when distancing can't happen.

Signage

There is signage throughout the park, reminding people of distancing recommendations, frequent hand-washing and the guiding principles listed above.

Attendance maintenance during the season

Physical distancing throughout the park is strongly encouraged, and is incorporated throughout our season. Limited and mindful attendance is only encouraged at each event if the current health restrictions allow for attendance. At all times, the number of spectators permitted must be consistent with current PHO orders. We are following recommendations put into place by BaseballBC and viaSport (June 4th 2021 update: No spectators).

Volunteers

All coaches and volunteers will be educated on our protocols, which include conducting daily symptom screening, attendance checks, regular handwashing and hygiene practice reminders, and other Covid-19 assessment requirements. We will also conduct overall attendance at each event. TLLL has also added a Team Safety role as additional support. This volunteer manages the health and safety checks, manages the flow of specific entrances and exits to the field, and helps enforce TLLL Safety protocols.

Enhanced Cleaning

TLLL has identified our high touchpoint surfaces, and put into place protocols for enhanced cleaning. Professional cleaners will be cleaning the washrooms regularly. Volunteers will be briefed on additional cleaning protocols.

Touch Map (list)

- Washrooms – professional cleaners will be brought in regularly.
- Batting cage equipment and equipment sheds – volunteers will be briefed on wiping down and cleaning protocols.
- Equipment – only coaches and designated volunteers will be touching bases and equipment. They will be briefed on wiping and enhanced cleaning protocols. All equipment will be sanitized after each event.
- Bats – participants will be encouraged to bring their own bats. Shared bats will be wiped down after use by the coaches or designated volunteers.
- Hand sanitizer stations have been set up on each diamond.

- Signage has been posted around the bleachers to remind spectators of physical distancing recommendations (June 4th 2021 update: No spectators).
- Equipment shed handles will be wiped down after use.

Illness Policy

TLLL will follow the illness policy outlined at the end of this document, and will conduct daily symptom screenings with a COVID-19 self-assessment checklist. TLLL has a zero-tolerance policy for ‘playing while sick’ and participants who are symptomatic will be sent home.

TLLL will follow enhanced hygiene protocols (outlined by Health Canada) which include:

- Frequent and proper handwashing
- Avoid touching eyes, nose and mouth
- Cough and sneeze into your sleeve

Group Sizes

Our team sizes will be consistent and adhere to Baseball BC recommendations. Trout Lake Little League Teams consist of max 13 players, and up to four coaches. For younger groups where parent participation is required, TLLL will create smaller groups. Limited and mindful attendance is encouraged at each event only if spectators are allowed – the number of spectators permitted must be consistent with current PHO orders considering maximum group size permitted (June 4th 2021 update: No spectators).

Registration

All our registrations will be done online to avoid the use of cash and handling of credit cards.

Communication to Participants

We remain committed to continuous communications to ensure everyone is aware of, and in understanding of, the health and specific guidelines for our season.

Season Focus

Our Little League season is focused on drills, skill development and fun, and will operate under enhanced protocols including:

- Allowing for participants to maintain physical distancing (2 meters) with no handshaking, high fives, hugging, etc.

- Clearly communicating that players can only arrive 10 minutes early to their session, and they must leave as soon as the session is over – no lingering.
- Looking to reduce touch points with respect to equipment.
- Focusing on skill development and in-club game play only (June 4th 2021 update).
- Remaining community focused, only taking place within the park boundaries (unless more restrictions are lifted)
- Following the guidelines underlined by Baseball BC and viaSport (<https://baseball.bc.ca/return-to-play>)
- Evolving the season in accordance with changing recommendations. For example, Effective June 4th, 2021, these requirements have the following effects;
 - Cohort play is no longer required but game schedules will need to adhere to the PHO rules related to travel.
 - Athletes can play on more than one team.
 - Dugout use is permitted.
 - Physical distancing is not required on the field of play or in the dugouts, but all other participants or volunteers need to maintain 2 metre distancing off the field of play.
 - Team equipment can be shared between athletes.
 - Baseballs do not need to be sanitized or be new to be used.
 - Umpire positioning can return to traditional locations on the playing field, at the discretion of the umpire.

First Aid

In the event that first aid is required during an activity, all persons attending to the injured individual will first put on a mask/gator and gloves. TLLL will have the masks and gloves on site, and all coaches will be equipped with them.

TLLL will also share first aid protocols for an unresponsive person during COVID-19 with our coaches and volunteers. We are leveraging this as an educational tool:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Outbreak

TLLL has outbreak guidelines, which include Board members being responsible for reporting a case or outbreak, and working closely with health officials for contact tracing. Board members have the authority to modify, restrict, postpone or cancel activities, and will engage in communication to the community where appropriate, while advising possible infected individuals to:

- self-isolate

- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- use COVID-19 self-assessment tool (<https://bc.thrive.health/covid19/en>) to help determine if further assessment or testing for COVID-19 is needed.

In Closing

TLLL is committed to the enhanced protocols, cleaning and procedures outlined in this document, and to ensuring our community remains healthy and safe during this unprecedented time. We are looking forward to seeing you on the diamond!

Additional Resources

- **Baseball BC**
<https://baseball.bc.ca/return-to-play>
- **ViaSport Return to Sport Guidelines for BC:**
https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_Chart_06-01.pdf
- **BCCDC Covid-19 Resources:**
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- **WorkSafeBC:**
<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returningsafe-operation> PAGE 2
- **Government of Canada COVID-19 Resources:**
<https://www.canada.ca/en/publichealth/services/diseases/coronavirus-disease-covid-19.html>

ILLNESS POLICY

In this policy, “Team member” includes a volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

a. Team members must either review the self-assessment signage located throughout the park each session before their practice/activity to attest that they are not feeling any of the COVID-19 symptoms or fill out the daily health check through TeamSnap.

b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.

c. If Team Members are unsure please have them use the self-assessment tool which can be found at: <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

a. The Team Member will not be permitted to return to the practice until they are free of the COVID-19 virus.

b. Any Team Members who were in close proximity with the infected Team Member will also be removed from practice for at least 14 days to ensure the infection does not spread further.

c. Close off, clean and disinfect the practice area immediately and any surfaces that could have potentially been infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the practice.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19

- a. Team Members must advise their coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the activity for at least 14 days.
- c. The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the activity and must quarantine and self isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the activity and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the activity and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the activity.