



## **Covid Safety Plan – Participant/Operational Guidelines**

### **ViaSport Return to Sport Guidelines for BC:**

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.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-returning-safe-operation>

### **Government of Canada COVID-19 Resources:**

<https://www.canada.ca/en/publichealth/services/diseases/coronavirus-disease-covid-19.html>

### **Interior Health:**

<https://www.interiorhealth.ca/Pages/default.aspx>

### **BIG LEAGUE EXPERIENCE BASEBALL CAMPS - GENERAL HEALTH AND PERSONAL HYGIENE GUIDELINES**

To ensure a safe playing environment for all, players, coaches, organizers and parents exhibiting any of the following symptoms will not be allowed to participate in any manner for games or visit the fields.

#### **Generalized Symptoms:**

- Fever or chills
- Cough (new or worsening)
- Shortness of Breath (new or worsening)
- Pneumonia
- Upper respiratory tract infection (ex. Rhinorrhea, sore throat)

#### **Mild Respiratory and/or Gastrointestinal Symptoms:**

- Sore throat / painful swallowing
- Mild to moderate shortness of breath
- Stuffy or runny nose
- Loss of sense of smell
- Headache, muscle aches, fatigue or loss of appetite for 2 days or longer
- Gastrointestinal symptoms: nausea, vomiting, and/or diarrhea

Players, coaches, and parents will not be allowed to participate in any manner for practice/games or visit the fields if they have experienced any of the following:

- travelled outside of Canada within the last 14 days;
- instructed in the last 14 days to self isolate;
- cared or had close contact with a person with COVID 19 (Coronavirus) probable or confirmed;
- member of household has been sick in the past 14 days;
- tested for COVID-19 and results are pending;
- work in any setting where cases of COVID 19 (Coronavirus) have been diagnosed or an outbreak declared.

**REMINDER:** All participants are to continue to abide by governing body and local government rules regarding any current COVID restrictions in place.

### **Selected reminders about modification in Phase 3**

- Verbal symptom screening will be performed at check in and then parents are required to self assess on the return the field for every session to ensure players are symptom free. We will also question players as well on their return to the field.
- Players are required to have their own pocket size personal hand sanitizer with them at all events. Hand sanitizing will take place after every break in the action. We as a staff will also have sanitizer spray bottles and continually spray players hands throughout the day.
- Physical distancing will also be maintained outside of the regular course of the sessions and games (ie.batters or plays in the field).
  - Mound visits will be from a distance (2 meters).
  - No practice or post game handshakes or high fives
  - Limited to no use of the Dugouts - We ask that every player **brings a folding lawn chair** with them so we can designate a spot for them to make sure that individuals' bags and equipment are separated to maintain social distancing between each other.
  - Hydration and water stations – Let's not forget that the likeliness of dehydrating is high in the summer heat of the Okanagan. Players/Parents, make sure you come to camp hydrated and bring a **Water Bottle** with you. We will take a number of water breaks through the sessions and designate a coach at each water station who will be wearing a glove and pushing the water dispense button while the player holds their bottle under the spout. Players will not be allowed to participate without a water bottle and disinfectant.

#### **Concession:**

- To limit close gatherings, a concession will not be offered this summer. So please pack your child healthy snacks (granola bars...) for when we take breaks.

### **VIASPORT PHASE**

Phase 3 in the viaSport Guidelines is referred to as “Progressively Loosen” – August 24 to .... This phase applies to Baseball and informs the baseball specific measures in the “Big League Experience baseball camps”. Important to note about this viaSport phase is the following:

- 2m physical distance required between participants
- No group gatherings over 100 Coherts
- Limited spectators – 1 parent per child
- Disinfect any shared equipment
- Enhanced cleaning protocols in place before, during and after use.
- Minimal shared equipment – if shared need to disinfect before, during, and after
- Increased hand hygiene

See the viaSport Guidelines for all the requirements of this phase.

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

### **Competition/Games:**

- Players will social distance and must bring lawn chairs to situate outside of dugouts
- Umpires will call games from behind mound
- No handshakes or high fives during or after game(s)

### **RECOMMENDATIONS AND GUIDELINES – FACILITY ADAPTATIONS**

**The following guidelines and recommendations are provided for organizations, local associations and clubs and are suggested to be considered and incorporated in every phase of Return to Play**

**These recommendations and guidelines are in addition to the viaSport guidelines for facility access and use (see page 10)**

- Facilities with multiple fields will need to ensure no cross over of scheduling leads to a situation where the restrictions related to group size are broken.
- Signage advising and educating on COVID-19 wellness, hygiene, and social distancing measures should be in place at every field and facility utilized.
- Use cones and other equipment or markings to ensure appropriate spacing is in place to support distancing.
- No gathering should be permitted around the park until the scheduled start time of any event.
- Athletes should leave the park immediately after the practice or game.
- Concessions will remain closed
- Washrooms will be cleaned by Oliver Parks and Recreation Department. City will make every attempt to clean in the morning during the week.
- Players are allowed to use washrooms but are required to sanitize hands after in front of a coach.

- Water fountains (if present) should be used for only filling of water bottles.

### **First Aid:**

In the event that first aid is required to administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for and unresponsive person during Covid-19:

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

### **OUTBREAK PLAN:**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If contracted staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement illness policy and advise individuals to:
  - self-isolate
  - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 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 the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
    - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
    - Individuals can learn more about how to manage their illness here:  
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, we will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate)

- at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If we are contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.

More information on cleaning and disinfecting: [http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

The Big League Experience baseball Camp aims to provide as much information to our players, coaches and parents about COVID-19 coronavirus. Health and safety measures can change without notice. It is important to note that the Guidelines are not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the Guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Big League Experience Ltd will comply with requirements of our local government, the Parks and Recreation department of Oliver and health officials in terms of public gatherings and sporting events. Big League Experience Ltd. shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.