



FMMBA Return to Train Plan

Coaches/Off Field Manager/Parent Information Package

The health and safety are at the forefront of the FMMBA Executive as they have been thoughtfully planning what a return to baseball could look like. This plan relies heavily on the honesty and integrity of athletes and their families and a commitment by all participants to abide by the rules of the plan. This plan is subject to change based on orders from the Chief Medical Officer, the Province, the Municipality and FMMBA.

Procedures and Protocols

Prior to the Season

- All athletes must register with FMMBA.
- All athletes and their guardian must sign and agree to the Baseball Alberta Youth Informed Consent and Assumption of Risk Agreement.
- All coaches must sign the Baseball Alberta Adult Release of Liability, Waiver of Claims and Indemnity Agreement.

Prior to the Session

- Administration/Coaches must communicate with athletes 24 hours prior by email or teamsnap check-in
 - Communicate to see if athletes are feeling unwell or showing signs of COVID-19 symptoms and if so not to attend practices for 14 days.
 - Reminder of social distancing guidelines
 - Reminder to label all equipment.
 - Reminder of gathering restrictions both on the field and in the parking lot.
 - Practice plan outline (if applicable)
- Disinfect all training equipment.
- Eat before you leave home and use the washroom.

During the Session

- Complete the Baseball Alberta contact tracing log.
- Set up all training equipment and sanitize as needed.
- Set up hand sanitizing stations for participant use before, during and after training.
- Consider wearing PPE. PPE must be worn if social distancing cannot be maintained (eg. looking after an injured player). PPE is only acceptable if in a situation in which social distancing cannot be maintained. **Do not use PPE to allow participants to break social distancing rules during the practice.**
- Ensure only team balls are used at the practice and that they are sanitized prior, during and after the practice. These balls are not to be used again until the team has their next session. *Note, athletes can share the team balls, but this sharing should be limited.
- Ensure athletes are not touching their face during activity.

After Training Session

- Ensure athletes have retrieved all of their personal equipment. Do not touch their equipment unless you are in the same household.
- Athletes and coaches will wash or sanitize hands again.
- Sanitize all training equipment, including team baseballs and all commonly touched surfaces e.g. locks.
- No post training meeting communication on the field. Please communicate virtually using TeamSnap or another form of electronic communication.

COVID Check –In

24 hours prior to each session, the coach will contact all players and families to do the Baseball Alberta health status check. If any athlete or family member of the athlete is or has experienced any of the following symptoms in the previous 14 days, they will not be permitted to participate in any events, training etc. for the next 14 days or until 14 days after the last symptom, whichever is longer. This information will be held in confidence by the coach:

- Fever, cough, sneezing or sore throat
- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Have been in close contact with a person who has seen a doctor and has been diagnosed with COVID-19
- Have travelled outside of Canada in the past 14 days or has been ordered to self-isolate since returning from travel.
- Have been ordered to self-isolate or is living with someone who is self-isolating
- Any person who develops symptoms while at an FMMBA event should leave immediately, seek medical attention and inform the coach within 2 hours of leaving.

General Stay Safe Measures

Please follow the current provincial stay safe measures as well as the following:

- Driving alone or with people they are living with (no carpooling)
- Staggered approach to the site e.g. physical distancing of 2 meters
- Avoiding touching common surfaces while in public
- Come straight to the ballpark from home and go straight home

Practice good hygiene by:

- Coughing into a sleeve
- Sneezing into a tissue
- Avoid touching your face
- Washing hands thoroughly and frequently with soap and water
- When water and soap is not immediately available, using hand sanitizers with a minimum concentration of 60% alcohol
- Wash hands prior to and immediately following practice/ training, using the washroom, after handling equipment
- Sanitize your phones and devices often, leave them in the car or at home when possible
- Help each other with helpful reminders, this is new to everyone.

Practice/ Training Protocol:

Physical distancing has been identified as one of the most effective strategies to prevent the spread of COVID-19. With that in mind the following are the minimum protocols that **MUST** be adhered to for team training/ practice:

- All participants will wash their hands before coming to training
- All participants will use hand sanitizer:
 - At the beginning of all events
 - During all breaks prior to drinking water or touching any personal items in bag.
 - Prior to leaving the sessions
- All participants are required to maintain at least 2 meters distance from each other and avoid person to person contact.
- Coaches will coach from a safe distance at least 2 meters from athletes.
- Nonessential activities that require close contact between individuals will not be permitted
- **NO SHARING OF ANY OF THE FOLLOWING:**
 - bats, gloves or any other personal equipment
 - water bottles
- **NO SPITTING**
- **NO sunflower seeds/ pumpkin seeds etc.**
- Participants will avoid touching the face
- Dugouts will not be used by players. Players should bring their personal equipment into the field and have a designated spot along the fence at least two meters from any other player and player equipment.
- Player equipment and clothing must be cleaned with disinfectant where appropriate and or washed prior to each session

- No unnecessary physical contact e.g. high fives
- All commonly touched surfaces will be disinfected after each session e.g. locks.
- Gear, equipment etc. must be sanitized prior to each use
- Coaches may request the support of an assistant coach or parent to help with sanitizing or ensuring physical distancing is occurring throughout the session.

Spectators to FMMBA events must maintain physical distancing with people who are not from the same household and adhere to the following:

- Staggered approach to the facility
- No SPITTING and NO SUNFLOWER SEEDS/PUMPKIN SEEDS etc.
- Avoid touching your face
- Wash your hands frequently use hand sanitizer often
- Disinfect clothes and equipment following attendance at a session
- Wipe frequently touched surfaces including cell phones, tablets etc.
- Please consult the following website for more information about COVID 19 [Government of Alberta.](#)

FMMBA Return to Train FAQ's

Does the COVID-19 Check in have to be completed prior to each practice with every athlete?

Yes, the Covid-19 check in with each athlete must be completed 24 hours prior and also as they arrive at practice. For FMMBA, TeamSnap check-in can be used to track athletes for the check in 24 hours prior.

Eg. Create a new event for your team called "June 15th training session health check in" and have athletes check yes or no. If they check yes, they are going, they are saying that they do not have any of the symptoms.

Do athletes and coaches have to sanitize hands prior to entering or leaving the field of play?

Yes, athletes and coaches must sanitize their hands prior to entering or exiting the field of play and whenever possible throughout the practice. Schedule water breaks are required throughout practice to give athletes an opportunity to sanitize, drink and then sanitize again before enter the field of play.

Do athletes and coaches have to maintain social distancing at all times, or can it just be minimized?

Coaches and athletes must maintain 2 meters away from each other at all times. This includes athlete - athlete, coach - athlete and coach - coach. If an emergency occurs and social distancing rules must be broken, PPE (masks, gloves, etc) must be worn.

Eg. An injury occurs.

What is the process for sharing the baseball?

- Each team will have designated baseballs that are only used by the specific team.
- Athletes can share the balls during the practice, understanding that the virus could be transferred by the baseball from one individual to another and will avoid touching their face and sanitizing their hands often throughout the practice.
- The balls will be sanitized at the end of practice, and not used by anyone else until the team uses them at the next practice. They can be wiped with a disinfectant wipe, washed with soap and water or sprayed with disinfectant spray.

Can “game-like” activities occur during the practice?

Yes, however, the two meter social distancing rule must be adhered to.

Examples of game-like activities that a coach can do:

Live on live pitching with a batter in the batter's box. No catchers unless the catcher is set back two meters (this could put the catcher at risk of injury, an alternative is to use a net.

Team defence practices, such as, bunt defence or cuts and relays. No baserunners permitted as 2 meter social distancing would be hard to maintain.

Game like situations that must not happen:

Catchers and batters lining up in regular positioning.

No Baserunning if defence is on the field.

No Drills that have athletes within two meters of each other.

What if our team does not follow the rules set out by Alberta Health Services, Baseball Alberta and Fort McMurray Minor Baseball?

Board members and FMMBA staff will be doing check-ins during training activities to ensure that all Return to Train Rules and Procedures are followed by each individual team. Athletes and parents should also ensure that the coaches are not putting players in danger and report to President Kevin Breen (president@fmma.ca) if rules are not being adhered too. If a team is caught not following the rules, the FMMBA Board of Directors may choose to suspend the activities of that team for a duration of time or for the remainder of the season.