



BASEBALL BC GENERAL HEALTH AND PERSONAL HYGIENE GUIDELINES

As adopted by BC Minor Baseball

Please note that all of the below Personal Health and Hygiene Guidelines are intended to be required for anyone involved in youth or amateur baseball which includes, but is not limited to; athletes, coaches, umpires, administrators, volunteers and spectators.

- Anyone displaying ANY illness symptoms **MUST NOT** attend.
- Disinfectant wipe down of all surfaces athletes can be exposed before every event.
- Reminder to all participants daily to avoid touching of eyes, nose or mouth
- No sharing of water bottles.
- No sharing of food of any kind.
- No spitting.
- No chewing gum or sunflower seeds.
- No sharing of any personal equipment or items
- Ride sharing to be discouraged whenever possible.
- All participants encouraged to disinfect their equipment after each event.
- All participants encouraged to wash all clothing and selves after each event.

Phase 2 in the viaSport Guidelines is referred to as “Transition Measures – Approx. May to September.” for all sports. This phase applies to Baseball and informs the baseball specific measures in the “Baseball BC Phase 2 – Return to Play”. Important to note about this viaSport Phase 2 is the following (viaSport Phase 1 was a shutdown of all sports):

- *2m physical distance required between participants*
 - *No non-essential travel*
 - *No groups of more than 50 people*
 - *Increased hand hygiene*
 - *Symptom screening in place*
 - *Preferred outdoor activity only*
 - *Train in smaller groups*
 - *No or limited spectators*
 - *No contact-type activities*
 - *In-club play only (no travel and no games between clubs)*
 - *Minimal shared equipment – if shared need to disinfect before, during, and after*
- See the viaSport Guidelines for all the requirements of this phase.
<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>



Baseball Phase 2 - "Return to Play" Guidelines and Recommendations

- **Small group training and development sessions permitted.**
- Maximum of 10 athletes at an event. Maximum of 2 coaches at an event. Maximum of 1 parent per athlete at an event.
- Verbal symptom screening must be performed at every session to ensure all participants are symptom free.
- All government expectations and requirements to be met, including viaSport Phase 2 guidelines (see below):
- All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced as outlined above.
- 2m physical distance required between participants
- Every event to include reminders to participants regarding 2m physical distancing and include no spitting, no face touching, no contact between the athletes.
- Attendance must be taken and kept at every event for all people in attendance including parents (drivers). These records must be kept for 30 days before being destroyed.
- No team huddles before, during or after the practice for coaching or teaching purposes unless 2m physical distancing requirements are adhered to.
- All drills to be created and implemented ensuring 2m physical distancing requirements are adhered to.
- No dugout use permitted. Athletes must be set up outside of the dugout with 2m physical distancing requirements adhered to.
- No shared use of personal equipment.
- Baseballs should be sanitized prior to every event and every effort given to limit the number of athletes using one ball in a practice environment.
- Any team issue bats should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared.
- No indoor events (practice, cage) permitted.
- No changing or dressing rooms permitted.
- All field prep equipment to be disinfected and cleaned after every use.