



LYNN VALLEY LITTLE LEAGUE – RETURN TO PLAY GUIDELINES

The purpose of this document is to outline the approved Return to Play Guidelines for the sport of baseball in the Lynn Valley area of North Vancouver by Lynn Valley Little League (“LVLL”) based on the Baseball BC Return to Play Guidelines.

This document is to act as a supplement to both the Baseball BC Return to Play Guideline and ViaSport Return to Play Guideline. Lynn Valley Little League is a Baseball BC member. To create these Guidelines, we have used a portion of the Baseball BC Return to Play Guidelines and expanded to suit our LVLL board, our members and our partners with the area of Lynn Valley (North Vancouver) to be in compliance with the British Columbia Public Health Officer, BCPR and ViaSport Return to Sport requirements.

The original Return to Play Guidelines, additional policies and participant waiver were approved by the LVLL Board of Directors on June 12, 2020. Further updates were implemented and approved on March 17, 2021 for the 2021 season.

ASSUMPTIONS

- It is assumed that municipalities and local parks and recreation departments will have opened their facilities to the general public and association permit holders.
- It is assumed that the relevant health authorities will take the lead on any future confirmed or presumptive cases of COVID 19 and no additional work would be needed by the local association.
- It is assumed that compliance policing will be performed by local and provincial health authorities, local association or club personal, athletes and parents, along with all relevant stakeholders.
- It is assumed that Insurance providers have permitted the return to play guidelines and that liability exposure is not a concern for anyone involved. By point of reminder, no insurance coverage is provided for any claim related to COVID 19 at present as suggested by Baseball BC Insurer SBC Insurance and their underwriter, Markel Canada at present. **All players, coaches, volunteers and parents will be required to sign a waiver absolving LVLL of all liability related to COVID-19.**



GENERAL HEALTH AND PERSONAL HYGIENE

The following guidelines are required to anyone involved in LVLL baseball including, but not limited to, athletes, coaches, umpires, administrators, volunteers and spectators.

- **Anyone displaying ANY illness or symptoms MUST NOT attend;**
- **Masks are mandatory for all indoor facilities and encouraged at outdoor fields.**
- Disinfectant wipe down of all surfaces that athletes can be exposed to before every event.
- Reminder to all participants 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 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.

RETURNING TO BASEBALL - PHASES

The restart of baseball will be broken down into two phases. To be aligned with Provincial Guidelines, of which the Province is currently in Phase 2, we begin at Phase 2 (Phase 1 being no baseball permitted).

Phase 2: Return to Practice

Small group training and development sessions permitted.

Applicable Divisions:

1. JUNIORS (U13+) – 1-2 Practices / week at Kirkstone
2. MAJORS (U11/U12)– 1-2 practices per week at Viewlynn Park
3. MINORS (AAA, AA and A – U8 through U10) – 1-2 practices per week at Upper Kilmer (AAA,AA) and Lower Kilmer (A)
4. ROOKIE (U6 – U8) – 1-2 practices per week at Lower Kilmer
5. TBALL (U5-U6) – 1-2 practices per week at Upper Kilmer

Requirements:

- Maximum of 18 participants at each event (12 players, 6 coaches or 14 players, 4 coaches, etc).



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- Parents to adhere to ViaSport guidelines on spectators as they change.
- Verbal symptom screening must be performed at every session. *See Appendix A for Illness Policy.*
- Weekly email regarding health screening to be sent to all members.
- All government expectations and requirements to be met, including all ViaSport Phase 2 guidelines.
- All Baseball BC Personal Health and Hygiene recommended guidelines to be reviewed and enforced as outlined above.
- 2m physical distance required between participants.
- Signage visible reminding participants of the following:
 - Physical distancing
 - No spitting, face touching, gum, intentional contact between athletes
- Attendance must be taken (via TeamSnap availability or manually).
- No team huddles before, during or after practice for coaching or teaching purposes unless 2m physical distancing requirement are adhered to.
- All drills to be created and implemented ensuring 2m physical distancing requirements are adhered to.
- No dugout use. Cones will be setup along the outside of the dugout with 2m physical distancing requirements adhered to.
- No sharing of personal equipment.
- Baseball to 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 issued bats should be sanitized prior to every event and between every use by different athletes. No other team equipment should be shared.
- All field prep equipment to be disinfected and cleaned after every use.

LVLL to provide at each field for Coaches and Players:

- Hand Sanitizer
- Spray Sanitizer with Paper Towel to clean bats, balls and equipment after use
- Garbage Bag(s)
- Disposable Gloves for Coaches

Phase 2 is a transitional phase and in conjunction with Baseball BC and depending on the success of Phase 2, the LVLL Board will approve a move to Phase 3 as allowed by ViaSport. Any advance to Phase 3 will be dependent on the success of Phase 2 and on adherence to PHO guidelines as outlined in the BC Restart Plan. LVLL is prepared to accept that while Phase 2 may be successful, we may elect not to progress to Phase 3 as a result of not progressing to Phase 3 of the PHO and Government of BC regulations.

Also see Appendix A (Illness Policy), Appendix B (Outbreak Plan) and Appendix C (First Aid Plan)

Phase 3: Return to Game Play



LVLL Return to Play Guidelines

Association game play permitted.

Applicable Divisions:

1. JUNIORS (U13+) – 1-2 Practices / week at Kirkstone
2. MAJORS (U11/U12)– 1 practice plus 2-3 games per week at Viewlynn Park.
3. MINORS (AAA, AA and A – U8 through U10) – 1 practice and 2 games per week at Upper Kilmer (AAA,AA) and Lower Kilmer (A)
4. ROOKIE (U6 – U8) – 2 games per week at Lower Kilmer
5. TBALL (U5-U6) – 2 games per week at Upper Kilmer

Requirements:

- Game play permitted.
- Parents to adhere to ViaSport guidelines on spectators as they change.
- Verbal symptom screening must be performed at every session. *See Appendix A for Illness Policy.*
- Weekly email regarding health screening to be sent to all members.
- All government expectations and requirements to be met, including all ViaSport Phase 2 guidelines.
- All Baseball BC Personal Health and Hygiene recommended guidelines to be reviewed and enforced as outlined above.
- 2m physical distance required between participants.
- Signage visible reminding participants of the following:
 - Physical distancing
 - No spitting, face touching, gum, intentional contact between athletes
- Attendance must be taken (via TeamSnap availability or manually).
- No team huddles before, during or after game for coaching or teaching purposes unless 2m physical distancing requirement are adhered to.
- No dugout use. Cones will be setup along the outside of the dugout with 2m physical distancing requirements adhered to.
- No sharing of personal equipment.
- No plate meetings pre-game for line-up exchanges unless physical distancing requirements are adhered to.
- No mound visits by catcher or coach unless physical distancing requirements are adhered to.
- No postgame handshakes.
- A new or disinfected baseball should be entered into the game for every ball put in play.
- Any team issued bats should be sanitized prior to every event and between every use by different athletes.
- All players to sanitize their hands when returning to the dugout from the field, after each at bat and as required.
- All scorekeeping, announcing and scoreboards operation to be performed outside and not in buildings or booths with social distancing requirements in mind (1 person allowed in scorebooth only).
- Umpires to work from behind the mound at an appropriate distance from others.



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- Regional or Community based programming only (within Lynn Valley to start with aim to move to D5 if considered safe to do so).
- Limited travel.
- No overnight trips.
- No tournaments.
- All field prep equipment to be disinfected and cleaned after each use.

The recommendations and guidelines in this phase are subject to change.

LVLL to provide at each field for Coaches and Players:

- Hand Sanitizer
- Spray Sanitizer with Paper Towel to clean bats, balls and equipment after use
- Garbage Bag(s)
- Disposable Gloves for Coaches

Also see Appendix A (Illness Policy), Appendix B (Outbreak Plan) and Appendix C (First Aid Plan)

FACILITY ADAPTATIONS

- 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.
- Kilmer Park is broken into Upper (grass fields, AAA and AA diamonds) and Lower (gravel, A diamond)
- Signage advising and educating on social distancing measures in place must be present at every field and facility utilized. Joint effort between District of North Vancouver and Lynn Valley Little League required.
- All field prep equipment to be disinfected and cleaned after every use.
- All fan seating should be configured with social distancing requirements in mind.
- When spectators are allowed by PHO - Field allotments must be modified to allow for all events to stay under the 50 person social gathering limits. Games and practices will be scheduled in 1.5 times the traditional allotment window (see below)
- No dugout use. Athletes must be set up outside of the dugout with social distancing requirements adhered to. If needed, one parent per child will be required to sit with their child in the designated spot to ensure they stay an appropriate distance from teammates.
- For Phase 2; Practices only, Team Allotment times will be limited to 90 minutes maximum with a minimum 30 minute interval in between to allow for cleaning and exit of area by players and families.
- For Phase 3; Games, Allotment times will be limited to 150 minutes maximum with a minimum 30 minute interval in between to allow for cleaning and exit of area by players and families.
- No gathering should be permitted around the park until the scheduled start of any event.
- Athletes should leave the park immediately after the practice or game.



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- Water fountains should be used only for filling of water bottles. Signage in place to advise not to drink directly from tap.

CONCESSION

The Kilmer Park concession will be opened provided the protocols in place are approved by the appropriate regulatory body.

BATTING CAGE

The Kirkstone Batting Cage may open when indoor practices are allowed by Baseball BC. Cage is restricted to a maximum of 8 players and 4 coaches at any practice. Cleaning / sanitizing must occur regularly and between each group. Social distancing must be adhered to at all times.

Masks are mandatory inside the Kirkstone Cage.

PHASE 4 AND ALL-STAR TEAMS

LVLL will work alongside other D5 associations to determine if the timing works to have a final District competition (for sanctioned teams) or District tournaments / exhibition games for other all-star teams. In order for this to occur Baseball BC will have had to approve the movement to Phase 4 whereby traditional programming, including league play and championships can resume.

ADDITIONAL PARENT VOLUNTEERS

It is expected that each team will have a parent designated for each game and practice to oversee social distancing and sanitizing throughout the game ("**Safety Parent**").

The **Safety Parent** is responsible for the following:

- Taking attendance at each game or practice / ensuring TeamSnap is accurate.
- Reminding players and coaches to sanitize at each inning and monitoring throughout game.
- Setup cones at 2m apart for players along the field for players when not on the field.
- Ensuring parents and spectators are adhering to social distancing.
- Assist the parent responding to any first-aid situation with mask and gloves.

DISCLAIMER



LVLL Return to Play Guidelines

These Guidelines are not a legal document and are 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.

Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

Anyone using the Guidelines does so at his or her own risk. LVLL is not 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.

APPENDICES

APPENDIX A: Illness and Wellness Policy

APPENDIX B: Outbreak Plan

APPENDIX C: First-Aid Plan



APPENDIX A: LVLL ILLNESS POLICY AND WELLNESS SCREENING

In this policy, “Member” includes a player, volunteer coach or manager, participant or parent/spectator. “Team events” includes practices / games / team meetings.

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 (Wellness Screening)**
 - a. Members must self-assess prior to attending any league event.
 - b. **Managers/coaches will visually monitor 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 workday/practice/activity.**
 - c. If Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a 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 the field, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Member may participate in a practice/activity if they are symptomatic.
4. **If a Member tests positive for COVID-19**
 - a. The Member will not be permitted to return to team events until they are free of the COVID-19 virus.
 - b. Any Members who live/work/play closely with the infected Member will also be unable to participate in team events for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect all equipment/field area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Member must be removed from the field.
 - 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 Members who may have been exposed will be informed and must not participate in team events for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.



- 6. If a Member has come in to contact with someone who is confirmed to have COVID-19**
 - a. Members must advise their coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Member will be removed from team events for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the Member will also be removed from team events for at least 14 days.
 - c. The field 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 Member who has travelled outside of Canada or the province within the last 14 days.
 - b. Any Member with any symptoms of COVID-19 is not permitted to participate in team events.
 - c. Any Member from a household with someone showing symptoms of COVID-19 is not permitted to participate in team events.
 - d. Any 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 participate in team events.



APPENDIX B: 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.

This Outbreak Plan assumes full implementation and member adherence to the **LVLL Illness Policy**.

Suspected Case of COVID-19

If a member is suspected to have a case of COVID-19 or has been in contact with a confirmed case, enhanced cleaning measures are required.

The member is responsible for notifying the coach / manager of their respective team who will notify the Safety Officer. The member is responsible for adhering to the Illness Policy and is required to self-isolate.

Confirmed Case

If any member of LVLL is confirmed to have COVID-19, the Safety Officer is responsible for notifying the members who may have come in contact with that individual.

The Safety Officer, in conjunction with the President, has the authority to modify, restrict, postpone or cancel activities.

The case must be reported to the Medical Health Officer at Vancouver Coastal Health. The Safety Officer is responsible for providing the contact tracing information to the health authority.

Resources

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-InfoSite/Documents/CleaningDisinfecting_PublicSettings.pdf

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



APPENDIX C: FIRST-AID POLICY

Each player must have one parent or designated guardian in attendance during all games and practices. This person is the first responder to any first-aid situation involving the player.

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual (including parent or guardian) must first put on mask and gloves.

If COVID-19 related, gather the following information:

1. What are the circumstances?
2. Are critical interventions likely required? If so, call 911.
3. Are there signs of COVID-19?
4. If the patient is stable, has mild symptoms, or is not in distress, instruct the patient to go for testing.
5. If the patient is having difficulty breathing, arrange for transport to the hospital or call 911.

Interview the patient from at least 2m apart:

1. Is anyone in your household sick or in self-isolation due to COVID-19?
2. Have you been in contact with anyone who has been sick with COVID-19?
3. Is the injury minor that can be self-treated while you provide direction and supplies?
4. Avoid contact by non-parent / guardians if at all possible while attending to the player.

Ensure all safety / first-aid equipment is thrown away after use and a new supply kit is provided to the team.