

## LAYRITZ LITTLE LEAGUE – SAFE OPERATING PLAN (COVID-19) - June 16, 2020

The following safe operating plan was developed using return to play recommendations from ViaSport, Baseball BC, WorkSafe BC and the BCRPA guidelines. It is intended to allow Layritz Little League baseball players to practice at Layritz Park while keeping options open for any changes by the local/provincial health authorities.

Layritz Little League operates a baseball and softball league for players aged 4-12 . The on-field practices MUST follow the appropriate guidelines for social distancing plus personal & environmental hygiene guidelines. An example practice plan is listed in Appendix A.

### **1. RISK MANAGEMENT**

- educate members about risks involved with participation through email and signage
- each member must have a signed waiver releasing Layritz Little League specific to COVID related sickness
- inform all volunteers (coaches/board) about protocol to follow to mitigate risks
- post info and before each practice ask any coach, parent, player, or other volunteer to stay home if showing any symptoms related to COVID
- post social distancing measures and rules
- provide sanitizer pumps at each field location
- educate on personal hygiene protocol via posters
- provide training to Layritz volunteers for environmental hygiene (regular cleaning) using gloves and masks
- the safe operating plan will be posted at the clubhouse and on the layritz.ca website

### **2. FACILITY ACCESS and USE**

- the schedule will allow participants extra time to clear a field and sanitize before others arrive
- indicate separate player and spectator areas
- dugouts not to be used by players
- no spitting, chewing gum or sunflower seeds allowed
- no concession will be operated
- the clubhouse will remain closed to general membership

### **3. OPERATIONS**

#### Teams

- each team will be given a list of expectations to follow
- participants MUST hand wash/sanitize before, during and after practice
- each team will have one equipment bag (one player will be responsible for all catching duties per session)
- each player is responsible to have their own equipment, no team bats will be provided
- team balls will be provided and disinfecting will be the responsibility of the parent volunteers
- there is to be no water fountain and no shared drinks
- the league will provide (and the coaches can develop) practice plans which allow for social distancing (no player contact and no baseball games)
- coaches will be responsible for enforcing this plan for players during practices
- the Layritz board of directors will assign Park Supervisors, who will be responsible for enforcing this plan for parents and players

#### Volunteers

- masks and gloves will be available for volunteers
- we will ensure participants/volunteers/board members understand they have a right not to participate

### Cleaning

- doors, benches, and other high touch surfaces would be cleaned regularly by Layritz volunteers wearing appropriate personal protective equipment

#### **4. PARTICIPANTS (Includes players, coaches, and volunteers)**

- coaches to check with players before each session to ensure players are not sick
- registration will be done through our web page
- team sizes would be kept between 8-10 players and formed by the VP of Baseball / Softball and the President
- younger age groups will have parent participation with their own child to help prevent contact and better follow distancing protocols.

#### **5. PROGRAM**

- no travel to other parks will be allowed as there are no games being played
- only non-contact training will be permitted
- each team is responsible for their own equipment
- maximum attendance including players/coaches/spectators at each location(diamond) will be under 50
- parents not participating in team practices will be strongly encouraged to drop their player at the practice and leave the park.

#### **6. EMERGENCY PLAN**

- operations will cease IMMEDIATELY if a confirmed case of COVID-19 was reported to Layritz.
- Layritz Little League will IMMEDIATELY notify the District of Saanich and the Health Authority of any such outbreak.
- the Outbreak Plan (Appendix B) and the Illness Policy (Appendix C) would be initiated



## 60 Minute Practice Plan



### SWING AND SPRINT (5 MINUTES)

1. Set up cones six feet apart behind home plate extended
2. Each player stands at a cone holding a bat
3. First player gets in stance at plate, simulates a swing, drops bat and runs through first base
4. Repeat with each player in line



### LEARN TO SLIDE (10 MINUTES)

1. Players stand in the outfield spaced six feet apart.
2. Fundamentals: Start by sitting on the ground and extending one leg out while tucking bottom leg under the knee, forming a figure four. Extend arms overhead and lift legs slightly off the ground
3. One Step Slide: Next, imagine kicking a soccer ball with the lead foot, then bend the opposite leg and sit down into the figure four position
4. Run and Slide: Finally, set up a cardboard box, tarp or other smooth surface. Players run half-speed, then break down and slide across the surface

### SANITIZATION AND WATER BREAK (5 MINUTES)



### CATCH-PIVOT-THROW RELAY (10 MINUTES)

1. Line up five players in a line, each one 30 feet apart. first player in line has a ball.
2. First player starts by throwing ball to second player. He must catch the ball, execute a quick pivot step and throw to the third player.
3. Continue down the line to fifth player then back to the first player.
4. Groups can race against each other to complete the circuit.
5. After each round, rotate positions in the line.



### GROUNDER GOALIE (10 MINUTES)

1. Set up a "goal" with 2 cones spaced 10 feet apart
2. Players line up behind the goal, spaced six feet apart.
3. First player in line stands between the cones and serves as the goalie.
4. The second player in line is the backup
5. Coach throws a ground ball toward the goal. The fielder has to stop the ball from "scoring" on his goal.
6. If the ball gets through the backup fields it.
7. After each ground ball, rotate players through

### SANITIZATION AND WATER BREAK (5 MINUTES)



### TRASH CAN RELAY (15 MINUTES)

1. Divide players into two teams. Teams line up, spaced six feet apart – in left center and right center. Place a trash can on home plate.
2. First player in each line is the relay. Second player is the outfielder.
3. Coach throws a pop fly to the outfielder. He catches it, throws to the relay, who throws home
4. Team gets 1 point for accurate relay, and 5 points for hitting the trash can

## **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.

- 1.** The board of directors will take leadership if a case or outbreak is reported. The president or Executive Board have the authority to modify, restrict, postpone, or cancel any activities.
- 2.** If a player, coach or volunteer report they are suspected or confirmed to have COVID-19 and have been at the park, we will implement enhanced cleaning measures to reduce risk of transmission.
- 3.** In the event that a player, coach or volunteer fall ill they are advised to:
  - 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 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-youare-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 our local health authority.
- 5.** If our organization is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.

## **APPENDIX C – ILLNESS POLICY**

Inform an individual in a position of authority (coach, team manager, board member) 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.

### **Assessment**

- Participants must review the self-assessment signage located throughout the facility each morning before each practice/activity and attest that they are not feeling any of the COVID 19 symptoms.
- Managers/coaches will visually monitor participants to assess any early warning signs as to the status of their health and to touch base on how they are feeling regarding their personal safety throughout the practice/activity.
- If participants 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.

### **If a participant is feeling sick with COVID-19 symptoms:**

- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and /or are showing symptoms while at practice, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- No participant may participate in a practice/activity if they are symptomatic.

### **If a participant tests positive for COVID-19:**

- The participant will not be permitted to return to the program until they are free of the COVID-19 virus.
- Any participants who play closely with the infected participant will also be removed from the program for at least 14 days to ensure the infection does not spread further.
- Any area where a case of an infected participant practiced will be closed off, cleaned and disinfected

### **If a participant has been tested and is waiting for the results of a COVID-19 Test:**

- As with the confirmed case, the participant must be removed from the practice/facility.
- 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.
- Other participants 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.
- The practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

### **If a participant has come in to contact with someone who is confirmed to have COVID-19:**

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