

COVID-19 AND TRANSMISSION

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes, but also potentially when they are talking in very close proximity to another person. The virus in these droplets can then enter the body of another person when that person breathes in the droplets, or when the droplets touch the eyes, nose or throat of that person.

Transmission requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face.

Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can spread COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced.

However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

SYMPTOMS OF COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold. These symptoms include 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.

People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people and those with chronic health conditions.

Before any individual is allowed to go onto the diamond, or engage in either baseball activities, or to be there as a spectator, they must be screened to determine if they are permitted entry. These questions must be answered by everyone and if they give a positive answer to any of the following questions, that person must be instructed to either return home, or to seek medical attention, but they are not allowed to attend the scheduled baseball activities.

Screening questions are:

1. Are you exhibiting any symptoms of COVID-19 (fever, dry cough, chest or respiratory pain?)
2. Has any member of your household exhibited any symptoms of COVID-19 within the last 14 days?
3. Have you or any other member of your household arrived from outside Canada in the last 14 days?
4. Have you been in close contact with anyone who has been confirmed to have COVID-19 in the last 14 days?



Triangle Common Areas:

- a) Concession stands, prior to opening, will follow WorkSafeBC and BC Health Authority requirements, have a valid permit and a plan in place for physical distancing, safe handling of food, payment processing and training of staff/volunteers. Water fountains from which people can drink directly will be closed.
- b) Washrooms, that are being maintained by Triangle, will be cleaned and sanitized on a regular scheduled basis and have adequate signage to direct members of the public on physical distancing and sanitation station locations. Soap or hand sanitizer will be made available to all people at the facility.
- f) Garbage cans with lids will be available at each dugout for all disposable tissues and wipes.

OUTDOOR ACTIVITY PREPARATION

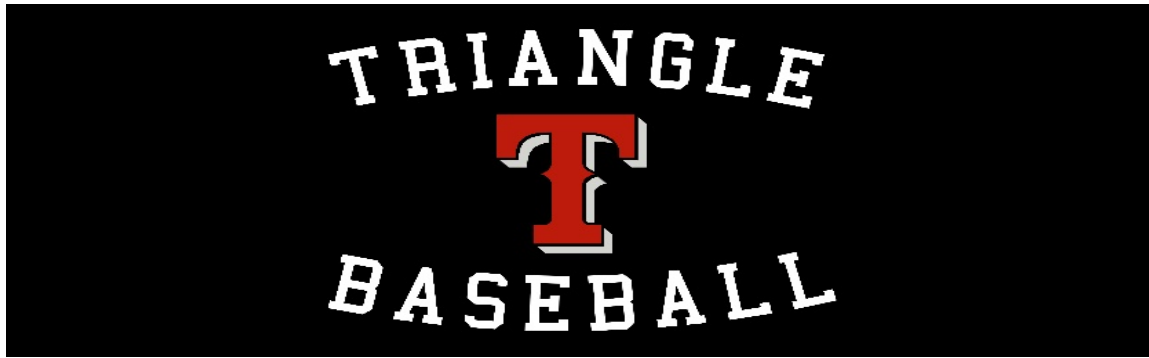
- a) In order to maintain a limit on gatherings of no more than 50 people on one baseball diamond at a time, Triangle will be;
 - scheduling for team use of the permitted venue for practices as well as games, with exit and enter time will be allotted for each team
 - Where there is more than one diamond at a Facility, staggered start times will occur to limit the number of people coming and going at one time.
 - Activities open to individual participants will be managed through pre-registration; no drop-in activities will be held.
 - Teams and groups will be allocated a time that they have access to a specific sport field area, and this time will also provide enough time for diamond or sport field preparation and clean up.
 - Teams and groups are instructed to arrive and depart at a specific time.
 - There are not to be any post-practice or post-game meetings, all participants should leave the playing area promptly at the end of the practice/game or when time has expired.

b) Triangle will designate participant (player, coach, team helper) areas which meet the physical distancing protocol of no closer than 2 metres, as well as establish spectator areas which also maintain the physical distancing for each household. Such areas will be identified with adequate signage and markings. The areas for participants and spectators will be dependent on the Facility in use.

C) Once a team's organized activity has ended, that group or team must clean and sanitize the area used, including gates, latches and field equipment, including, but not limited to bases, pitching machines, tees and/or nets, and dugouts and equipment storage areas if used.

D) Extreme Weather Warning – In the event of severe weather, where either the activity has to be stopped temporarily, or it delays the start of the activity, all participants and spectators are to return to their vehicles and wait for an all clear signal or cancellation. If someone does not have a vehicle, they may shelter in a safe location, while maintaining a minimum distance of two (2) metres from others.

The GVBA Return to Sport (June 14,2020) will be followed by Triangle Athletic Association, with team and site specific information as presented in the Triangle Safety Plan.



Triangle Safety Plan:

BASEBALL BC GENERAL HEALTH AND PERSONAL HYGIENE GUIDELINES

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 to which athletes can be exposed must be completed 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 snacks during play, especially 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.

Roles and Responsibilities:

Teams are required to have the following responsibilities covered for each game and practice; Head Coach and Assistant Coach, In Charge/ Attendance/Health Tracker person, and the Call/Sanitization/Gate Keeper.

Head Coach:

- Practice plans should consider a minimal number of participants handling the same ball. For example, when possible, catching and throwing drills should be done in pairs only and the balls sanitized by the Sanitization Champion after each drill
- must have a current EAP (emergency action plan) outlining, in the event of a minor or major injury, what the medical treatment process will be. The safety of all participants is top priority, but whenever possible, must be done with the requirements of COVID-19 transmission being minimized.
- Each team must appoint an 'In Charge Person' (Injury Attendant), and if an injury occurs to a player only the coach and In Charge Person, both wearing protective gloves and face coverings, may go to the injured player. Everyone else must maintain physical distancing.
- Confirm your exact scheduled time and location for baseball activity – communicate with your parents/players
- Delegate role of Attendance/ health Tracker for both teams when listed as Home Team(host parks are responsible for all attendees health checks), In-Charge Person, Sanitization Champion and the Gatekeeper, from among the team. Do not assign these tasks to coaching staff
- Remember to bring a mask with you to all activities in case it is needed
- Check that first aid kit is stocked and includes disposable gloves
- Ensure area to be used has been sanitized and hand cleaning supplies are available for everyone to use before beginning activity
- Direct team members to your assigned area for practice or games
- Maintain minimum of two metres distance whenever possible; use trail tape to mark player gear areas along the fence line, use cones to space out drill practice areas for players, dugouts are closed.
- Be sure your area has been cleaned, sanitized, and all garbage and refuse has been removed at the end of your activities.
- No post game meetings, leave the park promptly as soon as clean up is complete

Attendance/Health Tracker/In Charge person:

- Each Team must ensure that an Attendance/health Tracker tracks attendance of their team and spectators at each practice and for all participants and spectators at each of your teams home games, and must submit this information to our Triangle Safety Executive Manager by the end of the day of the game/practice. The Triangle Safety Manager will then store this information in a secure location for a period of no less than thirty (30) days. This information will only be provided

to an authorized health authority or local government representative who has the legal right to obtain such information, or to Baseball BC staff for the purpose of contact tracing in the event of an outbreak of COVID-19. All records are to be destroyed after the 30-day period.

- Attendance will be tracked on paper by each home team and can then be submitted electronically. All copies are to be stored safely for 30 days.
- The Attendance/health Tracker will be responsible for pre-screening of all participants and spectators attending the game for their home team games and for all team practices. (this does not include casual park users or others attending the Facility for purposes other than baseball, only those who are attending the baseball activities)
- in the event that ambulance or emergency services are needed, this person will be in charge of clearing the entranceway to the injured and directing the emergency services in.

Sanitization/Gatekeeper/call person:

- Prior to activities on the sport field, teams/groups must assign a Sanitization/gatekeeper/call person who is responsible for cleaning and sanitizing equipment used by their team or group during the baseball activity.
- This person will open and close the field gate for players and coaches throughout the game/practice time. No others to touch or handle the gate.
- Will monitor players for hand sanitizing during each 1/2 inning.
- Where personal equipment must be shared, the equipment must be thoroughly sanitized between each use, and handled with gloves on only.
- When players are sharing a bat it should be picked up by the barrel and sanitized.
- Sanitization Person is to ensure sanitized balls and equipment are readily available throughout the game/practice.
- Home team sanitization person is responsible to clean the washroom before and after their game/practice at the following fields; Luxton ball park, Ed Fisher ball park, AT Gordon ball park. Responsible to sanitize the gate and area pre- and post-game as well.
- It is also recommended that teams clean and sanitize bases, and if fenced, the gates and latches leading into and out of the playing area prior to beginning the baseball activity.
- in the event that ambulance or emergency services are needed, this person will call 911 and give the information needed to the dispatch.

Player Responsibilities:

- Make sure your personal equipment is clean and sanitized before going to the park, and keep it together in your bag
- Remember to bring a face covering masks with you
- Bring a foldout or camping chair
- Have your own clearly marked water bottle
- Arrive at the ballpark fully dressed for baseball activity
- Check in with the attendance/health tracker
- Go right to your designated area and wait for direction from your coach.
- No spitting, gum, sunflower seeds, etc.
- We recommend you don't share equipment, but if you must, be sure it has been sanitized before and after you use it
- By all means do your cheers, but avoid getting close or screaming!
- No high fives, handshakes, hugs – wave and thank the coaches/umpires and your teammates/opponents after a practice/game
- Sanitize your hands frequently, after every inning, or between drills by using an approved hand sanitizer.
- After the game or practice is over, leave the park promptly, no visiting etc.

Parent/Spectator Responsibilities:

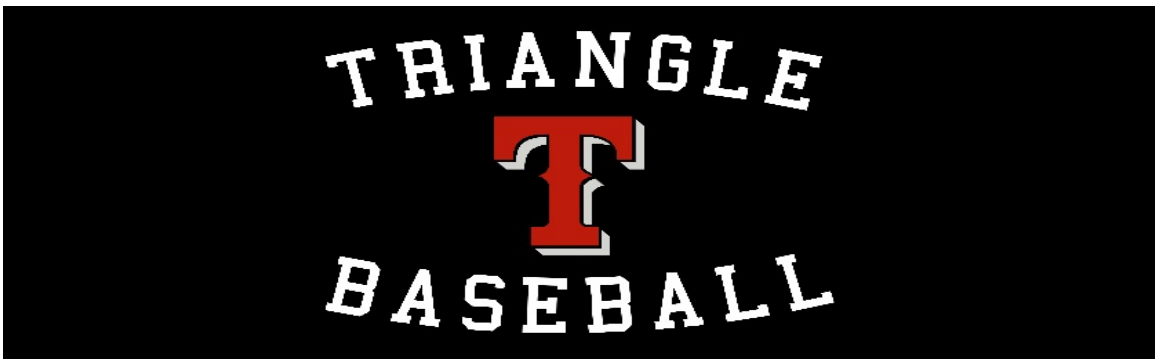
- Bring a foldout or camping chair, if possible avoid sitting in bleachers
- If there are other groups still on your team's designated practice/game space, wait at your vehicle or a safe distance away until the space has been vacated and your team coach indicates it is ok to come into the area
- Check in on arrival with the attendance/health tracker for your team
- Go to the designated spectator area while maintaining proper physical distancing
- No spitting, gum, sunflower seeds, etc.
- In the event of extreme weather which causes either a delay or postponement to the activity, return to your vehicle to wait for resumption of play, or to a sheltered area while maintaining minimum 2 metres from other households
- After the game or practice is over, leave the park promptly, no meetings or visiting

Umpire Responsibilities:

- Confirm your exact start and end time for your game
- Make sure your personal equipment is clean and sanitized before going to the park
- Arrive at the ballpark fully dressed
- Remember to bring two face covering masks with you
- Have your own clearly marked water bottle and snack
- Check in with the attendance/health attendant of the home team
- Go immediately to your designated area
- Do not handle any equipment, other than your personal gear
- No spitting, gum, sunflower seeds, etc.
- Maintain physical distance protocol when meeting with coach or partner
- Sanitize your hands at a minimum after every inning by using an approved hand sanitizer
- After the game is over, leave the park promptly

Triangle Executive Role:

- Clearly mark entrance and exit points, areas for participants and spectators to go to, where the sanitation stations will be set up as well as signage for the above. - -
- Place lidded garbage cans by dugouts for disposal of masks, tissues, wipes.
- Mark appropriate distancing indicators for washrooms and concession areas
- Delegate an attendance coordinator and communicate with members the process for submitting attendance reports
- Delegate a scheduler to assign start and end times for all activities. If you have multiple diamonds, determine if they meet the criteria for gatherings of 50 people on each diamond and schedule, accordingly, using staggered start times if more than one diamond
- Ensure field equipment volunteers or contractors have PPE and sanitizer equipment, and are following protocols for COVID-19 cleaning as per WorksafeBC
- Ensure concession contractor and/or volunteers have been trained on protocols for food service, and all permits are in place
- Attendance/health trackers are to be stationed at the entrance to the facility for their teams
- If necessary, delegate a Sanitization Champion to clean high touch areas and ensure cleanliness at the venues and washrooms located therein.
- Communicate, communicate, communicate with your members and the public



LOGISTICS:

List of extra equipment required for each team:

- paperwork package for all teams
- 2x catchers gear for all teams 11U and under
- 20 cones per team for SD markers during practice drills
- Disinfectant spray, one box of disposable gloves, hand sanitizer, and face masks for first aid kits

Scheduling plan:

- A maximum of fifty (50) individuals are permitted on each diamond at any time as follows:
 - Two (2) umpires,
 - Twenty-four (24) max of players, coaches, volunteers per team.
- home team arrives 45 minutes prior to game beginning, visitor team arrives 30 minutes prior to game beginning
- 4 hour time slots will be given for games to ensure 60 minutes between games/practices beginning and ending to allow for cleaning requirements and other field duties at all Triangle fields.
- Each of the JDF diamonds have a 50 people maximum as do all the Triangle diamonds. The games and practices at JDF will have staggered start times by 60 minutes to allow for social distancing upon entering and leaving the two diamonds.

Cleaning and use of washrooms and shared equipment:

- Stan Jones maintained by Seaparc
- JDF maintained by JDF
- Ed Fisher Park, AT Gordon, Luxton washrooms will be cleaned both pre and post games by teams.
- all personnel going into shared spaces and using shared equipment (seacans)(rakes, bases) must use gloves prior to

touching anything.

List of required PPE:

- hand sanitizer for all washrooms, health check entrance stations, and for each team
- one box of disposable gloves per team for first aid kits and for sanitizing and when using shared equipment
- 3 single use facemasks in all first aid kits
- soap in all washrooms and cleaning supplies easily accessible
- Lysol wipes for ball cleaning for each team
- Lysol disinfectant spray for helmets, catcher's gear, fencing, gates, etc for each team.

Site Drawings enclosed:

-for exits/entry and Attendance/health check-ins,

For All Triangle fields:

-Jdf , ATGordon, Luxton, Ed Fisher, Stan Jones.

Attendance/Health Checks:

- sample of attendance/health check sheets enclosed

Signage at all fields:

- samples of signage to be used on location enclosed
- concession spacing dots will be added for the lineups

Practice plans: Enclosed