



Ladysmith Baseball Association (LBA)
RETURN TO PLAY!
Updated June 15, 2021

In developing these Return to Play (“RTP”) guidelines, the LBA Board of Directors are required to abide by and incorporate guidelines set out by the following entities:

1. viaSport – the BC Government agency responsible for all sports and their operation in our province. Their guidelines are approved by the Office of the Provincial Health Officer (PHO). <https://www.viasport.ca/return-sport>
2. Baseball BC – our Provincial Sport Organization (“PSO”) and the governing body for all baseball leagues in BC. <https://www.baseball.bc.ca/return-to-play>
3. BC Minor Baseball Association – our governing body for all LBA baseball activities. <https://www.bcminorbaseball.org/>
4. The Town of Ladysmith. <https://www.ladysmith.ca/>

The information below is a summary of guidelines as provided to us by these four bodies and includes specific considerations that apply solely to the operation of the LBA.

IMPORTANT ITEMS TO NOTE:

1. All guidelines set out in this document must be strictly followed by our membership and will require coaches, parents, and players to adhere to them so that we are able to continue to operate and do not suffer any avoidable disruptions in our programming.
2. This is a working document and is based on the latest information available. LBA will update this protocol as conditions evolve.
3. All LBA activities must take place in accordance with the current Provincial Health Guidelines and Orders in place at date of their issuance and will be updated as circumstances change or should relevant Guidelines and Orders be revised.

4. Developmental practices are currently the only sanctioned activities allowed. The timing of all future changes will be decided by the PHO.
5. Each Coach will have a copy of the LBA Covid-19 Safety Plan in their team binder along with attendance / contact tracing sheets for each event, daily health checks, and COVID safety information sheets from the provincial government.
6. Teams will be responsible for assigning a Covid Safety King Pin. This person is responsible for taking attendance and maintaining records to meet contact tracing requirements and daily health checks.

Even if all the guidelines are followed our programs are subject to termination in the event that any one of our governing bodies deems it necessary to do so.

** Please consider that this document may not include all updated restrictions or guidelines and be sure to stay in contact with coaches and read all email correspondence from LBA. **

FACILITY-SPECIFIC GUIDELINES:

Washrooms. Town of Ladysmith is responsible for the cleaning and maintenance of park washrooms. To reduce risks, all members using LBA allocated parks must:

- Use hand sanitizer before entering the washroom;
- Use paper towel to open the door or use hand sanitizer upon leaving the washroom;
- Practice physical distance requirement while in the washroom;
- Reduce capacity in washrooms to follow current physical distancing guidelines;
- Be sure to follow posted requirements on site.

Parks & Training Facilities. LBA has guidelines and protocols in place for the following parks and training facilities for the 2021 baseball season, which include but are not limited to:

1. High Street Ball Field
2. Holland Creek Junior Field
3. Holland Creek Senior Field
4. Batting Cage located at Holland Creek
5. Davis Road School Ball Diamond

Equipment Room, Sheds, and Clubhouse:

- The LBA Equipment Manager / Coach must use hand sanitizer before entering and upon leaving an Equipment Room, Shed or Clubhouse.
- If the LBA Equipment Manager / Coach invites a member into an inside space, the member will use hand sanitizer, and put on a mask before entering and upon leaving the inside space,
- Practice physical distancing.

GENERAL HEALTH & PERSONAL HYGIENE GUIDELINES **(Baseball BC):**

All guidelines are required for everyone 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 to 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.

LBA COVID Protocol Update to Incorporate Step 2 of BC's Restart Plan, June 15, 2021

Based on the June 15th updates from Baseball BC and viaSport detailed below, LBA announces the following as of June 15th:

- For game play, each team is now allowed 25 spectators inside the spectator boundary (yellow ribbon area marked off at LBA fields) detailed in our LBA RTP Facilities Guidelines.
- 50 people total are allowed inside the spectator boundary, but 2 m physical distancing is required.
- COVID safety person, scorekeepers, and pitch counters are considered part of each team's 25.
- Each person inside the spectator boundary must complete a Daily COVID Health Check.
- Each person inside the spectator boundary must be added to their team's Contact Tracing form before entry is permitted.
- Spectator Daily COVID Health Check and Contact Tracing will be the responsibility of the designated COVID safety person for each team.
- If friends and family choose to spectate outside the spectator boundary area (yellow ribbon) they do not need to fill out the Daily Health Check / Contact Tracing form but must still abide by the PHO order of 2 metres physical distancing.
- As stated, 2 m physical distancing is required for spectators inside the spectator boundary.
- Masks are not required off the field of play (including inside spectator area) unless physical distancing cannot be maintained.
- Masks not required on field of play, including in dugouts.

SUMMARY OF viaSport, Baseball BC GUIDELINES:

Step 2 of BC's restart plan is in effect as of June 15, 2021. ViaSport is in the process of updating their Return to Sport Restart 2.0 Chart (<https://www.viasport.ca/return-sport>).

ViaSport states that B.C.'s Restart is the Province's step-by-step plan to bring us back together. Step 2 details are as follows:

Outdoor sport

- Recreational travel, including for sport, allowed within B.C.
- Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained.
- Up to 50 spectators
- Masks not required

All Sports

- Safety plans: To simplify the process, adjust your current safety plans with [Step 2 of B.C.'s Restart plan](#) in mind.
- Please remember: The intention of the Restart is to slowly return to activities. Organizations are asked to turn the dimmer slowly when planning sport programming.

SUMMARY OF CURRENT BASEBALL BC GUIDELINES:

<https://www.baseball.bc.ca/return-to-play>

Updated June 15, 2021: Baseball BC Return to Play guidelines have been modified based on the BC Government's move to Step 2 in the BC Restart Plan

This movement further allows sport to ease restrictions and permit limited spectators and travel within the province for the purpose of sport. As such Baseball BC is advancing notice that the following activities are now permitted within the sport of Baseball;

- Regular game play amongst participating teams province wide
- A maximum of 50 spectators (per field).
- Tournament play

We would again like to share the following amateur sport programming reminders (as of June 15, 2021);

- The activity must always comply with the general measures, recommendations, and any gathering restrictions issued by the BC health authorities.
- Physical distancing not required on the field of play, including dugout area.
- 2 metres social distancing is still required outside the field of play.
- Keep a participant record for contact tracing needs, including symptom screening.
- Communicate to participants any hygiene measures in alignment with current information issued by the BC health authorities, including staying home if sick.
- Remind all players to bring their own refreshments and do not share water bottles.
- Please adjust current safety plans to align with this Return to Play Plan for Baseball and ViaSport's Restart Sport 2.0 Chart, including updating Emergency Response & Outbreak Plans.

Baseball BC RTP Summary

	<u>Phase 1</u>	<u>Phase 2</u>	<u>Phase 3</u>	<u>Phase 4</u>
<u>Restrictions</u>	No community programming	Maintain Social Distance No non-essential travel	Maintain Social Distancing	Refer to PHO & local health Authorities
<u>Programming</u>	No community programming	In club programming permitted	Cohort Game Play Permitted	Tournaments and provincial play possible
<u>Equipment</u>	No community programming	No shared personal equipment	Minimal shared equipment	Some shared equipment
<u>Activity / Competition</u>	No community programming	Team practice only at Stage 1 In club game play permitted in Stage 2	Interclub or Regional game play permitted within Cohorts	Provincial Competitions and larger scale events may return (TBA)

PHASED RETURN TO PLAY INFORMATION BELOW BASED ON LATEST BASEBALL BC GUIDELINES - <https://www.baseball.bc.ca/return-to-play>

Phase 1. No Programming.

Any movement between phases will be decided through collaboration with viaSport and the Provincial Health Office and announced by Baseball BC. Individual organizations may not move from one phase to another without approval from Baseball BC. (See also Appendix A – viaSport Guidelines).

VIASPORT PHASE 2

Phase 2 in the viaSport Guidelines is referred to as “Transition Measures.”

This phase applies to Baseball and informs the baseball specific measures in the “Baseball BC Phase 2”. Important to note about this viaSport phase is the following:

- Refer to PHO or local health authorities for current restrictions.
- Physical distance required between participants
- No non-essential travel
- Increased hand hygiene
- Symptom screening in place
- Preferred outdoor activity only
- No or limited spectators
- No contact-type activities
- Minimal shared equipment – if shared need to disinfect before, during, and after

See the viaSport Guidelines for all the requirements of this phase.

BASEBALL BC PHASE 2

Phase 2 Guidelines and Recommendations (Stage 1)

- Full team training and development sessions permitted.

- Refer to PHO or local health authorities for current restrictions.
- viaSport Phase 2 guidelines are required to be adhered to in all programming.
- All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced as outlined above.
- Three (3) meters physical distance is required between participants at all times. This includes during drills, activities, and team discussions/huddles. This requirement applies before, during, and after an event.
- Please note that athletes are only permitted to participate on one team at any one time.
- No dugout use permitted.
- 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 changing or dressing rooms permitted.
- Indoor practices are permitted so long as the facility is operating in accordance with Provincial, Regional, and Municipal COVID-19 regulations. Anyone practicing indoors must

amend their COVID-19 safety plan to detail how they will continue to abide by all other requirements of Phase 2 when practicing indoors.

Spectators

- All bleachers and stands should be closed to spectators.
- If an organization allows spectators, they must implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the spectators while at the venue.
- The number of spectators permitted must be consistent with current PHO orders considering maximum group size permitted.

Phase 2 Guidelines and Recommendations (Stage 2)

- **All guidelines listed above are applicable with the following notable changes.**
- Modified and in club game play is permitted.
- Refer to PHO or local health authorities for current restrictions.
- Only game play between teams from the same club are permitted in this phase
- Any modified or in club game play permitted in this phase to follow Baseball BC Phase 3 Game Play Guidelines and Recommendations during game play.
- Participants do not need to maintain physical distancing during brief game related interactions occurring during the normal course of play; however, minimized physical contact is still advised. Intentional physical contact not related to game play, such as high fives, is not permitted. Physical distancing should be maintained between all participants when off the field of play.
- All players to sanitize their hands when returning to the dugout from the field, after each at bat and as required.
- Baseballs need to be new or disinfected every time they are entered into play.
- Umpires must comply with social distancing requirements and may need to use alternate positioning to comply
- On field pre-game home plate meetings should adhere to physical distancing requirements.
- The BC Baseball Umpires Association (BCBUA) Line Up Exchange Protocols should be utilized if on field pre-game home plate meetings are held.
- No mound visits by catcher or coach unless physical distancing requirements are adhered to.
- No postgame handshakes.
- All scorekeeping, announcing and scoreboards operation to be performed outside and not in buildings or booths with social distancing requirements in mind.
- All bleachers and stands should be closed to spectators.
- Practices and training are still expected to follow all Phase 2 requirements and Guidelines as listed above.

Phase 2 Guidelines and Recommendations (Stage 3)

- **All guidelines listed above are applicable with the following notable changes.**
- **Intra Club game play now permitted for any team that doesn't have an equivalent in club playing partner.**
- Refer to PHO or local health authorities for current restrictions.

- Teams defined by the above may schedule a maximum of 1 team from a neighbouring community to play games against.
- Please note that athletes are only permitted to participate on one team at any one time.
- Teams are not permitted to interact with teams outside of their club or interim partner.

VIASPORT PHASE 3

Phase 3 in the viaSport Guidelines is referred to as “Progressively Loosen.”

Important to note about this phase is the following:

- Refer to PHO or local health authorities for current restrictions.
- Group sizes may increase.
- Limited spectators.
- Interclub or Regional Play is permitted within a Cohort group.
- Increased hand hygiene.
- Some shared equipment.

See the viaSport Guidelines for all the requirements of this phase.

BASEBALL BC PHASE 3

Phase 3 Guidelines and Recommendations -

- **All guidelines listed above in Phase 2 are applicable with the following notable changes.**
- **Refer to PHO or local health authorities for current restrictions.**
- **Game play permitted within cohort groups.** (*A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.*)

Cohort Formation

- Each cohort can be comprised of multiple teams in order to form a mini league. Maximum number athletes allowed to be based on viaSport Guidelines.
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Coaches who are counted outside the total cohort number should consider wearing a non-medical face mask while participating in game play.
- Athletes are only permitted to participate in one cohort at any one time.
- Teams are not permitted to interact (practice or play) with teams outside of their designated cohort.
- Cohorts should remain together for an extended period. If looking to change cohorts, a two-week break, during which teams only practice without contact with other teams, is recommended.

VIASPORT PHASE 4

Phase 4 in the viaSport Guidelines is referred to as “New Normal”

Important to note about this phase is the following:

- Refer to PHO or local health authorities for current restrictions.
- Large groups allowed.
- No restrictions on spectators.
- No restrictions on activity types.
- Provincial competitions and larger scale events may return
- Shared equipment permitted.

BASEBALL BC PHASE 4

Traditional programming, including league and provincial play, tournaments and championships may resume.

Refer to PHO or local health authorities for current restrictions.

LBA's COVID-19 SAFETY PLAN:

Developed from the ViaSport BC COVID-19 Safety Plan template at <https://www.viasport.ca/files/appendix-gcovid-19safetyplandocx> .

This tool can be used to guide you through the planning process. Currently, there is no standard document for your COVID-19 Safety Plan – you may use this document, or another document that meets your needs, to develop your plan. Other organizations have also developed templates to support Safety Plan development. For example, WorkSafe BC has developed a comprehensive tool all businesses can adapt. This COVID-19 Safety Plan template is adapted from WorkSafe BC to align with the sport sector.

viaSport will not be approving the plans of individual sport organizations, but in accordance with the order of the Provincial Health Officer, this plan must be posted by your organization.

Step 1: Assess the risks at your workplace

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified areas where people gather
- We have identified situations and processes where individuals are close to one another or members of the public.
- We have identified the equipment that may be shared by individuals
- We have identified surfaces that people touch often

Step 2: Implement protocols to reduce the risks

Select and implement protocols to minimize the risks of transmission.

Look to the following for information, input, and guidance:

- viaSport sector guidelines and your sport-specific guidelines.

You may need to identify and implement additional protocols if the posted protocols don't address all the risks to your workers.

- Orders, guidance, and notices issued by the provincial health officer and relevant to your industry.

Updates will also be posted at www.viasport.ca

- Municipality or facility guidelines

First level protection (elimination): Limit the number of people and ensure physical distance whenever possible

- We have established maximum program numbers for our program that meets facility requirements
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).
- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible.

Measures in place

List your control measures for maintaining physical distance in your environment. If this information is in another document, identify that document here.

As per Baseball BC Phase 2 / Stage 1 detailed in this document.

Key control measures for this stage: Team practice only, no game play allowed, 3 m physical distancing at all times (not just 2 m), players spaced apart with their personal gear and personal sanitizer (outside dugout along chainlink), sanitize any shared equipment between players (bats only, assign two catchers per practice and full sanitization of both sets of catcher equip after practice), no dugout use, no spectators, no indoor activities, no clubhouse meetings.

Second level protection (engineering): Barriers and partitions

This section may only apply to facility owners and operators

- We have installed barriers where workers can't keep physically distant from co-workers, customers, or others. N/A

Measures in place

Describe how barriers or partitions will be used in your environment (if appropriate). If this information is in another document, identify that document here.

Barriers will be incorporated in potential future stages. See Phase 2 / Stage 2 barriers for game volunteers and spectator exclusion zones in 2021LadysmithFieldsApr7.pdf document. No spectators allowed for current BC Baseball Phase 2 / Stage1. Drop off only.

Third level protection (administrative): Rules and guidelines

- We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.
- We have clearly communicated these rules and guidelines through a combination of training and signage.

Measures in place

List the rules and guidelines that everyone is required to follow. This could include things like using one-way doors or walkways, no sharing of equipment, and wiping down equipment after use. If this information is in another document, identify that document here.

Entry and exit points for BC Baseball Phase 2 / Stage 1 (practice only) detailed in 2021LadysmithFieldsApr7.pdf document for each field. Rules and guidelines for BC Baseball Phase 2 / Stage 1 listed in this document. Key guidelines include: practice only - not games at this stage, players physically distanced, no indoor activities, avoid sharing equipment, sanitize equipment between sessions and sanitize baseballs and bats during session, symptom screening and attendance tracking, no spectators.

Fourth level protection: Using masks (optional measure in addition to other control measures)

- We have reviewed the information on selecting and using masks and instructions on how to use a mask.
- We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented.
- We have trained individuals on the proper use of masks (if applicable).

Measures in place

Who will use masks? Coaches will use masks. Masks worn in all situations where physical distance not possible, i.e. first aid situations. Team manager / COVID volunteer to wear mask for symptom screening and check in.

What work tasks will require the use of masks? First aid, symptom screening and check in, check out, and situation where physical distancing at risk.

How have workers been informed of the correct use of masks? Return to play protocols, pre-season division training for each coaching staff and managers. There will be ongoing visits/training from the LBA Executive throughout the season.

If this information is in another document, identify that document here.

LBA Return to Play Document, April 2021. This is a living document approved by the executive, but subject to revision as guidelines change with more or less restrictions.

Reduce the risk of surface transmission through effective cleaning and hygiene practices

- We have reviewed the information on cleaning and disinfecting surfaces.
- Our sport facility has enough handwashing stations on site for our participants. Handwashing locations are visible and easily accessed.
- We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- We have implemented cleaning protocols for all common areas and surfaces.
- Workers who are cleaning have adequate training and materials.
- We have removed unnecessary tools and equipment to simplify the cleaning process

Cleaning protocols

Provide information about your cleaning plan. Specify who is responsible for cleaning, the cleaning schedule, and what the cleaning protocols will include (e.g., which surfaces, tools, equipment, etc). If this information is in another document, identify that document here.

Cleaning and sanitizing equipment will be kept stocked in same location as first aid equipment listed in the LBA's First Aid Plan During COVID-19. Head coach and manager to assign cleaners for each field session. Dugouts will not be used, players to keep their gear separate, catcher gear and any team gear to be assigned to one player per session and cleaned at end of session. Each player to have own sanitizer and sanitizer available at check-in and check-out. Bathroom and porta-potty cleaning protocol schedule to be coordinated with Town.

Step 3: Develop policies

Develop the necessary policies to manage your sport.

Our policies ensure that workers and others showing symptoms of COVID-19 are prohibited from participating in sport activities

Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.

Anyone directed by Public Health to self-isolate.

Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must

self-isolate for 14 days and monitor for symptoms.

Our policy addresses individuals who may start to feel while participating. It includes the following:

Sick individuals should report to first aid (or designated individual), even with mild symptoms.

Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]

If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

You must ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

We have a communication and training plan to ensure everyone is trained in policies and procedures.

All participants have received the policies for staying home when sick.

We have posted signage at the sport location, including occupancy limits and effective hygiene practices.

We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms.

Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures.

- We have a plan in place to monitor risks. We make changes to our policies and procedures as necessary.
- Individuals know who to go to with health and safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives
 - **LBA's RETURN TO PLAY DOCUMENT WILL BE UPDATED IF THE RECOMMENDED PHASE / STAGE OF PLAY IS CHANGED BY BASEBALL BC AND/OR VIASPORT.**

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your programming/business.

- We have a training plan for new staff, coaches, volunteers.
- We have a training plan for staff, coaches, volunteers taking on new roles or responsibilities.
- We have a training plan around changes to our business/programming.
- We have identified a safe process for cleaning and removing things that have been out of use.

Be advised that personal information must not be included in the COVID-19 Safety Plan

Personal information is any recorded information that uniquely identifies a person, such as name, address, telephone number, age, sex, race, religion, sexual orientation, disability, fingerprints, or blood type. It includes information about a person's health care, educational, financial, criminal or employment history. Visit <https://www.oipc.bc.ca/about/legislation/> for more information.

LBA Illness Policy and Wellness Screening:

(Adapted from ViaSport Guidelines)

In this policy, "Team member" includes an employee, volunteer, participant or parent/spectator.

1. All team members will complete an online Daily Health Assessment prior to attending each and every event including practices, games, etc.
2. 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.
3. Assessment
 - a) Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b) Managers/coaches will visually monitor team 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 Team 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.
4. If a Team 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 work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c) No Team Member may participate in a practice/activity if they are symptomatic.
5. If a Team Member tests positive for COVID-19
 - a) The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b) Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c) Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
6. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - a) As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - 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 Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

- d) The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
- a) Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b) Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c) The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
8. Quarantine or Self-Isolate if:
- a) Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b) Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c) Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d) Any Team 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 enter any part of the facility.

LBA's OUTBREAK PLAN:

(Adapted from viaSport Guidelines)

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.

In the event of an outbreak:

1. The coach whose team is affected will contact the LBA President and Board to discuss how to proceed by either modifying, restricting, postponing or cancelling activities.
2. If any volunteers or a participant reports they are suspected or confirmed to have COVID-19 and have been at an LBA facility or affiliated space, we will implement enhanced cleaning measures to reduce risk of transmission.
3. We will implement our illness policy and advise individuals to:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 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 by accessing the COVID-19 Self-Assessment Tool here: <https://bc.thrive.health/covid19/en>

LBA's First Aid Plan During COVID-19:

LBA's first aid plan was adapted from WorkSafe BC's OFAA Protocols during the COVID-19 pandemic (<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>) and the Canadian Red Cross (<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>).

If first aid is required to be administered during an LBA activity, all persons attending to the injured individual must first put on a mask and gloves. LBA first aid attendees will need to incorporate procedures to align with current PHO guidelines for physical distancing, hand hygiene, and disinfection.

For general first aid administered to a player or other participant first aid attendants will wear a mask and gloves and will conduct proper hand hygiene after each interaction.

Offer a face covering to those receiving care.

All PPE must be properly disposed of after providing care. Hand hygiene should be performed before and after donning and doffing.

If the injured person is able to self-treat, they should be instructed in how to do so, and the first aider should remain on standby to treat the injured person should it become necessary.

Maintain a physical distance of two metres, unless it is medically necessary to be near the person.

LBA Facilities first aid equipment storage locations:

High Street Ball Field	Equipment shed beside 1 st base dugout
Holland Creek Mosquito Field	Equipment shed at edge of parking log
Holland Creek Ball Park	Equipment shed near 1 st base dugout
Davis Road School Diamond	Job box on concrete slab

Minimum first aid equipment at each facility:

- Level One first aid kit
- Medical grade masks
- Disposable gloves
- Extra consumables, such as ice packs, band-aids, dressings