



Lakehill Little League and Softball – 2020 Safe Operating Plan

Based out of Saanich's Ambassador Park and adjoining School District #61 school grounds, the Lakehill Baseball and Softball Association has been part of the local community for over 60 years. We are affiliated with Little League Canada's baseball program and with Softball BC. We offer baseball for children aged 3 - 12 years of age and softball programs from the U10 to U23 levels. In both baseball and softball, we encourage players at all skill levels. Lakehill Ball is a not for profit association that is run completely by volunteers. Since 1958, Lakehill Ball's programs have relied on the generous support of parents, volunteers, community sponsors, and the District of Saanich.

From the Lakehill Baseball and Softball Association Constitution, our purpose is:

- To promote and encourage amateur baseball and softball and to develop the highest possible standard of sportsmanship and citizenship for the youth of the community.
- To maintain and increase the interest of amateur baseball and softball within the Lakehill Baseball and Softball Association's Catchment and to encourage competition and good sportsmanship, not solely for the proficient, but rather for all participants.

The following safe operating plan was developed to be used in conjunction with, and supported by, the following government and sport sector requirements, including:

- BC Government Restart Plan
- Provincial Health Authority (PHO) Recommendations
- ViaSport Return to Sport Guidelines
- Softball BC Back to Bases Guidelines
- Baseball BC Return to Play Guidelines
- BC Recreation and Parks Restart Plan
- Municipal requirements
- and WorkSafe BC guidelines.

This plan is designed to provide an opportunity for children and youth to begin with controlled practice and skill development, and if safe, to move towards community games, and then on to competition versus neighbouring communities at Ambassador Park while ensuring the safety of players, volunteers and parents. All activities will be held outdoors on Saanich's Ambassador Park's two diamonds (D#1 and D#2) and one outdoor batting cage. All activities will follow these health and safety guidelines **approved by the Lakehill Board** subsequent to adoption and approval of the above government and/or sport sector guidelines as well as WorkSafe BC and Provincial Health Officer guidelines.

1. RISK MANAGEMENT

- educate members about risks involved with participation through email and signage
- each member must have a signed waiver releasing Lakehill and respective Provincial Sport Organization (PSO's) specific to COVID-related sickness
- inform volunteers (coaches/board) about protocol to follow to mitigate risks

- post information and ask to stay home if showing any symptoms related to COVID, or if they have travelled outside of Canada in the last 14 days, or are in close contact with a person who has tested positive for COVID
- post social distancing measures and rules, including the use of face coverings when the 6 ft physical distancing cannot be maintained
- educate members on PHO guidelines on maximums for mass gatherings
- provide sanitizer to each field location, batting cage, and washrooms when in use for Lakehill-sanctioned events
- educate on personal hygiene protocol via posters
- provide clear arrival, start, and end times
- ensure scheduling of activities is staggered and entry/exit way finding to limit the number of individuals coming and going at one time
- provide general screening, attendance tracking, and crowd management for activities
- enhance cleaning protocols of equipment and facilities
- avoid if possible, but minimize shared equipment. When shared (eg bats), use appropriate PPE and cleaning/sanitizing protocols
- the safe operating plan will be posted at the clubhouse and on the Lakehill website

2. FACILITY ACCESS and USE

- follow a schedule which staggers start times and allows participants extra time to clear and clean a field before others arrive. For example:

Monday to Friday:

D#1 6:00 – 8:00

D#2 6:30 – 8:30

Batting cage: 4:30 and 7:00 start times

Saturday and Sunday:

D#1 11:00 and 3:00 start times

D#2 10:00, 2:00, and 6:00 start times

Batting cage: 12:00, 4:00, and 7:00 start times

- indicate separate player and spectator areas, all must leave the park promptly after practices or games
- dugouts not to be used by players
- players to set up at marked personal area for bag/equipment etc; 6 ft social distancing between players
- bleachers will be closed
- no spitting, chewing gum or sunflower seeds allowed
- no concession will be operated
- washrooms are available. One person per washroom (or more if same family). Social distancing line ups with signage. Frequent cleaning depending on the amount of schedule activity.
- the clubhouse will be closed, and accessed only by board members to get supplies. A maximum occupancy will be established.

3. OPERATIONS

Teams

- each team would be given a list of expectations to follow and/or roles to play including clean/sanitize gear prior to session, arrive dressed to participate, screening and attendance tracking, crowd and distance monitoring, frequent player hand sanitization, equipment and facility cleaning, and injury management/protocols
- arrive at scheduled time; leave immediately after session

- no huddles or extended gatherings
- check in with screener/attendance tracker
- players MUST hand wash/sanitize before and after, and frequently throughout as per PSO guidelines
- each team would have designated equipment/bag
- each player is responsible to have their own equipment (only bats may be shared but MUST be appropriately cleaned between each use). Players are not to touch or use other players equipment. Balls will be only handled per team. Drills will limit number of players sharing balls. Ball will be disinfected frequently between drills.
- there will be no shared drinks or food
- practice plans will allow for social distancing
- if and when safe and sanctioned to proceed to game play, PSO guidelines and rules of play will be followed
- coaches to maintain physical distancing when instructing players
- Coaches and assistant coaches will be responsible for ensuring guidelines are followed during their time on the field

Staff/Volunteers

- masks would be available for staff/volunteers to wear when physical distancing is difficult
- ensure participants/volunteers/board members understand they have a right not to participate
- umpires will be able to enter and exit the field with safe distance protocols and will participate as outlined by the PSO guidelines

Cleaning

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

4. PARTICIPANTS

- coaches or designated volunteer to screen players before each session to ensure players are not sick, and take attendance
- full refunds have been offered to families who registered earlier in the year and do not wish to participate
- team sizes will be managed within PSO and ViaSport guidelines

5. PROGRAM

- games and travel to other parks will occur only when permitted by PSO guidelines
- non-contact training will be the primary focus of the season unless guidelines change
- respect those managing guidelines; adhere to return to play guidelines
- each team is responsible for ONLY their own equipment.
- maximum attendance including players/coaches/spectators at each location (field) will be limited to under 50 unless PHO guidelines change

6. EMERGENCY AND OUTBREAK PLAN

The following protocols have been provided by government restart and sport sector return to play guidelines.

First Aid

- masks and gloves would be provided to coaches and anyone choosing to provide first aid
- WorkSafe BC First Aid protocols to be posted and provided to each team

- 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. They have the authority to modify, restrict, postpone, or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, we will implement enhanced cleaning measures to reduce risk of transmission.
3. Implement your 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. o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. o 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 your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

ILLNESS POLICY

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
 - 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 selfassessment tool.
3. 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.
 4. 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 been infected/touched.
 5. 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.
 6. 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.
 7. 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.