

COVID-19 Health and Safety Protocol

High Park Little League



Last updated 6 Sep 2021

Please note: Changes from the previous version are highlighted in yellow or crossed out.

1. Introduction:

These policies and procedures have been developed based on provincial, municipal, Little League Canada, and public health rules. They consider multiple factors including the status of the COVID-19 pandemic, available information about transmission of the virus, and the layout of our facilities within a public park. In addition, they have taken into consideration some potential consequences of masking such as the potential for impaired vision and injuries as a result.

The protocol is intended to help all participants have a healthy and fun season, while trying to prevent the spread of COVID-19. As circumstances of the pandemic, or guidance from public health officials change, our rules may also need to be adapted. At all times, the league will do its best to keep people informed.

The cooperation of the entire community, including players, coaches, umpires, parents/guardians, guests and league executives is critical to completing the season.

2. Application:

a) These rules apply to all players, coaches, league executives, umpires, families, guardians and/or guests on all High Park Little League facilities (e.g., the field of play, clubhouse, washrooms, batting cages and storage areas) regardless of whether they have been vaccinated or have had any test to suggest they have immunity from COVID-19.

3. Exemption:

a) Players who provide a medical note from a physician licensed by the College of Physicians and Surgeons of Ontario are exempt from wearing a mask.

4. Public health rules take precedence:

a) If public health guidelines become more restrictive, they will supersede these policies and procedures.

5. Failure to comply:



- a) Failure to adhere to these policies and procedures, could result in the loss of permits and the ability for the league to offer baseball activities for all members.
- b) Players, coaches and league executives who do not follow these policies and procedures may face a range of disciplinary actions, including ejection from a game. It can also include warnings, suspensions, or dismissal from the league at the discretion of the board of directors.

6. Stay home with symptoms:

- a) Any player, parent/guardian, coach, league executive or guest that is experiencing COVID-19-like symptoms or has tested positive for COVID-19, been directed to self-isolate or quarantine for any reason, must not attend any baseball activities.
- b) If a player, parent/guardian, coach, or league executive tests positive for COVID-19, they must report it to the league immediately, at which time team activities will stop, and guidance will be communicated by the league upon the advice of public health authorities. All personal health information will be completely confidential.
- c) Any person who lives in the same household as someone who has tested positive, or displays symptoms of COVID-19, may not attend any league events until they have been told by public health authorities that it is safe to do so.

7. Contact tracing:

- a) Head coaches or their designate are responsible for managing contact tracing through TeamSnap for all players and coaches at every workout/practice, game, or other team event such that it can be accessed by the league.
- b) The Umpire-in-Chief for each division will maintain a game log of the umpires officiating each game on TeamSnap so that it is available to the league.
- c) Parents must self-declare that their child does not have any COVID-19 symptoms, have come in close contact with anyone who has tested positive for COVID-19, or been directed to self-isolate or quarantine. This includes any of these symptoms that are not attributable to a previously diagnosed condition:
 - i. Fever of 38.0 degrees Celsius or higher
 - ii. Cough
 - iii. Difficulty breathing or shortness of breath
 - iv. Loss of taste or smell
 - v. Feeling unwell, muscle aches or fatigue
 - vi. Stuffy or runny nose
 - vii. Headache
 - viii. Sore throat or pain swallowing
 - ix. Nausea, vomiting or diarrhea.

8. Masks and Physical Distancing

- a) In accordance with public health rules, everyone who does not live in the same household is required to maintain physical distancing of at least 2m from other people or wear a mask that covers both their nose and the mouth. A face covering such as a plexiglass shield is not an acceptable substitute.
- b) Masks must be worn at all times when indoors.
- c) Any person attending a practice or game is responsible for bringing their own mask and hand sanitizer. Players, coaches, and umpires are encouraged to bring an extra mask in case theirs becomes dirty, wet, or damaged.
- d) Spitting, or snacks that involve spitting out waste (e.g., sunflower seeds with shells) are not allowed. Other snacks can be eaten if social distancing is observed.
- e) For more information about the features, fit and fabric of masks, consult government sources online:
 - i. [Ontario government guidelines](#)
 - ii. [Government of Canada guidelines](#)

9. On the baseball diamond and in the dugout:

- a) There will be no shared snacks or drinks.
- b) There will be no celebrations that cannot be done while respecting physical distancing guidelines.
- c) Team meetings are allowed if all players and coaches are physically distanced.

9-1. During games:

- a) Only players, coaches and umpires are allowed in the dugout or on the field.
- b) Benches and dugouts:
 - i. Dugouts may be used. When physical distancing cannot be achieved, masks must be worn.
- c) Coaches and umpires on the field during play must always wear a mask during play. They may remove their mask between innings if they are physically distanced from other participants.
- d) Batters and base runners on the field of play must always wear a mask.
- e) All participants should sanitize their hands between innings and before eating or drinking.
- f) At the umpire's discretion, additional time can be taken between innings if teams wish to have a mask-free break. If a break is taken, the equivalent time will be added to the end of the game.
- g) Teams will not line up at home plate to shake hands or run the bases at the end of the game. Instead, they will line up physically distanced on the baselines and tip their caps to the other team.

9-2. During practice/workouts:

- a) Dugouts are not to be used for practices.
- b) Scrimmages shall follow the same rules as a game
- c) Players and coaches are not required to wear a mask when 2m physical distancing can be achieved reliably. When physical distancing cannot be maintained, a mask must be worn.
- d) All participants should sanitize their hands between drills and before eating or drinking.

10. Arrival at the park and departure:

- a) Expect these protocols to add time for set up and clean up times at the park and plan accordingly.
- b) Arrive at the diamond for the scheduled start time, dressed and ready to play. This will help the schedule run on time.
- c) The schedule will have built-in buffers between events that are designed to minimize the overlap of players and parents/guardians between practices.
- d) If you do arrive early, please wait in your vehicle, in another area of the park, or beyond the outfield fence. Players may not warm up between fields before their game begins.
- e) Players and coaches should leave the field and dugouts promptly after the game or practice to minimize crossover traffic with people arriving.

11. Spectators:

- a) Spectators are allowed but must maintain 2m distance from other people unless they are members of the same household or caring for dependents.

12. Indoor facilities:

- a) Masks are always required when indoors.
- b) Whenever possible, exterior doors to the clubhouse, washrooms and storage areas should be left propped open to help improve ventilation.
- c) Only league executives or designated supervisors are permitted in the clubhouse.
- d) Washrooms will be open. Please try to minimize the number of people inside at a time.
- e) Only one person is permitted in the equipment room at a time.

13. Equipment:

- a) Players are discouraged from sharing equipment during a game unless they live in the same household. Equipment may be shared only if it is necessary for the continuation of the game (e.g., a player is without a bat or helmet) and must be disinfected before and after use.

- b) The league will continue to provide catcher's gear and T-Ball pitcher's helmets subject to restrictions:
- c) Whenever possible, only one player may use the same helmet or mask in one workout/practice or game.
- d) If a mask and/or helmet is used by more than one player in a game or practice, it must be disinfected before it is used by another player.
- e) Players who have their own equipment may use it if it is safe for the level of play.

14. Baseballs:

- a) After every inning of a game, the umpire will disinfect the baseball.
- b) Each team will provide one game ball at the beginning of each game.

15. Cleaning equipment:

- a) Shared equipment should be cleaned using a "wipe twice" approach:
 - i. Wipe once with a cloth to remove loose dirt and soil.
 - ii. Wipe a second time using a disinfecting agent.
- b) The league will provide cleaning products to disinfect equipment. You can also use most other household cleaning products sold in Canada with drug identification number (DIN) printed on the label.
- c) Health Canada publishes information about cleaning products that are likely to work against COVID-19. Please consult their website for:
 - i. List of cleaners with evidence to show they work against COVID-19
 - ii. List of hand sanitizers approved for sale in Canada
 - iii. Hand sanitizers recalled in Canada

16. Umpires:

- a) T-Ball:
 - i. Home plate umpire and catcher stand on same side of backstop, appropriately distanced. Field umpire will be on the perimeter of infield.
- b) Baseball:
 - i. Balls and strikes will be called from behind the pitcher's mound. Base umpire will be on the perimeter of infield.
- c) Pre-game ground rule meetings at home plate are allowed, but participants must be socially distanced. Participants are limited to the game's umpires and one coach from each team.

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