

Manly Warringah State League

COVID-19 Plan



Aug 2020

MANLY WARRINGAH STATE LEAGUE: COVID PLAN

(Manly-Warringah State League COVID-19 representative - Helen Wyatt)

Baseball NSW Guidance

Baseball NSW members are reminded to continue to adhere to the current Public Health Order and follow the prescribed procedures which include

- social distancing,
- practicing good personal hygiene, and
- continuing to complete the attendance checklists at all training sessions.



BASIC GUIDANCE:

1. ALL officials responsible for training or any other baseball activity are educated with the current restrictions.
2. ALL officials responsible for training or any other baseball activity must maintain a register of those who attended the training.
3. Australian Government Health Department resources will be prominently displayed in the facilities and at the entry points, including handwashing and cough advice.
4. All Baseball NSW members encouraged to download the COVIDSafe App to increase the government's tracing and tracking capabilities.
5. All clubs, coaches, officials, parents, and players have been provided with a fact sheet on what can and cannot be done
6. Participants are practicing social distancing, being 1.5m away from one another.
7. A space of 4m² is available per participant.
8. Change rooms and toilets will be available for use. (ensure adequate soap / sanitizer and drying paper)

Equipment

All equipment to be cleaned and in some cases protected and to remain in storage including but not limited to;

- Balls (cleaned prior to and after each use)
- Helmets (cleaned prior to and after each use, if shared)
- Bat handles (cleaned prior to and after each use, if bats are shared)
- Catching masks (cleaned prior to and after each use if shared)
- Water bottles (individual to provide, for individual use only)
- Hand sanitiser stations to be made available during training times.
- **Supply of sanitizer wet wipes for wiping down bats and balls between use**

Education & Training

- ALL officials responsible for training or any other baseball activity are educated with the current restrictions.
- Ensure processes are in place to exclude participants (including spectators and officials) if they have visited Victoria in the 14 days prior.
- Ensure processes are in place to exclude participants (including spectators and officials) if they have attended any of the reported case locations listed on the NSW Health website (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>).
- Take all reasonable steps to minimise the number of spectators attending community sport events.
- All players (where appropriate), coaches, managers and officials MUST download the COVIDSafe App and have their phone at training.
- All individual gear kept in their own bag and must be taken to the side of the field and placed in dedicated areas with their phone inside.
- Any person showing signs and symptoms of Covid-19 (upper respiratory symptoms of fever, sore throat, cough, shortness of breath, chills and/or night sweats) must not attend training or games until undergoing a Covid-19 nasal swab test and receiving a subsequent negative result.
- Additional education will be provided to club members including but not limited to;
 - No drink bottles will be provided by the club. Each participant will be required to bring their own and are not permitted to share.
 - **No sharing or food**
 - **No spitting**
 - **No seeds to be consumed or brought onto Aquatic Reserve Baseball Park venue**

- For each session, the coach, manager or COVID19 representative will maintain a log of all people attending training & games. Players will be required to notify the coaching group of their attendance prior to training so that groups are prepared in advance. Players CAN NOT just show up to training.
(https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_covid_attendance_sheet_editable.pdf)
- No physical contact between any attendees, including handshakes or high-fives
- **If Dug outs are in use, ensure players maintain 1.5m social distancing between each other. (Use of tape to demarcate seating areas) Allocate an ENTRY and EXIT to each dug out to minimise players passing each other. Sanitize the benches after the session. It is recommended that players bring their own chairs and set up outside the diamond.**
- Parent/s & partner/s to only drop off and pick up for all training sessions. Unless you are a coach or manager you will not be permitted at training
- Manly-Warringah State League will enforce the social distancing requirements through visible posters
- At all times, enforce through verbal communication and additional literacy the required behaviours (e.g. regular and thorough hand sanitising, covering mouth and nose with a tissue or sleeve during coughing/sneezing)
- Procure and display relevant education materials using suggested materials available such as
 - Good hygiene for coronavirus
 - Hand hygiene guidance
 - Coronavirus symptoms
 - Safe-distancing guidelines
 - Advice for people at risk with coronavirus
- These education materials to be displayed at training and on games day at Aquatic Reserve.
- Training will follow the Australian Institute of Sports “get in and get out’ strategy. Change rooms will not be available at all and players and coaches will be required to arrive ready and dressed to play.
- While we are still in Level B restrictions all participants to comply with the 1.5m distancing law. To ensure this, groups will train in groups no larger than 20 and work within the suggested guidelines of the BNSW and split the grounds into 3 zones as prescribed. (See further guidance under **TRAINING**)
 - **No sharing or food**
 - **No spitting**
 - **No seeds to be consumed or brought onto Aquatic Reserve Baseball Park venue**

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- All MW State League teams are to request training allocation times/days from the Grounds Co-ordinator to support our social distancing strategies and regulate the number of teams training on the same day.
- Regarding vulnerable groups (i.e. anyone with known pre-existing medical conditions that place them in a high risk category) must use additional caution/distancing and strictly follow “get in / get out” strategy

Training

- Maintain social distance (1.5m) whenever not on the field of play.
 - Players must socially distance when in the dugout areas, maintaining 1.5m distance to other players
- On arrival at the diamond, players should keep at least 1.5m between kits
- Maintain social distance for team talks before, during or after training / game.
- Avoid any unnecessary contact with team members.

SETTING UP TRAINING:

- Up to 20 people allowed to gather in each activity zone (See Below)
- Maintain social distancing protocols of no more than 1 person per 4sq/m

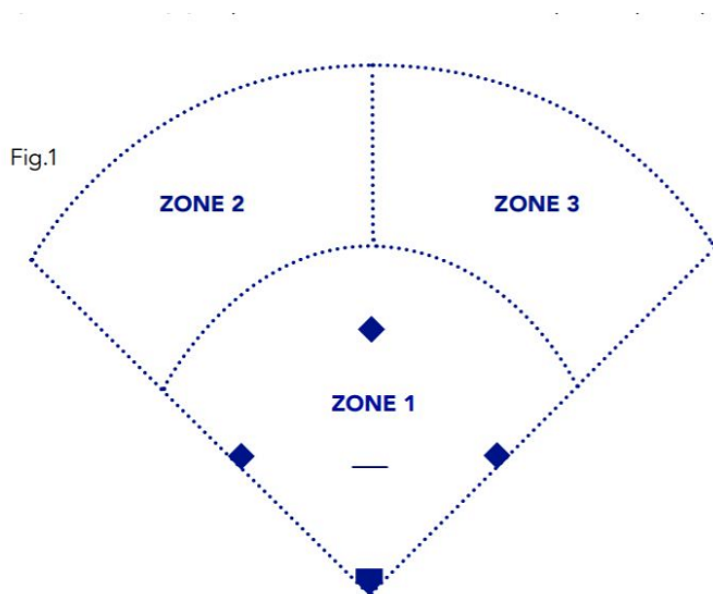
The baseball diamond can be split up into THREE zones:

Zone 1 – Infield

Zone 2 – Left Field

Zone 3 – Right Field

Each zone will be over 1000m² allowing plenty of room for movement safely around the diamond and avoiding other training groups. Each zone will be allowed up to 20 participants including a coach



Batting Cages:

The Batting cages are allocated as a 4th Zone:

Zone 4 - Batting cages (Only players actually hitting / pitching in the cages. All other players to remain outside the cages, keeping social distancing)

Equipment:

- Players are to keep their equipment i.e. helmets, bats, gloves in their kit. If bats are grouped together the handles need to be sanitised regularly, however it is strongly recommended that bats, helmets and gloves are kept at player's kits.

USEFUL LINKS

1. **COVID-19 Safety Plan for community sports:**
(<https://www.nsw.gov.au/covid-19/industry-guidelines/sports-recreation-and-gyms>)
2. **BASEBALL NSW COVID UPDATE:** Last updated: 28 July / 25 June
<https://www.baseballnsw.com.au/covid-19-updates.html>
3. **ANNOUNCEMENT:**
https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_ceo_covid-19_announcement_2020.06.25_b.pdf
4. **BNSW RETURN TO ACTIVITY 3-STEP FRAMEWORK (25 JUNE):**
https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_return_to_activity_3-step_framework_25june.pdf

COVID-19 NOTICE

BEFORE YOU ENTER:

We are doing our part to help prevent the spread of the COVID-19 virus, to protect Australians and keep the country moving.

Before entering or participating in any training activities, please open your phone camera, place your camera in front of the QR Code and follow the prompts.



Our details:

Manly Warringah State League
Aquatic Reserve Baseball Park

COVID-19 Guidelines

Do you
have these
symptoms?

- Fever
 - Cough
 - Colds
 - Headache
 - Diarrhea
 - Shortness of breath
 - Sore throat
 - Joint and Muscle Pain
-

Have you
had Exposure?

- Travelled to Victoria in the past 14 days
 - Exposure to a confirmed COVID-19 patient
 - Work in local areas with reported COVID-19 cases
 - Exposure to a Person Under Investigation (PUI) for COVID-19
-

No Exposure +
With Symptoms:

- Get tested
- Manage symptoms accordingly

With Exposure +
No Symptoms:

- Get tested
- Conduct home quarantine for 14 days and monitor symptoms.
- Should symptoms start to develop, proceed to the Emergency Room for assessment.