

MWDBA

# COVID-19 Plan



MAR 2021

## **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 4m<sup>2</sup> 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](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 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**

- 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:

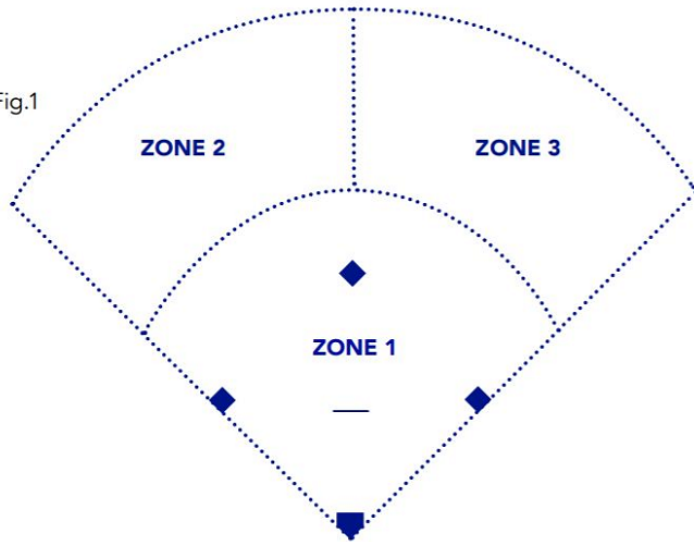
Zone 1 – Infield

Zone 2 – Left Field

Zone 3 – Right Field

Each zone will be over 1000m<sup>2</sup> 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

Fig.1



**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.



# 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

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## Additional Guidelines to be implemented from Wednesday August 19 - 30 September:

Association Competitions and Training may continue their existing activities with continued implementation of our COVID Safety Plan in place and must have full compliance with all elements within.

- Out of Local Area; If participants are not located within the Manly Warringah local area, they should consider whether it is necessary to participate in Club activities at this time.
- Travel; Participants should not be travelling into Greater Sydney from regional NSW to participate in activities nor travelling across regions in regional NSW.
- Participants should avoid carpools or bus travel with people from different household groups where possible
- Face-to-face social activities, for example post-training or post-match group dinners or awards functions will cease for the advised period;

Below is an outline of what the NSW Government constitutes as the Greater Sydney region. Please could players take this into account when considering whether it is necessary to travel outside of or into the Greater Sydney region and regional areas.





Scan the QR code / use the link below to check on the latest COVID-19 news and updates



<https://www.nsw.gov.au/covid-19/latest-news-and-updates#self-isolate-and-get-tested-immediately-if-youve-been-to-these-locations>

The link provides up to date information on locations with confirmed COVID-19 cases associated and have been classified by NSW Health for action including:

- Areas and suburbs with increased testing
- Locations that require self-isolation and testing if visited
- Locations that require symptom monitoring if visited

This link will also provide you with information on symptoms and who should get tested.

## **Game Day**

The information under the heading “GAMES” is in addition to the general guidance provided earlier in this document.

All players and spectators are required to register their attendance on arrival at Aquatic Reserve. Posters (as per below) should be clearly displayed at multiple entry points and also carried by patrolling Covid Safety Coordinators.

Covid Educational information and Registration links to be clearly displayed at multiple locations at the Playing fields on game days

### **COVID Safety Coordinators:**

- On all Game Days, there will be 2 Covid-19 Safety Coordinators (visible in High Viz Vests) at the grounds to monitor and assist teams and spectators with the Safety Rules. Please respect them if they request you to follow the rules.
- Covid Safety Coordinators will also ensure that all players, officials and spectators register their details using the QR code or SMS details provided on the registration posters.

### **Spectators:**

- Fixed benches should be clearly labeled to ensure 1.5m spacing between individuals
- Spectators should not be permitted near the canteen / BBQ area or in the club house. See Canteen section

### **Change Rooms:**

- Home team change rooms will be open for gear storage only
- Visitors change rooms will NOT be opened for use
- Umpires change room will be opened for use at their discretion

### **Public toilets**

- We advise that these are opened by us and maintained by Northern Beaches Council. We also advise that MWDBA recommends single use only



**Please check in before  
TAKING THE FIELD**

**We're helping keep our community  
COVID safe by recording contact details.**



**It's easy to check in:**

- 1. Scan the QR code with your smart phone camera or QR code reader.**
- 2. Follow the prompts on the Service NSW app or on the Service NSW web form.**
- 3. Show a staff member that you've signed in.**

**We respect your privacy**

**When you scan the QR code, the only personal information sent to Service NSW is your Customer ID, the location of the business you are visiting, time and the date of your visit. The business will not see or collect this information and it will only be used for contact tracing. We only keep this information for 28 days unless required for contact tracing related to a COVID-19 hotspot. Please refer to the collection notice in the app for more information.**

**This QR code is for Manly Warringah District Baseball Association State League, located at 11 Aquatic Drive, Frenchs Forest NSW.**

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### **PRE GAME: (ARRIVAL AND WARMUP):**

- On arrival at the diamond, players should keep at least 1.5m between kits, and similarly between chairs if they bring chairs to the games.
  1. Provide greater room for catchers as they have more gear to deal with.
  2. Maintain social distance (1.5m) whenever not on the field of play.
  3. Maintain social distance for team talks before, during or after game
  4. Avoid any unnecessary contact with team members
  5. Dugouts should be equipped with hand sanitizer and players encouraged to sanitize regularly
- Players / Coaches / Scorers arriving at the fields while another game is in progress should move to an unoccupied area until the game is completed and all players and officials have left the playing field and dugout area.
- Players are not to enter the 1st and 3rd base dugouts until all players from a previous game at that diamond have left these area
- Only players on the playing roster are permitted within the DUGOUT, maintaining social distancing. Any reserves should remain outside the field fence.
- Umpires will be provided with suitable change rooms, equipped with sanitizer. Congregation of umpires within closed facilities should be minimised and the number of umpires within the change rooms must not exceed 1 person per 4sqm.

### **GAME**

- Managers should appoint one person to manage ball hygiene during the game
- Game balls that leave the field (eg Foul Balls) are to be sanitized before being returned to the game.
- Game balls should be sanitized between each innings
- Bats and helmets should not be shared. If there is a need to share equipment it must be sanitized after each use.
- Managers should appoint one person to collect the bat after an “at bat” and sanitize bat handles after use and return it to the player when they come off the diamond.
- No food/drink sharing, or spitting at any time will be permitted

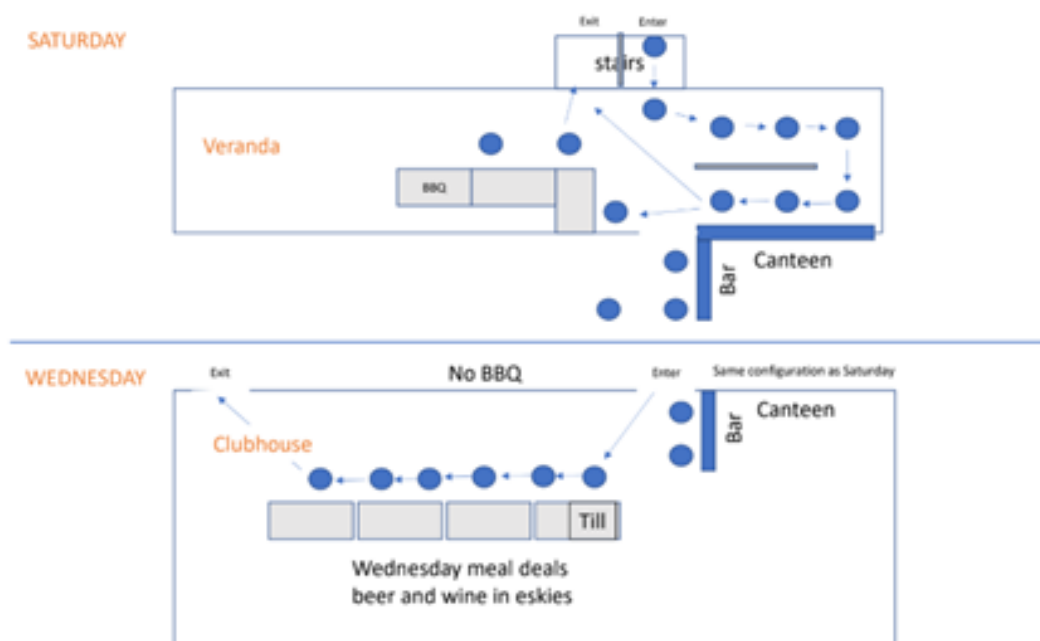
### **POST GAME (PACK UP AND DEPARTURE):**

- At the end of the game pack up and leave the diamond / dugout area as quickly as possible if there is another game to be played
- Dugout seating must be sanitised before another team enters the area.
- Keep any coaches debrief to the minimum.
- Coaches/managers instruct players to sanitise hands and leave the grounds

# CANTEEN

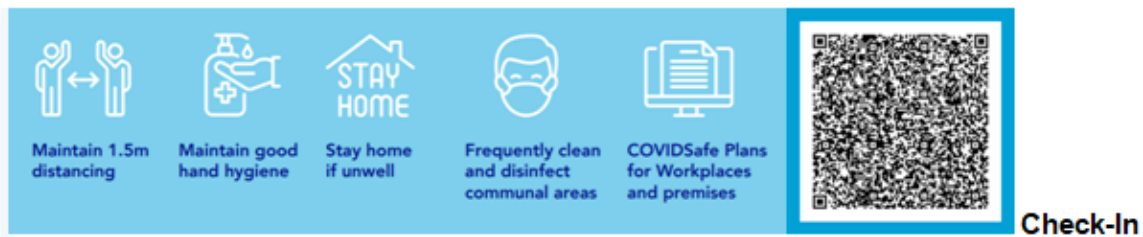
The following guidance is provided in setting up the canteen / BBQ:


- The Canteen and BBQ area should display COVID Safe signage and registration links
- Limit staff to 1 per 4sq m and do not allow anyone else into the canteen
- All staff to wear gloves and masks at all times
- Make hand sanitiser available on front counter as well as inside canteen areas and at the BBQ
- Remove all products from the canteen counter and keep all BBQ ingredients out of reach from spectators
- Laminate menus and price lists so they can be easily wiped down
- Money & EFTPOS to be handled by one person only. Encourage EFTPOS where possible
- Remove sauce and mustard bottles and replace with individual sauce squeeze packs.
  1. If using sauce bottles then these should only be handled by staff.
- Replace all fabric cleaning clothes with paper towel, including at the BBQ
- Supply the BBQ with 2 sets of utensils that can be rotated and washed regularly.
  2. Each staff member on the BBQ should have their own set of utensils. (use colour tape to clearly mark each set)
- Regularly sanitize all counter areas
- Constant hand washing - set an alarm on your phone as an easy reminder.
- Keep a supply of sanitizer wipes available should they be needed by teams
- Use floor signage to demarcate appropriate queuing distance and direction of movement
  3. Signage to start at least 10-15 metres outside the canteen.
  4. Single queue for serving
  5. Use a one-way system for entry and exit. (see Diagram below)



**MANLY WARRINGAH DISTRICT BASEBALL ASSOCIATION**  
**COVID-19 GUIDANCE FOR ALL STARS EASTER WEEKEND**

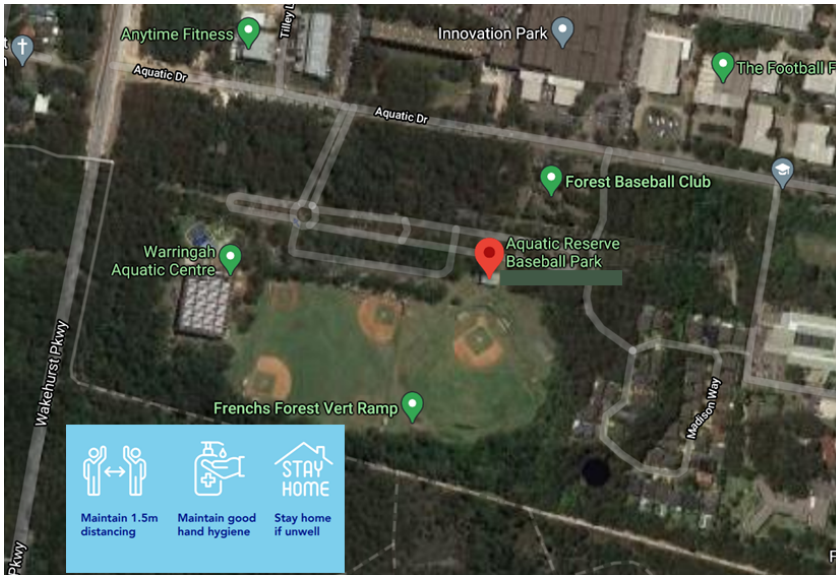
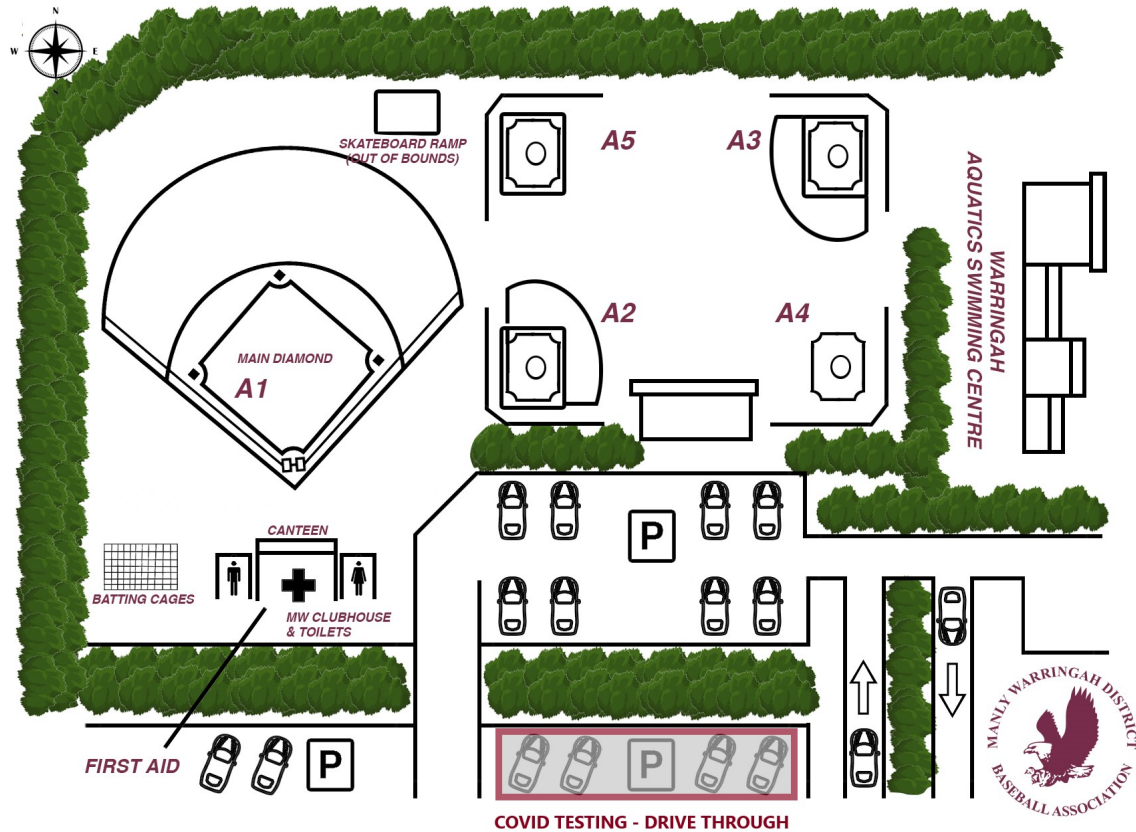
Baseball NSW members are reminded to continue to adhere to the current Public Health Order and follow the prescribed procedures which include:



1. Regularly check for COVID-19 news and updates by scanning the QR code alongside and do not attend the tournament if you have attended any of the reported case locations listed. <https://www.nsw.gov.au/covid-19/latest-news-and-updates> 
2. 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 tournament until undergoing a Covid-19 nasal swab test and receiving a subsequent negative result.
3. All Baseball NSW members are encouraged to download the **COVIDSafe** App to increase the government's tracing and tracking capabilities.
4. Participants should avoid carpools or bus travel with people from different household groups where possible.
5. On arrival at Aquatic Ball Park, please always remember to check-in via the QR code provided. Players need only check in once per day, but must check in every day. We have QR code check-in points for all players, officials and supporters. Your attendance will be recorded for contract tracing purposes. Players are also encouraged to use hand-sanitiser at Check-in.
6. Parents / Supporters are reminded to check-in and adhere to all social distancing and other public health orders as applicable.
7. Change rooms may not always be available for use. Players are encouraged to arrive in uniform.
8. Change rooms will be open for Umpire use only at their discretion.
9. Toilets for both male and females are single use.
10. Our canteen and BBQ will be open with physical distancing and hygiene measures in place.



# Manly Warringah District Baseball – Aquatic Reserve



## Welcome to Aquatic Reserve Baseball Park, home of Manly Warringah District Baseball Association

- We have QR code check-in points for all players, officials and supporters. Your attendance will be recorded for contract tracing purposes. Players are also encouraged to use hand-sanitiser at Check-in.
- Our canteen and BBQ will be open with physical distancing and hygiene measures in place.
- Toilets for both male and females are single use.
- Change rooms will be open for Umpire use only at their discretion.
- Our dug out's are for rostered players only. Any reserves should remain outside the field fence. Players are reminded to please physical distance where possible. Players / Coaches / Scorers arriving at the fields while another game is in progress should move to an unoccupied area until the game is completed and all players and officials have left the playing field and dugout area.

### Some additional requests for the game:

- Managers should appoint one person to manage ball and bat hygiene during the game, including sanitising foul balls before returning them to the game and sanitizing balls between innings and bats between use.
- No food/drink sharing, or spitting at any time will be permitted.
- At the completion of the game, teams are not to shake hands. Please thank each other from your respective dugout or by lining up on your respective baseline.
- At the end of the game pack up and leave the diamond / dugout area as quickly as possible if there is another game to be played

COVID safety officers will be present to monitor and instruct where necessary. Please follow their direction – Please say home if you are unwell.



## **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](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](https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_return_to_activity_3-step_framework_25june.pdf)

### **5. BNSW RETURN TO BASEBALL ROAD MAP:**

[https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw\\_return\\_to\\_baseball\\_document\\_revised\\_25june.pdf](https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_return_to_baseball_document_revised_25june.pdf)

### **6. POSTERS AND FLOOR VINYL ARTWORK**

[https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw\\_covid-19\\_a3\\_posters\\_floor\\_vinyl.zip](https://www.baseballnsw.com.au/uploads/1/2/1/6/121695030/bnsw_covid-19_a3_posters_floor_vinyl.zip)

# COVID-19 Guidelines

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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.