

INNING ONE – Controlled Practice and Skill Development

LSO and participants are to follow the Facility and Diamond Protocols above, plus:

- ❖ No more than fifty (50) per diamond or as per the guidelines for attendance as outlined by the respective Municipality. Please consider shared spaces as well as entrances and exit requirements. Scheduled staggered practice start times are recommended to reduce the follow of traffic,
- ❖ Preferably teams will practice in their own community facilities. If a team has exhausted all options for a suitable facility and are only able find a facility in another community, then they are permitted to practice as a team unit and are permitted to travel to another community to go to facility for practice,
- ❖ Frequent hand sanitizing and washing must occur at a minimum of between each drill or activity and water breaks,
- ❖ Shared equipment is to be sanitized between drills/stations and any softball activities,
- ❖ Controlled practices and skill development will take into account minimizing shared use of equipment and maintaining physical distance wherever possible,
- ❖ Water bottles and food items are not to be shared,
- ❖ No spitting, sunflower seeds or gum allowed,
- ❖ Where possible, each player should have their own personal equipment, including batting helmets, bats, catchers gear, etc.,
- ❖ Where personal equipment must be shared, the equipment must be thoroughly sanitized between each use. When players are sharing a bat, it should be picked up by the barrel and sanitized by the Sanitizing Champion before being used by the next player,
- ❖ A team of 2-3 designated parents/athletes or coaches with PPE are to set up, take down, and sanitize all equipment,
- ❖ Practice Plans should consider a minimal number of participants handling the same ball. For example, when possible, catching and throwing drills should be done in pairs only and the balls sanitized by the Sanitizing Champion frequently,

- ❖ Coach(es) must have current EAP (Emergency Action Plan) outlining, in the event of a minor or major injury, what the medical treatment process will be. The safety of all participants is top priority, but whenever possible, must be done with the requirements of COVID-19 transmission being minimized,
- ❖ Each team must appoint an Injury Attendant, and if an injury occurs to a player only the coach and Injury Attendant, both wearing protective gloves and face coverings, may attend to the injured player. Everyone else must maintain physical distancing.
- ❖ Bleachers should be closed to spectators and used only for players and volunteers in a way that physical distancing is maintained,
- ❖ Under no circumstances will there be games or scrimmages.

Timbits U6/U8

- ❖ Groups of no more than 10 participants and one household member for each player are permitted in each designated practice area,
- ❖ Every participant must be accompanied by a responsible person over the age of 16 who is prepared to practice with the participant throughout the session,
- ❖ Program facilitator will maintain physical distancing with the participants and oversee the skill development session(s),
- ❖ Skills will focus on physical literacy,
- ❖ No shared use of equipment, each participant to supply or be supplied with their own session equipment,
- ❖ Any LSO equipment loaned to participants should be sanitized before putting away.