

LASALLE ATHLETICS SOFTBALL RETURN TO PRACTICE PLAN

Background

LaSalle Athletics Softball is the girls' rep (travel) softball program of Turtle Club Baseball and Softball (Turtle Club). LaSalle Athletics Softball has eight teams in the 2020 season – 2 U10 teams, 2 U12 teams, 2 U14 teams, 1 U16 team and 1 U19 team. The teams have rosters of 11-13 players. These teams are affiliated/associated with the Provincial Women's Softball Association of Ontario (PWSA), which suspended the activities of all its teams as of March 12, 2020, due to COVID-19. It is anticipated that this suspension will end July 11, 2020, and that the LaSalle Athletics Softball teams will resume training, in the form of team practices only, on July 13, 2020. If the mass gathering limit remains at 10 on July 13, 2020, the resumption of training by the U10 and U12 teams will be delayed until the limit is expanded. No team will resume activities until the PWSA has issued it a certificate of insurance.

Practice Location and Schedule

The teams will practice at two locations – Turtle Club Park located at 370 Reaume in LaSalle, and the Vollmer Complex softball diamonds at 2121 Laurier in LaSalle. The majority of the practices will occur at Turtle Club Park, which is privately owned by Turtle Club. The Town of LaSalle rents the Vollmer softball diamonds to the club, and has advised that such rentals could start as of July 6, 2020. The teams will practise two to three times weekly. All but one of these practices will occur in the evening, starting at approximately 6pm. One of the teams will have a practice Saturday morning.

Return to Play Protocol

LaSalle Athletics Softball has adopted and will follow the return to play protocol of the PWSA, as may be amended from time to time, and will also follow, where it is not in conflict with PWSA's protocol, the return to play guidelines of Baseball Ontario. The club has recently held a coaches' meeting whereat the protocol has been thoroughly reviewed. The protocol has been posted to the club's website and distributed to the players. Coaches, players and/or others who do not follow the protocol will be advised of any violation, and subject to progressive discipline.

Practice Participants

Until the mass gathering limit is expanded, participation in the practices will be limited to players, coaches and a maximum of 1 parent liaison, subject always to the mass gathering limit. A "kiss and ride" procedure will be followed, where players are dropped off and picked up in the parking lot of the practice location. No spectators will be allowed with the exception of those viewing practices from their cars in the parking lot. While the mass gathering limit remains at 10, teams will either practise in a group that does not exceed 10, including coaches, or have split-squad practices in groups of 10 or less, including coaches, that will remain separated at all times for the duration of a calendar day.

Pre-Practice Screening

Prior to and on the day of each practice, every player and coach will be required to complete the Softball Canada declaration relating to COVID-19 symptoms and travelling history, either by way of the Javelin app or a hard copy to be provided at the park to either a designated club official or the lead coach before entry to the practice location. The data in the declarations, including individual contact information, will be maintained in case it is required by public health authorities. Participants who either fail to complete the

declaration, or are unable to complete the declaration, unamended, will be denied entry in accordance with PWSA protocol. Prior to entry to the practice location, each participant will have their temperature taken via an infrared thermometer. Participants with a temperature 38 degrees C or higher will be denied entry to the practice location. Any denials of entry, and attendance at all practices, will be tracked in writing or electronically by a coach, the parent liaison, if any, or a designated club official, and reported immediately to the club. Tracking records will be maintained by the club and will be available to the PWSA and/or public health authorities if required. Participants will be reminded on a regular basis by coaches to not attend practices if they are sick or experiencing any COVID-19 symptoms. Any participant observed by a coach, parent liaison or designated club official to be sick and/or experiencing COVID-19 symptoms during a practice will be removed from practice and attended to by a coach, parent liaison or designated club official wearing PPE including a mask and gloves. The player's parent/guardian will be immediately contacted, and asked to seek medical advice and/or treatment. Any such incidents will be tracked in writing or electronically by a coach, parent liaison or designated club official and immediately reported to the club.

Washrooms and Concessions

No concessions will be available. Washrooms at Turtle Club Park will be limited to one person at a time, with any persons waiting to use the washroom remaining outside, with a physical distance of at least 2 meters, and such washrooms will be cleaned and sanitized by club grounds crew immediately prior to every practice, and after every 2 hours of park use. Vollmer washrooms will be restricted to emergency use only, and will be cleaned and sanitized prior to each practice. Hand sanitizer will be available in the washrooms, and participants will be instructed to sanitize hands immediately before and after use of the washrooms.

First Aid

As concessions will not be available, and the Turtle Club clubhouse will be restricted to board, staff and emergency use only, lead coaches will be responsible for bringing first aid kits to all practices, which kits shall include ice packs and PPE such as masks, gloves and sanitizer.

Hand Sanitizing and Coughing/Sneezing Protocol

Every participant will be required to supply their own sanitizer, and to sanitize their hands immediately prior to and after, and at least every 30 minutes during, all practices. The club will supply every team with hand sanitizer as a backup. Participants will be reminded on a regular basis by coaches and the club of proper coughing/sneezing protocol (with a tissue, and discard tissue immediately, or in elbow if no tissue).

Equipment

There will be no sharing of equipment, including bats, masks, gloves, water bottles, bags or helmets. Participants will be instructed to sanitize their equipment before and after each practice. They will also be required to label their equipment with their names. When not being used, player equipment is to remain in the player's bag, which is to remain at least 2 meters distant from any other bag.

No Dugout Use

For now, dugouts will not be used, and will be replaced by folding chairs. Participants are to bring a personal folding chair to each practice, and will set this chair up either along and outside the 1st or 3rd base

side fencing, at least 2 meters away from any other participant's chair. The participant's bag will be located either next to or underneath the chair.

Other Restrictions

No gum chewing, seeds, spitting, handshakes, high fives, fist bumps, hugging, elbows or huddles. No food or drink sharing.

Physical Distancing

Best efforts will be made to maintain physical distancing (at least 2 metres) at all times during practice drills. There will not be any games or scrimmages until this is permitted in our area by the province. Participants will be reminded on a regular basis by coaches and the club of physical distancing requirements.

Thunder/Lightning/Inclement Weather

Weather that requires the suspension of practice will result in the termination of the practice, and in such situations, participants are to, as soon as possible, leave the practice location, and head to their vehicles in the parking lot, in an orderly fashion with minimum 2 metre physical distancing. Players whose parents/guardians are not at the park at such time will be moved either to the opened Turtle Club Garage or a Vollmer shelter, with a minimum 2 metre physical distancing, and such parent/guardian will be contacted immediately either by the player or a coach and directed to immediately pick up his or her child.

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