

LASALLE ATHLETICS SOFTBALL 2020/2021 INDOOR TRAINING PLAN

Background

LaSalle Athletics Softball is the girls' rep (travel) softball program of Turtle Club Baseball and Softball (Turtle Club). LaSalle Athletics Softball currently has eight teams for the 2021 season – two U10 teams, two U12 teams, two U14 teams, one U16 team and one Intermediate team. An additional team, in the U19 division, may be added in the future. The teams will have rosters ranging from 11-17 players although one or more teams may currently have less than 11 players. These teams are or will be, prior to commencement of activity, affiliated/associated with the Provincial Women's Softball Association of Ontario (PWSA), whose 2021 season runs from October 1, 2020 to September 30, 2021. LaSalle Athletics Softball is now preparing for the 2021 season which will include indoor training sessions during the offseason period from December 2020 to April 2021. The indoor training sessions will, at all times, adhere to the distancing measures required by the Provincial government, the Windsor-Essex County Health Unit, any municipality with jurisdiction, any other public health authorities with jurisdiction, PWSA protocols, Turtle Club protocols and any protocols of the training location facility or facilities, all as may be amended from time to time. The most stringent of these requirements must be followed.

Training Location and Schedule

LaSalle Athletics Softball has arranged for the offseason training of its teams to take place in a large gym located on the premises of St. Vladimir's Church, 2000 Tecumseh Road East, in the City of Windsor. At this time, the gym will be exclusively used by LaSalle Athletics Softball players and coaches, who will enter and exit the gym via a direct private entrance. The training schedule, as of the date hereof, is attached hereto.

Training Protocol

LaSalle Athletics Softball has adopted and will continue to 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 held a coaches' meeting whereat the protocol was 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. Coaches will be kept apprised of changes to the protocol, including any changes to distancing measures as a result of changes by the Province of Ontario in the level of public health measures (currently coded as Green/Prevent, Yellow/Protect, Orange/Restrict, Control/Red, Grey/Lockdown) for the Windsor/Essex County area.

Training Participants

Participation in the offseason training sessions will be limited to players, coaches and a maximum of one parent liaison and one designated club official, subject always to the mass gathering limit that is in effect at the time of the session. Split squads will need to be formed and maintained when the mass gathering limit is less than the number of team participants inclusive of players, coaches and any parent liaison. The club will communicate to head coaches of each team the mass gathering limit, as amended from time to time. The limit is currently ten. A “kiss and ride” procedure will be followed, where players are dropped off and picked up in the parking lot of the training location. No spectators will be allowed. Each team (players and coaching staff) or split squad, as the case may be, will be considered a cohort for purposes of governmental and PWSA protocols.

Screening Prior to Training Session

Prior to and on the day of each training session, 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 training facility to either a designated club official or the lead coach before entry to the training location. The data in the declarations, including individual contact information, will be maintained in case it is required by public health authorities and/or PWSA. 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 training 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 training location. Any denials of entry, and attendance at all training sessions, 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 training sessions 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 training session will be removed from the session 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. Screenings will take place in the entrance area in front of the private entry door to the gym.

Washrooms

The gym at St. Vladimir’s Church has two washrooms located on end of the gym space. These washrooms 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. The washrooms will be cleaned

and disinfected as frequently as necessary to maintain a sanitary condition. Hand sanitizer will be available in the washrooms, and participants will be instructed to sanitize hands immediately before and after use of the washrooms. Participants will also be instructed to minimize their use of the washrooms.

First Aid

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 training sessions. The club will supply every team with hand sanitizer as a backup. Such backup sanitizer will be located at the screening area. 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).

Personal 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 training session. 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.

Masks

At all times during training sessions, all participants (players, coaches and any club official and/or team liaison) must wear masks or face covering in a manner that covers their mouth, nose and chin, save and except when the mask or face covering needs to be temporarily removed to consume drink, to receive services that require the removal of the mask or face covering, or as otherwise may be necessary for the purposes of health and safety or permitted by applicable training protocol.

Physical Distancing and Cleaning

At all times during training sessions, every participant must maintain the physical distance required under the training protocol at the time of each training session. In every case, this distance will be a minimum of two meters, and may be and currently is three meters. Participants will be reminded on a regular basis by coaches and the club of physical distancing requirements. There will be a 15-minute interval between training sessions to allow the first team to exit the facility prior to the second team entering the facility, and to further allow sufficient time to sanitize the training equipment prior to the next session. Coaches, adult players, parent liaisons and/or club officials will clean and disinfect facility equipment immediately after each team's use

of the facility. All facility equipment will be securely stored at the end of the last training session each week.

Other Restrictions

No gum chewing, seeds, spitting, handshakes, high fives, fist bumps, hugging, elbows or huddles. No food or drink sharing. Any music played shall be at a decibel level that does not exceed the level at which normal conversation is possible.

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