



GORDON HEAD
AT
LAMBRICK PARK BASEBALL ASSOCIATION



Gordon Head at Lambrick Park Baseball Association – COVID Safety Plan for Winter Clinic Series 2022

In order to reduce the risk of exposure and transmission during our Winter Clinic Series the following are required to be completed.

1. COVID-19 Safety Plan
2. Assumption of the Risk and Waiver of Liability Relating to COVID-19
3. Participation Agreement
4. Attendance and Wellness Screening
5. Outbreak Plan
6. First Aid Plan

References

1. viaSport Return to Sport guidelines for BC
(<https://www.viasport.ca/sites/default/files/Phase3ReturntoSportGuidelineswebV2.pdf>)
2. Baseball BC Return to Play Guidelines (<https://baseball.bc.ca/return-to-play>)
3. BCCDC Covid-19 Resources (<http://covid-19.bccdc.ca/>)
4. WorkSafeBC (<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>)
5. Greater Victoria Baseball Association (GVBA) Return to Sport Package
6. Oak Bay Rec Centre COVID Guidelines/Protocols



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COVID-19 Safety Plan

As GHLPBA is preparing to host indoor Winter Clinics for registered players 9U to 18U we must develop plans to operate safely, which includes assessing the risk of COVID-19 transmission and developing measures to reduce these risks.

Purpose and Scope:

The procedures below will serve to eliminate, reduce and or control the hazards likely to be encountered by players, coaches, volunteers, and spectators when participating in baseball activities.

1: Assess the risks for GHLPBA

The COVID-19 virus is the cause of an outbreak of respiratory illness in our community. The closer together individuals are and the longer they are close to each other, the greater the risk. The virus is most commonly transmitted by an infected person through:

- A. Respiratory droplets generated when they cough or sneeze;
- B. Close personal contact, such as touching or shaking hands; and
- C. Touching objects or surfaces with the virus on it, then touching your mouth, nose or eyes.

Summary: In order to limit the risk to all players, coaches, volunteers and spectators, GHLPBA has identified

- ✓ areas where people gather
- ✓ situations and processes where individuals are close to one another or members of the public.
- ✓ equipment that may be shared by individuals
- ✓ surfaces that people touch often

Actions:

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- In order to ensure a safe environment for all, GHLPBA VP of Operations has been identified to support the implementation of the below protocols.

2: Implement Risk Reduction Protocols

GHLPBA will implement the following protocols to minimize the risk of COVID-19 transmission following information input and guidance from

- viaSport sector guidelines
- Baseball BC guidelines
- Greater Victoria Baseball Association Guidelines
- Order, guidance, and notices issued by the Provincial Health Officer
- District of Oak Bay guidelines

A.) First level of protection (elimination): Limit the number of people and ensure physical distance whenever possible.

Summary:

- ✓ GHLPBA has established maximum program numbers for our program that meets facility requirements and comply with current Provincial Health Officer Health Orders
- ✓ GHLPBA will implemented measures to keep participants and others apart where possible

GHLPBA Specific Measures:

- **Establish cohort of players were possible**
- **Spectators will not be allowed within any facility.**
 - **At Oak Bay Rec Centre spectators may ONLY observe from the Upstairs Lounge where proof of Vaccination is required to anyone 12years and older**



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Actions:

- **Facilities:**
 - All sessions will be scheduled and players will be assigned specific times
 - Spectators will not be allowed within any facility GHPBA has rented.
 - All rental facility protocols will be adhered to
 - Vaccination Status will be checked for all Coaches/training staff/volunteers at each session.
- **On Field:**
 - Teams and groups are to be instructed to arrive and depart at a specific time from specific locations
 - Parents/Guardians will drop their player no more than 10 minutes prior to scheduled start times as communicated. Players must also respect the complications that occur by coming late and therefore make all efforts to arrive on time
 - Upon arrival, confirmation of Health Check must be shown by all participants including players, coaches and volunteers
 - No post-session meetings should take place, all participants should leave any facility promptly at the end of the session or when time has expired;
 - Players, coaches, volunteers, are to quickly vacate the facility after events maintaining physical distancing.

B.) Second level of protection (engineering): Barriers and partitions

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- ✓ GHPLBA will installed barriers where participants can not keep physically distant from all baseball personnel including by not limited to players, coaches, officials, volunteers.

GHLPBA Specific Measures:

- **Sessions will be hosted only where adequate spacing is available**
- **No changing or dressing rooms use permitted.**

Actions:

- At each session all players will be spaced in measured and marked section for equipment, water, etc.; and
- The team safety will identify these areas spaced 3m apart and ensure players set up within their own designated section.

C.) Proof of Vaccination

Summary:

- ✓ Proof of Vaccination is required for all non-employee supervisors, coaches and assistants of indoor sports and group activities for people 21years or younger

GHLPBA Specific Measures:

- **Proof of Vaccination will be completed prior to each session for those groups identified above.**
- **Proof of Vaccination will be checked by VP of Operations**



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D.) Third level protection (administrative): Rules and Guidelines

Summary:

- ✓ GHLPBA has identified rules and guidelines for how participants, coaches, volunteers, should conduct themselves. Players and parents will be reminded prior to each event of the necessary protocols.
- ✓ GHLPBA has clearly communicated these rules and guidelines through a combination of training and signage. All rules and guidelines will be included with registration, sent to all participants and posted. Coaches will hold copies of the rules and guidelines.

GHLPBA Specific Measures:

- **All government expectations and requirements to be met, including viaSport guidelines;**
- **All Baseball BC Personal Health and Hygiene Recommended Guidelines to be reviewed and enforced as outlined.**
- **All Greater Victoria Baseball Association guidelines to be reviewed and enforced as outlined.**

Actions:

- **General:**
 - Rules and guidelines will be included with registration, sent to all participants and posted
 - No player or coach will be allowed to participate until assumption of risk waiver of liability forms (appendix A), and participant agreement (appendix B) have been completed and provided



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- Health check/symptom screening must be performed at every session to ensure all participants are symptom free
- Vaccination Status will be checked for all Coaches/training staff/volunteers at each session.
- Players and parents will be reminded prior to each event of the necessary protocols, including:
 - No sharing of water bottles.
 - No contact between athletes
 - Avoid touching of eyes, nose or mouth;
- Coaches will be briefed before sessions to ensure drills and exercises are effective at keeping 3m distance, and to limit the number of players in practice groups subjected to using the same ball(s);
- Periodic breaks to allow players and coaches to disinfect hands. Players and coaches will be required to have personal hand sanitizer as part of their required equipment.

E.) Forth level protection: Masks, Cleaning and Disinfecting Protocols

Summary:

- ✓ GHLPBA will comply with facility requirements on the use of masks.
- ✓ GHLPBA has reviewed the information on cleaning and disinfecting surfaces.
- ✓ GHLPBA has communicated good hygiene practices to all baseball personnel.
- ✓ GHLPBA has implemented cleaning protocols for all common areas and surfaces (as applicable).

GHLPBA Specific Measures

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Masks:

- **All players, coaches and volunteers will be required to have a mask with them at all sessions and should be worn in accordance with facility requirements.**
- **OAK BAY REC REQUIREMENT - Masks are mandatory anytime players and coaches are not engaged in physical activity/exercise (i.e. when going to the washroom, entering/leaving the indoor turf)**

Cleaning and Disinfecting Protocols:

- **GHLBPA will provide necessary supplies to keep applicable areas and equipment clean.**

Actions:

- **Washrooms:**
 - Washrooms will be limited to players, coaches and current association volunteers
 - Facility rental washrooms rules will be adhered to
- **Equipment:**
 - Aside from baseballs, there will be no sharing of equipment
 - Each player will be required to have the following equipment
 - Baseball glove
 - Baseball helmet
 - Appropriate footwear
 - Optional - Baseball bat, although each player will be strongly encouraged to have their own baseball bat in order to minimize equipment sharing)
 - Any player who is without any of the above listed equipment (exception of a baseball bat) will not be permitted to participate



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- Any equipment (exception of baseball bat) will not be shared or touched by anyone other than its designated play
- Baseballs should be sanitized prior to every event and every effort given to limit the number of athletes using one ball
- Coaches will ensure all shared baseball equipment (pitching machines, tees, nets, etc.) are disinfected with spray or wipes before and after use.

3: Develop Policies and Protocols

GHLPBA polices ensure that all baseball personnel showing symptoms of COVID-19 are prohibited from participating in assessments.

Summary:

- ✓ Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- ✓ Anyone directed by Public Health to self-isolate.
- ✓ Anyone who has had contact with a confirmed COVID-19 case must self-monitor for 14 days after being exposed. Self-isolate for the length of time given by public health based on your level of exposure and vaccination status. Get tested if you develop any symptoms of COVID-19
- ✓ Our policy address individuals who may start to feel unwell while participating. It includes the following
 - Sick individuals should report to first aid (or designated individual), even with mild symptoms



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- Sick baseball personnel should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the individual to go straight home or contact parents/guardians to arrange if a minor.
- If the sick individual becomes severely ill (e.g., difficulty breathing, chest pain). Call 911. Clean and disinfect any surfaces that the ill individual has come in contact with.

GHLPBA Specific Measures

Actions:

Team Safety Position: Team Safety is NOT a coaching position and therefore may not coach players.

- VP Operations or a parent volunteer will act as “Team Safety” and must be present at all assessments.
- Team safety must be aware of all safety protocols and will be responsible for ensuring they are followed during all practices/games
- Team Safety will work with coaches and players to ensure that safety protocols are being followed.
- Team Safety must wear PPE mask to comply with facility requirements
- Team Safety will record all participants attendance and submit record electronically (photo of attendance sheet) via text/email to VP Operations. Records to be retained for minimum of 30 days before being destroyed.
- Team Safety will maintain player distancing during practices and games.
- Team Safety must also complete health screening and provide proof of vaccination before each session.

Screening of players, coaches and volunteers:

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- Proof of Vaccination is required for all Coaches/training staff/volunteers
- Screening will be conducted in accordance with appendix C; and
- Illness Plan is outlined in appendix D

4: Communication Plan and Training

GHPBA aims to ensure that everyone participating in sport activities know how to keep themselves safe while enjoying the game of baseball

Summary:

- ✓ GHPBA has a communication and training plan to ensure everyone is trained in policies and procedures.
- ✓ All participants have received the policies for staying home when sick
- ✓ GHPBA coaches and safety volunteers have been training on monitoring participants to ensure policies and procedures are being followed.

Actions:

- All policies and protocols are provided to all players, coaches, and volunteers at registration and posted on the GHPBA website
- All players and coaches are reminded and updated at each event by the Team safety;
- Coaches and team safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

5: Monitor and Update Policies (as necessary)

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GHPBA recognize things may change during our Winter Clinic Series. If a new area of concern is identified, or it seems like something is not working, GHPBA will take the necessary steps to update our policies and procedures.

Summary:

- ✓ GHPBA has a plan in place to monitor risks, and will make change to our policies and procedures as necessary
- ✓ Individuals know who to go to with health and safety concerns.

Actions:

- As the COVID-19 pandemic evolves, any amendments to this plan will be disseminated
- Team Safety is encouraged to identify risks and suggest changes to policies to the GHPBA Board of Directors
- Any health and safety concerns can be raised to the Team Safety and to the GHPBA Board of Directors
- When resolving safety issues, designated health and safety representative will be engaged

*****In accordance with the order of the Provincial Health Officer, this plan must be posted. *****



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Appendix A: Declaration of Compliance: COVID-19



DECLARATION OF COMPLIANCE – COVID-19 WARNING!

ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

The B. C. Amateur Baseball Association o/a Baseball BC and its affiliated member Leagues, Clubs, and Associations (the “Organization”), require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual’s parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, being the individual named below, and the individual’s parent/guardian (if the individual is younger than 19 years old), (the “Individual”) hereby acknowledge and agree to the terms outlined in this document:

1. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.

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2. The Individual has not been diagnosed with COVID-19. **OR** If the Individual was diagnosed with COVID-19, the Individual was cleared as noncontagious by provincial or local public health authorities.
3. The Individual has not been exposed to a person with a confirmed or suspected case of COVID-19. **OR** If the Individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
4. The Individual is attending or participating voluntarily and understands the risks associated with COVID-19. The Individual (or the Individual's parent/guardian, on behalf of the Individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
5. The Individual has not, nor has anyone in the Individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
6. If the Individual experiences, or if anyone in the Individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the Individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
7. The Individual has not, nor has any member of the Individual's household, travelled to or had a lay-over in any country outside Canada in the past 14 days. If the Individual travels, or if anyone in the Individual's household travels, after submitting this Declaration of Compliance, the Individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.



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8. The Individual undertakes to ensure compliance with all of the terms in this Declaration on an ongoing basis. If the individual is unable to agree to the terms of this Declaration after signing, the individual will notify the Organization immediately.
9. The Individual is complying with all applicable laws and public health guidance, including but not limited to practicing physical distancing, maintaining separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
10. The Individual will follow the safety, physical distancing, and hygiene protocols of the Organization.
11. This Declaration of Compliance will remain in effect until the Organization, per the direction of the provincial government and provincial and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.
12. The Organization may remove the Individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Individual is no longer in compliance with any of the standards or terms described in this document.

Signature: _____ Date: _____
Individual (If 13 and over)

Signature: _____ Date: _____
Guardian



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**Appendix B: Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement
(Youth and Adult)**



**INFORMED CONSENT AND ASSUMPTION OF RISK
AGREEMENT**

(To be executed by Participants under the age of majority and signed by a
parent or guardian)

**WARNING! By signing this document, you will waive certain rights, risks, and
responsibilities. Please read carefully.**

Participant's Name (Print Clearly): _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. The undersigned are the Participant and Participant's Parent/Guardian (collectively the "Parties") and hereby acknowledge and agree to the following terms outlined in this agreement.
2. As a Participant in activities, programs, classes, services provided and events sponsored or organized by The B. C. Amateur Baseball Association o/a Baseball BC and its affiliated member Leagues, Clubs, and Associations (the "Organization"), including but not limited to: games, tournaments, practices, training, personal training, instructional sessions or lessons, conditioning programs, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

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3. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Disclaimer

4. The Organization, their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, spectators, independent contractors, subcontractors, sponsors, successors and assigns, and representatives are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

Initials: _____ I have read and agree to be bound by paragraphs 1-4.

Description of Risks

5. The Parties understand and acknowledge that:
 - The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.



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6. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:
- Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - Premises: defective, dangerous, or unsafe condition of the facilities; falls; collisions with objects, walls, equipment, or persons; dangerous, unsafe, or irregular conditions on turf/grass or other surfaces, extreme weather conditions; travel to and from premises.
 - Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment properly and/or within my own ability.
 - Contact: contact with any and all sporting equipment, baseballs, bats, benches, stands, poles, fences or other persons, whether intentional or unintentional, is a common part of baseball programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, including but not limited to closed head injury or blunt head trauma or serious spinal injury which may render the participant permanently paralyzed.
 - Serious injury to virtually any and / or all bones, joints, ligaments, muscles, tendons, and other aspects of the participants body or to the participants general health and wellbeing.
 - Abrasions, sprains, strains, fractures, or dislocations.
 - Grass, turf, and other surfaces including bacterial infections and rashes.



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- Advice: negligent advice regarding baseball programs.
- Ability: Failing to act safely within my own capability and/or within designated areas.
- Sport: the use of field/turf and its inherent risks.
- Conduct: My conduct and the conduct of other persons including any physical altercation between field participants and/or spectators.
- Travel: Travel to and from the Activities
- Negligence: My negligence and negligence of other persons, including **NEGLIGENCE ON the PART OF THE ORGANIZATION**, may increase the risk of damage, loss, personal injury, or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers, and hazards of turf/field programs, some of which are referred to above.

Initials: _____ I have read and agree to be bound by paragraphs 5-6.

Terms

7. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - That the Participant's mental and physical condition is appropriate to participate in the Activities;
 - That when the Participant practices or trains in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - To comply with the rules and regulations for participation in the Activities;
 - To comply with the rules of the facility or equipment;
 - To comply at all times with all applicable Government Orders, Statutes, Acts, Regulations and Guidelines, including but not limited to those pertaining to COVID-19;



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- That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
 - That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
 - That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
8. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

Initials: _____ I have read and agree to be bound by paragraphs 7-8.

General

9. The Parties agree that notwithstanding the above, in the event that they file a claim against the Organization, they agree to do so solely in the province of British Columbia, Canada and they further agree that the substantive law of British Columbia will apply in the event of conflict of law rules.



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**RELEASE OF LIABILITY, WAIVER OF
CLAIMS AND INDEMNITY AGREEMENT**

(To be signed by Participants of the age of majority and over)

**WARNING! By signing this document, you will waive certain
legal rights. Please read carefully.**

Participant Name (Print Clearly):

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by The B. C. Amateur Baseball Association o/a Baseball BC and its affiliated member Leagues, Clubs, and Associations (the "Organization"), including but not limited to: games, tournaments, practices, training, personal training, instructional sessions or lessons, conditioning programs, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms outlined in this agreement.

Disclaimer

2. The Organization, their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, spectators, independent contractors, subcontractors, sponsors, successors and assigns, and representatives are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

Initial: _____ I have read and agree to be bound by paragraphs 1-2.

Description of Risks

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3. I understand and acknowledge that
 - The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase my risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:
 - Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - Premises: defective, dangerous, or unsafe condition of the facilities; falls; collisions with objects, walls, equipment, or persons; dangerous, unsafe, or irregular conditions on turf/grass or other surfaces, extreme weather conditions; travel to and from premises.



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- Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment properly and/or within my own ability.
- Contact: contact with any and all sporting equipment, baseballs, bats, benches, stands, poles, fences or other persons, whether intentional or unintentional, is a common part of baseball programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, including but not limited to closed head injury or blunt head trauma or serious spinal injury which may render the participant permanently paralyzed.
- Serious injury to virtually any and / or all bones, joints, ligaments, muscles, tendons, and other aspects of the participants body or to the participants general health and wellbeing.
- Abrasions, sprains, strains, fractures, or dislocations.
- Grass, turf, and other surfaces including bacterial infections and rashes
- Advice: negligent advice regarding baseball programs
- Ability: Failing to act safely within my own capability and/or within designated areas
- Sport: the use of field/turf and its inherent risks.
- Conduct: My conduct and the conduct of other persons including any physical altercation between field participants and/or spectators • Travel: Travel to and from the Activities
- Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers, and hazards of ice and/or turf/field programs, some of which are referred to above.

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:



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- That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition.
- That when I play, practice or train I am responsible for my surroundings • To comply with the rules and regulations for participation in the Activities.
- To comply with the rules of the facility or equipment.
- To comply at all times with all applicable Government Orders, Statutes, Acts, Regulations and Guidelines, including but not limited to those pertaining to COVID-19.
- That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of the Organization representative immediately.
- The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way.
- That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity.
- That I am responsible for my choice of protective equipment and the secure fitting of that equipment.
- That COVID-19 is contagious in nature and I may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death and voluntarily agree to assume all the foregoing risks.

Initial: _____ I have read and agree to be bound by paragraphs 3-5.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate in the Activities, use its equipment and facilities, I agree:

- That the sole responsibility for my safety remains with me;
- To ASSUME all risks arising out of, associated with or related to my participation;

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- That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
- To WAIVE any and all claims that I may have now or in the future against the Organization;
- To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;
- To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
- TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities.
- To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but not limited to the Organization;
- That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and



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- This release, waiver and indemnity is intended to be as inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. Notwithstanding the above, I agree that in the event that I file a claim against the Organization, I agree to do so solely in the province of British Columbia, Canada and further agree that the substantive law of British Columbia will apply in the event of conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

Initial: _____ I have read and agree to be bound by paragraphs 6-7.

Acknowledgement

7. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to commence or maintain any action against the Organization on the basis of any claims from which I have released herein.

Signature of Participant

Date



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Appendix C: Health Check Screening and Attendance Tracking

Health Check Screening and Attendance tracking will be completed in PowerUp

Health Screening Questions:

- 1. Do you have any of the following new or worsening symptoms or signs?**
 - New or worsening cough
 - Shortness of breath
 - Sore throat
 - Runny nose, sneezing or nasal congestion (in absence of underlying reasons for symptoms such as season allergies and postnasal drip)
 - Horse voice
 - Difficulty swallowing
 - New smell or taste disorder(s)
 - Nausea/vomiting, diarrhea, abdominal pain
 - Unexplained fatigue/malaise
 - Fever and/or chills
 - Headache
- 2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?**
- 3. In the last 14 days have you been identified as a close contact of someone who currently has COVID-19?**
- 4. Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?**
- 5. In the last 14 days have you travelled outside of your region (as defined by your local health authority) or had close contact with anyone that has travelled outside of your region?**

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Appendix D: Illness Policy January 2022

This policy is applicable to all GHPBA volunteers, umpires, members, players and guardians with respect to illness and attendance or participation in any GHPBA sanctioned activity or event.

Noncompliance with the requirements of this policy could result in removal from the sanctioned activity, and in situations of gross negligence, removal from GHPBA membership and all sanctioned activities and events.

DEFINED TERMS

- **“Activity”** shall be defined as GHPBA sanctioned activities (i.e. training session, games, etc.);
- **“Facility”** shall mean any GHPBA facility used for any Activity including but not limited to clubhouses and fields;
- **“Team Member”** is defined as any volunteer, participant, or family member/guardian of any of these.

IT IS MANDATORY FOR ALL TEAM MEMBERS TO IMMEDIATELY INFORM A GHPBA OFFICIAL, OR COACH/MANAGER IF THEY FEEL ANY SYMPTOMS OF COVID-19 SUCH AS FEVER, CHILLS, COUGH, SHORTNESS OF BREATH, SORE THROAT AND PAINFUL SWALLOWING, STUFFY OR RUNNY NOSE, LOSS OF SENSE OF SMELL, HEADACHE, MUSCLE ACHES, FATIGUE AND LOSS OF APPETITE.

SELF-ASSESSMENT REQUIREMENT

- Team Members must review the self-assessment signage located throughout the facility / park before their participation in any Activity to confirm that they are not feeling any COVID 19 symptoms.

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- Team Safety/Managers/coaches will visually monitor Team Members' health throughout the Activity.
- If Team Members are unsure of any symptoms they may be aware of they should use the self-assessment tool [COVID Self-Assessment](#) Tool to confirm their readiness to participate in the Activity.
- If a Team Member is considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma) the Club must be notified of this vulnerability and the Team Member is requested to seek written doctor's approval for participation in the Activity.

TEAM MEMBER REQUIREMENTS

If a Team Member is feeling sick with COVID-19 symptoms, regardless of severity (i.e., even mild symptoms)

- They must remain at home.
- They should consider contacting Health Link BC at 8-1-1
- They will be sent home immediately and unable to return until the symptoms clear completely.
- No Team Member may participate in any Activity if they are symptomatic.

If a Team Member tests positive for COVID-19

- The Team Member will not be permitted to return to any Activity until they are completely recovered from COVID-19 and provide GHPBA with a doctor's note confirming the same.



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- The Team Member/Guardian must notify the club as soon as possible. Contact should be made to either the President or VP of Operations at GHLPBA. If written correspondence (email) is used to notify the Team Member/Guardian must ensure that the correspondence has been received and acknowledged.
- Any Team Member who has been in close contact (entire team) with an infected Team Member will also be removed from all Activity for at least 10 days (Quarantined) to ensure the infection does not spread further.
- If a Team Member tests positive, a decision will be made by the GHLPBA Board and communicated by the VP of Operations on whether the entire team will be removed from all activity based on contact tracing and/or as directed by Public Health Officials.

If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- As with any confirmed case, the Team Member will be unable to participate in any Activity until test results are received and a negative result is confirmed.
- The Team Member/Guardian must notify the club as soon as possible. Contact should be made to either the President or VP of Operations at GHLPBA. If written correspondence is used the Team Member/Parent must ensure that the correspondence has been received and acknowledged.
- If the Team Member who is waiting the results of a COVID-19 test has been engaged in any activity within 48 hours of developing symptoms, all close contacts (entire team) will be removed from activity for at least 10 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- If the Team member who is waiting the results of a COVID-19 test has not been engaged in any activity within 48 hours of developing systems, the team will be able to continue with planned team activity.



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If a Team Member has come in to contact with someone who is confirmed to have COVID-19

- Team Member will be unable to participate in any Activity for at least 10 days to ensure the infection does not spread further
- Team Members must inform the Club as soon as possible upon belief or confirmation they have been exposed to COVID-19. Contact should be made to either the President or VP of Operations at GHLPBA. If written correspondence is used the Team Member/Parent must ensure that the correspondence has been received and acknowledged.

If someone in the Team Member's household is showing symptoms of COVID-19

- Team member should not attend any activity until the symptoms clear completely, or a negative test has been received

REFERENCES

Province of British Columbia

- B.C.'s Restart Plan
- BC COVID-19 Go-Forward Management Strategy
- B.C. Go Forward Strategy Checklist
- PHO Orders

Health Resources

- COVID-19 (B.C.) Provincial Support:
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>



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- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines:
<https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/eng-handwashing.pdf>

Sport and Recreation Resources

- BC Minor: <https://www.bcminorbaseball.org/page/show/5788253-bcmba-covid-19-resources>
- Baseball BC:
 - <https://www.baseball.bc.ca/return-to-play>
 - <https://www.baseball.bc.ca/uploads/files/news/Baseball%20BC%20RTP%20Guidelines%20-%20FINAL.pdf>
 - <https://www.baseball.bc.ca/uploads/files/news/ReturntoSportGuidelines.pdf>



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Appendix E: Outbreak Plan 2020

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- 1.) The VP of Operations will immediately inform the GHLPBA Board President in the event a case or outbreak is reported.
- 2.) The GHLPBA VP of Operations will convene the Board of Directors to modify, restrict, postpone, or cancel activities.
- 3.) If coaches, players or volunteers report they are suspected or confirmed to have COVID-19 and have been at the field or facility, implement enhanced cleaning measures to reduce risk of transmission. If GHLPBA is not the facility operator, notify the facility right away.
- 4.) Implement illness policy and advise individuals to:
 - a. Self-isolate
 - b. Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool website to help determine if further assessment or testing for COVID-19 is needed. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- 5.) In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement Illness Policy and enhanced measures



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- 6.) If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information and resources on cleaning and disinfecting:

<https://www.bcminorbaseball.org/page/show/5788253-bcmba-covid-19-resources>



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Appendix F: First Aid Plan

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

Guidelines for First Aid Attendants can be found on the BC Minor Baseball COVID-19 Resources page.
<https://www.bcminorbaseball.org/page/show/5788253-bcmba-covid-19-resources>

General First Aid Protocols

- Universal approach – assume all victims are COVID-19 positive.
- For all issues, minimize the number of first aid attendants who have contact with the victim.
- At each focal point, provide a dry container including hand sanitized and PPE for team safety, coach, victim, and parent/guardian.
- Post rescue (resuscitation or first aid with bodily fluids): hand hygiene, shower, change clothes, bag clothes to be washed, disinfect first aid equipment.
- When possible, ask parents/guardians to provide first aid to children or minors.
- Provide the parent/guardian with PPE appropriate for the injury.
- Provide guidance to the parent or caregiver performing first aid.

Scene Assessment

- 1.) Ensure scene is safe
- 2.) Assume universal approach – all victims are COVID-19 positive.
- 3.) Minimize the number of rescuers in contact with the victim. Only one Team Safety and one coach are permitted to approach the injured player. (if more than one player is injured at the same time another coach will approach that player).
- 4.) 2m physical distancing at all times.
- 5.) Don appropriate PPE (self, victim, bystander).

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- 6.) One safety and coach must remain with the other players to ensure they remain safely distanced.
- 7.) If the injury requires attention the parent/guardian will take over for the coach only after being invited to do so. Parents/guardians are not permitted to come on to the field unless they are indicated to do so by the coach or Team Safety.
- 8.) If a parent/guardian is not present the safety and coach will remain with the player until the parent or medical attention arrives.

Post-Rescue Procedures

- 1.) Take care to remove and dispose of PPE in a safe manner.
- 2.) Disinfect all surfaces that were in contact with either the victim or rescuer during treatment (chair, pen, clipboard, etc.).
- 3.) Practice hand hygiene and disinfection if required.