

**June 5, 2020**

Dear little league family, Following the permission of the Sante Publique du Québec **to be able to start practicing team sports**, we plan to follow in detail all the recommendations of the CNESST.

<https://www.cnesst.gouv.qc.ca/salle-de-presse/covid-19/Pages/trousse.aspx>

COVID-19 information line: 1 877 644-4545

To contact a CNESST inspector: 1 844 838-0808

### **Summary sanitary measures:**

**1-It is the responsibility of the associations to appoint a "Sanitary Manager" for each of the teams. The Sanitary manager will be careful to enforce the physical distance rule of 2 m. when possible.**

#### **2-Task for the Sanitary Manager:**

- a. **Ensure that each player has their own equipment (helmet, glove, bat) and that this equipment cannot be loaned.**
- b. Make sure each player has their own bottle of water
- c. Make sure each player has their instant disinfectant or soap solution spray. A bottle of team instant disinfectant can also be used
- d. **Make sure each player does not have gum or sunflower seeds in their bag**
- e. Make sure each player walks past the "sanitary" manager, washing their hands and answering health questions before entering the field.
- f. Ensure the social distancing of parents and team leaders during the game

3-Washing or disinfecting hands after each inning

4-Maximum three coaches per team + a "Sanitary" manager

5-Procedure for catcher's equipment

- disinfection before and after each game

6-Each team provides its own baseballs when it is on defense

7-It is suggested to all those involved (officials, coaches and players) to wear a personal protective mask and to respect the physical distance of 2 m. as much as possible.

### **Game Situations:**

1-First, respect the physical distance of 2 m. as much as possible and we recommend that one (1) single parent accompany the child to the game when possible. In addition, carpooling is not recommended to get to the game.

**2-On arrival at the park, the player must meet with the "Sanitary" manager to show him that he has all his personal belongings in his possession.** As the locker room is not accessible, players and coaches must arrive in uniform. The uniform should be cleaned after each session.

3-Following reception, after handwashing and a declaration of health by the Sanitary Manager, the player can access the field.

**4-Participants (players, referees or coaches) not meeting public health standards (showing symptoms for example) cannot be admitted to the field.**

5-Location of players when at bat. It is recommended not to use the dugout for personal effects, but rather to hang a player's bag on the fence beyond the players' dugout, 2 meters between each bag. The player must be in this space at all times when not on the field. When at bat, the players take their own helmets and bats and the first 5 batters up to hit go the dugout: the current batter, on-deck batter (for the intermediate, junior and senior categories) and 3 hitters in the shelter.

6-For 2-door dugouts, define that you enter only on the field side and you exit only on the side of home plate. One-door dugouts cannot be used. When at bat, the coaches are on the bases, in front of the dugout towards the outfield. When on defense, players and coaches are located along the outside of the fence down the line. The defensive players who are not on the field remain in their allocated position along the extension of the fence (near their bag) if they are not looking for a foul balls.

7-Score keepers. If possible, we ask that the scorekeeper take a photo of the lineup to avoid document exchanges. Otherwise, the line-up can be placed on the scorer's table, no copy for the umpires. Only changes of pitchers are announced to the score keepers. Offensive substitutions are to be indicated. Changes in defensive positions do not have to be indicated; but must be well communicated to the home plate umpire.

8-Limit of 3 coaches / team + manager "Sanitary", the latter not being on the bench.

9-It is suggested to all participants (officials, coaches and players) to wear a mask.

10-Two referees, one behind the pitcher and the second on the bases. For the Tball (Coach-pitch) and rookie categories, only one (1) referee is required. **The umpires never take possession of the balls.**

11-When on defense, each team provides their own baseballs in order to avoid cross-team contamination.

When a pitching machine is used, the offensive team coach handling the pitching machine must wash their hands before their turn at bat. The balls used by the defensive team must be cleaned with a wipe at the end of the half-round.

12-Hand washing must be carried out after each half-inning for both teams. As soon as the third out is complete, players who were at bat must wash their hands before going on to the field to play defense. In doing so, players are asked not to touch their faces with their hands and not to bring their fingers to their mouths.

13-When a batter finishes their turn at bat, the bench coach picks up the baseball bat by the barrel, disinfects it with a wipe after each use, and puts it in the dugout.

14-CATCHERS: If they have their own equipment, they cannot lend their equipment to other players. If a player uses the team's catcher's equipment, it can only be used by one player. For example if the team has two sets of catcher's equipment, a maximum of 2 players catch during the game.

Warm-up throws only involve players, unless the coach remains standing when receiving the warm-up throws are the coach their own equipment. We must recommend limiting the physical alternations at this position. Otherwise, it is will be necessary to pass to the disinfection on the catcher's equipment.

15-It is strictly forbidden to have mound meetings or for players to make "high five" to their teammates.

16-After each game, the traditional handshake is replaced by a cap lift in front of the other team in front of their bench and the supporters.

17-It is the responsibility of the team to disinfect the players bench BEFORE the game. Teams are also required to pick up their trash and leave the shelters in proper condition AFTER their game