



# BASEBALL MANITOBA COVID-19 RETURN TO PLAY

## UMPIRE AND CLINICIAN CHECKLIST: TRAINING (COVID-19 PREVENTION PROCEDURES)

The following procedures reflect the Return to Train policy that has been approved. Clinicians will be responsible to ensure this protocol has been followed.

### BEFORE THE CLINIC:

- Clinicians will request that umpires arrive no more than 15 minutes early to prevent loitering. Congregating in a parking lot before or after a clinic will not be permitted.
- Clinicians will arrive at least 30 minutes early in order to set up the clinic in such a way that physical distancing policies will be followed.
- Clinicians will place appropriate signage outlining the physical distancing guidelines in place.
- Clinicians will disinfect all common areas including benches, gates, tables, and more.
- Clinicians will ensure wash stations or hand sanitizer stations are available in common areas.
- Participants who have not signed up for the session will be asked to leave in order to satisfy gathering limits
- No more than four (4) umpires and one clinician will be permitted to attend each outdoor clinic
- Anyone displaying ANY illness symptoms WILL NOT be allowed to participate
- Anyone who has been in contact with anyone who is sick or not feeling well should consider not participating
- All participants will be asked if they have returned from travel outside of Manitoba, or if they live with someone who has been outside of Manitoba. If this is the case, the participant must follow Manitoba Health recommendations regarding travel: <https://www.gov.mb.ca/covid19/prs/orders/index.html#travel-self-isolation>
- Clinicians will remind each umpire of physical distancing requirements, and that umpires should not be touching anything on the field apart from their own belongings (excluding the ball and bases).
- Ride sharing is discouraged whenever possible

### DURING THE CLINIC

The following actions are **not** permitted:

- using saliva to moisten hands or fingers
- sharing water bottles or food
- spitting
- eating sunflower seeds or chewing gum
- sharing helmets, masks, sunglasses, phones, or any other personal item or equipment
- shaking hands or high fiving

Physical distancing (minimum of 2m or 6ft) must be maintained if possible, except for brief exchanges.

Key situations to avoid:

- Catcher/hitter
- 1st base/runner
- Tag plays

Umpires are encouraged to wear a mask outdoors when not engaged in physical activity or cannot properly Physical Distance (2m). Masks **MUST** be worn by **ALL** indoors, unless participating in physical activity.

### AFTER THE CLINIC

- All bases and baseballs must be disinfected. Anyone cleaning equipment must wear gloves and wash their hands upon completion.
- All uniforms or clothing are to be washed after each event and all participants will shower at first opportunity after each event.
- Participants will go directly home. Congregating in a parking lot before or after a clinic will not be permitted. Ride sharing is discouraged whenever possible.