



# BASEBALL MANITOBA COVID-19 RETURN TO PLAY

# CHECKLIST: INDOOR TRAINING

This checklist has been created to help you stay within the guidelines of Baseball Manitoba's Return to Play for indoor training in 2021.

## WHAT YOU **NEED** TO DO:

- Follow all current directions from Manitoba Health's Restoring Safe Services Plan, regarding sport activities:  
[www.gov.mb.ca/covid19/restoring/sports-guidelines.html](http://www.gov.mb.ca/covid19/restoring/sports-guidelines.html)
- Follow all current Manitoba Public Health Orders:  
[www.gov.mb.ca/covid19/restartmb/prs/orders/index.html](http://www.gov.mb.ca/covid19/restartmb/prs/orders/index.html)
- Understand and follow Baseball Manitoba's Return to Play guidelines and information:  
[www.baseballmanitoba.ca/administration/registration/return-play](http://www.baseballmanitoba.ca/administration/registration/return-play)
- Follow all directions from the Facility in which the events take place. Adhere to signs and floor markings. Separate entrances and exits must be used, whenever possible.
- Complete the COVID-19 on-line screening tool, provided by Manitoba Health, the Facility and/or the program provider, before entering the facility **for each visit**.
- Persons (spectators, coaches, parents/guardians, administrators, and participants) over the age of 18 must show proof of vaccination upon entering the facility.
- Participants under the age of 18 do not need to show proof of vaccination.
- Attendees names and contact information must be tracked, and the record must be kept for at least 21 days.
- Physical distance (6 feet or 2 meters) always, except for brief exchanges.
- Masks **MUST** be worn by **ALL**, unless participating in physical activity.
- Hand Sanitizer or handwashing stations must be available.
- 50% of the usual spectator capacity is allowed.
- Ride sharing is discouraged.
- Arrive no more than 15 minutes before your session.
- Arrive dressed, ready for activity.
- Stagger start times, to limit the congregation of people in small areas.
- For the latest Manitoba Health resources and information:  
<https://manitoba.ca/covid19/updates/resources.html#resources>

**Thank you for your dedication and cooperation.**  
**Have a great off-season of training!**