

BASEBALL IRELAND
COVID – 19 Guidance for Baseball Players

PHASE 3

The guidelines in this document relate to Phase 3 of the Irish Government’s Roadmap for Reopening Society and Business.

Phase 3, beginning on 29 June, permits sporting activity in open outdoor public sports amenities (e.g. pitches, tennis courts, golf courses etc.). Team may return to contact based sports from this time.

This practical guide outlines some key measures Baseball Ireland would like its members, youth and adult, to implement and maintain to help promote safety during the COVID-19 pandemic. These measures should be in place seven days a week and until further notice. Further guidance on return to competitive play, including challenge matches or blitzes, will be announced in due course. Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions. These measures include the following:

BEFORE YOU PLAY

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell
- Check with your GP prior to playing if you are in a high-risk health category
- Each team must appoint a COVID-19 Officer and share the name of this person with the League Coordinators

SOCIAL DISTANCING

- Players must refrain from close contact such as handshakes, high fives, pats on back.
- No spitting, eating seeds
- Keep 2 metres distance from other people
- Don’t share water bottles, food, towels, equipment etc.
- Cover your coughs and sneezes and dispose of any used tissue or handkerchief in a bin, your own bag or bring it home with you for disposal
- Avoid touching your face
- Remain apart from others when taking a break
- Attendance lists are required at each training session to assist with contact tracing, in the event of an infection instance. COVID-19 Officers should be keeping these lists.
- Carpooling is permitted and wearing of face masks is encouraged.
- All travel restrictions have been lifted

ATTENDING TRAINING

Players:

- Apply hand sanitizer regularly
- Ideally youth and adult players will bring their own equipment
- Wipe down any shared equipment with disinfectant after each use
- Use toilet facilities at home before training
- Bring a small bottle of hand sanitiser
- A parent or guardian should accompany and remain with any player under 18 years of age. If this is not feasible the following measures will suffice: dropping off a player is sufficient or a text message from a parent or guardian sent to the team’s COVID-19 officer will be accepted in lieu of being physically present. Parents or guardians do not need to collect players after activities. 18U players must follow one of these options before participating in baseball activity.
- If unwell after training, contact their GP and then inform their club/team. The club/team should contact the HSE and follow the advice provided to them on the next steps.
- Keep 2 metres distance from passers-by
- Consider wearing face masks when arriving and leaving the training ground, but not mandatory while training is in progress
- Youth training sessions will endeavour to have a coach for every 5 players
- Open recruitment of new players will be suspended at this time (i.e. no open days), but direct requests will be considered.

BASEBALLS

- Practice caution with baseballs
- Although there is no specific evidence that baseballs can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days
- Do not use baseballs if someone suspected of having COVID-19 comes into contact with them
- Consider spraying balls with a disinfectant at the conclusion of play and using new balls on a regular basis