



RETURN TO TRAIN

# Return to Train – Provincial & City Guidelines

## Province of Alberta

- [Limit outdoor gatherings](#) to no more than 50 people
- Stay home and away from others if [exhibiting symptoms](#)
- [Guidance for organized outdoor sport, physical activity and recreation](#)  
(baseball training is on this list):
  - Maintain a physical distance of 2 metres at all times
  - Sharing equipment handled by hands should be minimized.

## City of Edmonton

- Bookings on sports fields and courts have been cancelled up until June 14.
- Baseball fields are currently open for recreational use as well as sports training, dryland training and skills practice but no league play and no scrimmages or pick up games with people outside family or cohort.
- Participants cannot touch ball or equipment with their hands, must bring own sanitizer and water, and must ensure no accidental contact.

# Return to Train Plan – Baseball Alberta

## Phase 1

- Return to Train: June 15, 2020
- No contact training (camp-like)
- No league or exhibition games allowed

### Waiver Requirements:

- Contact Tracing Log / Verbal Health Checks
- Equipment Sign Out / Sanitation Log
- Staff / Coach & Player Checklists
- Association Checklist
- Informed Consent and Assumption of Risk (Youth and Adult Waivers)
- COVID-19 Questionnaire and Attestation
- Member Association Presidential & Coach / Volunteer Acknowledgement / Agreements

## Phase 2

- Return to Modified Games: date TBA
- Modified training and games with no contact
- No league or exhibition games allowed

### Operational Requirements:

- [Social Distancing](#) requires 2 metres apart
- [Gatherings](#) restricted to 50 people
- [Hygiene](#) must be followed, hand sanitizer
- [First aid](#) by a family member, if possible
- Scheduling to include buffer between sessions
- Signage displayed with rules & regulations
- Equipment disinfected before and after use, participants bring/use own equipment, coaches set up and clean up, cones as markers

# Edmonton Amateur Baseball Association (EABA)

GENERAL	OPERATIONAL CONSIDERATION
Facility Management	Ensure signage and sanitizer stations are set up, mark and manage arrival queues (Responsibility: Lead Instructor per location / grouping aged 18+)
Program Management	Ensure waiver requirements completed for all participants, complete contact tracing logs and equipment sign out / sanitation logs daily, schedule groups with buffer times, structure practice plans to comply with guidelines, ensure coaches / volunteers understand all guidelines, continuous reminders to players of safety measures and guidelines (Lead: Technical Director or AAA Head Coaches aged 18+)
Participant Management (home)	Personal health checks prior to all activity (cold-like symptoms or shortness of breath, fever over 38.0 degrees Celsius MUST NOT participate), recommended download: ABTraceTogether app
Participant Management (activity)	Alberta Relaunch Phase 1 for Summer Camps participant ratios of 1:10 or 2:15 will be followed, verbal health checks at each session, spitting is not permitted (no tobacco use, sunflower seeds or gum), no food (water only in a marked bottle)

# Edmonton Amateur Baseball Association (EABA)

ACTIVITY PROTOCOLS	OPERATIONAL CONSIDERATION
Clean Hands	All participants must wash hands or use hand sanitizer before and after sessions, must not touch their face or put hands in mouth, touching of any program equipment with hands requires immediate hand sanitizing, equipment will be sanitized before and after each session by coaches
Drills & Activities	Each session must follow a practice plan with drills and activities outlined showing ability to follow all guidelines for distancing and shared equipment, participants will remain at least 2 metres apart at all times with drill stations spaced further apart with additional distance considered between and within station areas for transitions or multiple player set up
Baseballs	Baseballs will be provided for each cohort to minimize participants using them, participants must wash or use hand sanitizer prior to and immediately after handling baseballs (consistent catch partners with assigned baseballs to further minimize handling)

# Edmonton Amateur Baseball Association (EABA)

ACTIVITY PROTOCOLS	OPERATIONAL CONSIDERATION
Personal Equipment	Participants to bring and use their own equipment (helmet, bat, glove, batting gloves, etc.) and are not to share equipment with others unless part of the same family, participants are required to wear clean uniforms or clothing each session, catchers equipment must not be shared and should be disinfected after use
Program Equipment	Coaches will disinfect and set up all equipment before and during sessions and will clean up and disinfect all equipment after sessions, players are not to touch program equipment (tees, nets, cage, bases, buckets, cones, etc.), any program equipment signed out to a participant must be cleaned and disinfected first and participants must clean and disinfect the equipment prior to returning it
Physical Distancing	Total maximum number of participants, including spectators, at any one time to be 50 per field, no physical contact between participants (handshakes, fist bumps, high fives, etc.), no gathering prior to or after sessions (remain in vehicles until 5min before sessions, leave locations within 5min after session), any team meetings or additional instruction / feedback to be coordinated by virtual means

# Edmonton Amateur Baseball Association (EABA)

ADMINISTRATIVE	OPERATIONAL CONSIDERATION
Pre-Activity Meetings	Virtual sessions will be facilitated with board members, coaches and players / families to explain Return to Train protocols and requirements (non-compliance risks everything being shut down), Train the Trainer sessions for coaches
Email Communications	Participants will receive Return to Train details in advance of training as well as continued updates related to training conditions changes, as they are available
Website and Social Media	Resources and communications will reflect the latest information, as it changes or becomes available
CONTINGENCIES	OPERATIONAL CONSIDERATION
Symptoms During Activity	Participant will be sent home to being self-isolation and follow 811 process
Positive COVID-19 Test	Immediate notification to all participants and follow 811 process for tracing
Activity Compliance	A designated spotter present for all sessions to ensure compliance and feedback

# Return to Train – Baseball Activity Examples

## Hitting – no contact with others

- Dry Swings: [9-Zone Drill](#)
- Dry Swings: [Shaft to Shoulder](#) (swing only)
- Tee Work: [Perfect Swing Path](#)
- Tee Work: [High Tee](#)
- Tee Work: [Bat Behind the Back](#)
- Tee Work: One Hand Drills ([Top](#) / [Bottom](#))
- Tee Work: [Shaft to Shoulder](#)
- Tee Work: [45° Off-Set Drill](#)
- Tee Work: [Step Behind Drill](#)
- Tee Work: [Ball Constraint Drill](#)
- Tee Work: [Trigger, Trigger, Fire Drill](#)

\*Hitters only touch their own baseballs

## Hitting – minimal contact with others

- Side Toss: [Load & Launch](#) (spread, no stride)
- Side Toss: [Sequencing](#)
- Side/Front Toss: [Timing Variations](#) (change speeds)
- Side/Front Toss: One Hand Drills
- Front Toss: 9-Zone Drill (with baseballs)
- Front Toss: [Inside, Outside, Middle](#)
- Front Toss: Pitch Selection / Situational Hitting
- Front Toss: [Sacrifice](#) Bunting
- Front Toss: [Push](#) & [Drag](#) Bunting
- BP Rounds: Bunting Situational Hitting, Two Strikes, Opposite Field, Gap to Gap, Swing Away

\*Player or coach tosses or pitching are the only ones to touch the baseballs (collect using feet)

# Return to Train – Baseball Activity Examples

## Infield – no contact with others

- Set Up: [Pre-Pitch Movement](#)
- Set Up: Infield Posture
- Footwork: Trosky Sequences (Slow Roller, Star, Neutral)
- Against a wall with no glove or glove options:
  - [Dailies on Knees](#) (video: 0:57)
  - [Dailies Last Hops](#) (from knees)
  - [Dailies Stationary](#) (standing)

## Outfield – no contact with others

- Set Up: [Pre-Pitch Movement](#)
- Footwork: [Drop Steps](#) (no baseballs)
- Footwork: [GB Backhands & Reverse Pivots](#)

\*Fielders only touch their own baseballs

## Infield – minimal contact with others

- Dailies (with coach feeds)
  - Same as no contact Dailies
  - [Backhand Hinge](#)
  - [Dailies Side-to-Side](#) (standing, no return)
  - [Toe Up](#)
- Field-only (no exchange/throw, drop in bucket)
  - Regular ground balls
  - Pop ups

## Outfield – minimal contact with others

- [Quarterbacks](#) (coach feeds)
- [GB Backhands & Reverse Pivots](#) (coach feeds)
- [Fly Ball Reverse](#) (coach feeds)

\*Players only touch the baseballs with their gloves

# Return to Train – Baseball Activity Examples

## Throwing – no contact with others

- Throw progression into a sock net, screen or batting cage netting:
  - One knee
  - Flat Feet
  - Stride/Rockers
  - Inside Step
  - Step Behinds
  - Long Toss / Position-Specific Catch
  - Pitcher's Flat Ground & Pitch Design

\*Player distance to sock net, screen or batting cage netting does not change, intensity does

## Throwing – minimal contact with others

- Same throwing progression but with a designated partner (same throwing partners and partner throwing baseball each session to minimize contact with others)
- Additional: Quick Hands / Quick Feet

\*Players must wash hands or use hand sanitizer before and after throwing