



Return to Activity Guide

Softball Victoria – Updated 22 June 2020

Introduction

The impact of COVID-19 has resulted in the suspension of all sport and recreation activities in Victoria. Throughout this difficult period, the priority of Softball Victoria has been to provide regular updates and ensure the health and wellbeing of the community.

Following the further easing of restrictions by the State Government of Victoria, Softball Victoria advises that as of the 22nd June 2020 the following activity can take place:

- Non-contact training and non-contact competition in groups of no more than twenty (20) for participants **over the age of 18**
- Full-contact training and competition with no limit on numbers for participants **under the age of 18**
- Activities that promote a minimum social distance of 1.5 metres
- Spectators for training and competitions must abide by public gathering restrictions— spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue.
- Clubrooms can be opened with a limit of 20 people in clubrooms at any one time; strict social distancing rules apply including adherence to 1 person per 4m²

This document and its conditions will be adjusted in accordance with further future government directives. These guidelines provide an outline for the restricted return to training and competition for our community.

Softball clubs, associations and local councils across Victoria operate in many different ways and within different surroundings and communities. Therefore, making an assessment of whether softball can be played safely will be dependent on a range of factors, varying across each council area and specific to each venue. It is the responsibility of each council, association and club to work together to make this assessment based on individual circumstances.

Associations and clubs are expected to comply by these guidelines at all times.

Associations and clubs are encouraged to speak with their venue landowner and/or Local Government Authority to discuss a return to using the allocated facility.

At all times, Victorian sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of an individual or large group, and close contacts, for the required period.

What is allowed?

Non-contact training and non-contact competition in groups of no more than twenty (20) for participants **over the age of 18**

Full-contact training and competition with no limit on numbers for participants **under the age of 18**

Spectators for training and competitions must abide by public gathering restrictions— spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue

Clubrooms can be opened with a limit of 20 people in clubrooms at any one time; strict social distancing rules apply including adherence to 1 person per 4m²

What isn't allowed?

For participants over 18 years of age - close contact training or competition including tagging, wrestling. This includes catchers, umpires and batters maintaining a minimum of 1.5 metres space.

Congregating before or after sessions in large groups



Planning and conduct

- A maximum of one group of twenty (20) can utilise a diamond at any one time for groups over 18 years of age
- There is no limit on group sizes for groups under the age of 18
- It is recommended that a 10-minute gap is planned between sessions to reduce cross-over
- No person to person contact activities for groups over the age of 18
- No more than twenty (20) players to be involved in any activity for groups over the age of 18
- Social distancing to be implemented – 1.5m minimum.
- Any handling of equipment is to be kept to a minimum
- Changerooms and clubrooms can be open and utilised, with no more than 20 individuals at any one time
- Spectators for training and competitions must abide by public gathering restrictions– spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue. Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- Toilets are to be open for use, soap and sanitiser must be provided
- Soap and sanitiser to be available in the toilets at all times
- Players are to enter and leave the diamond and venue in a coordinated manner minimising contact with others and not gathering in large groups. It is encouraged that each venue has a single-entry point and a separate exit point to avoid passing in close proximity with new groups
- Download the COVIDsafe App and keep a list of people at training to enable contact tracing

Guidelines for organising activity

Planning and conduct

- A maximum of one group of twenty (20) can utilise a diamond at the same time
- It is recommended that a 10-minute gap is planned between sessions to reduce cross-over
- No person to person contact training activities for groups over the age of 18
- No more than twenty (20) players to be involved in any activity
- Social distancing to be implemented – 1.5m minimum.
- Twenty (20) people to be in a spacing so that there is no more than 1 person per 4m²
- Any handling of equipment is to be kept to a minimum
- Spectators for training and competitions must abide by public gathering restrictions– spectators should be in groups of no more than 10 people in open, outdoor venues and spread out around the ground or venue. Regular breaks are to be provided for the purpose of rehydrating and hand sanitising
- Toilets are to be open for use, soap and sanitiser must be provided
- Restriction on the number of people using the toilets at any one time to apply dependent upon the size of the amenities
- Soap and sanitiser to be available in the toilets at all times
- Players are to enter and leave the diamond and venue in a coordinated manner minimising contact with others and not gathering in large groups. It is encouraged that each venue has a single-entry point and a separate exit point to avoid passing in close proximity with new groups
- No social activity is to occur once training has concluded
- Download the COVIDsafe App and keep a list of people at training to enable contact tracing



Preparing for activity

Officials and coaches

- Ensure the 'Planning & Conduct' steps are followed
- Effectively Communicate session details, location and time as well as key guidelines
- Hand hygiene stations at the entry and exits of the dugout & bullpens
- Provide hand washing guidance to all participants and volunteers
- Wipe down all surfaces and objects with appropriate anti-bacterial/disinfectant wipes or soap, particularly those frequently touched. This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas
- Set up training space on diamond that adheres with social distancing protocols
- Use caution and common sense throughout all sessions
- Download the COVIDsafe App and keep a list of people at activity to enable contact tracing

Players and support

- Tasks that can be completed at home should be (stretching/recovery)
- Bring personal sanitiser
- Always maintain social distancing protocols
- Bring personal, clearly labelled drink bottles. No sharing of drink bottles is to be permitted

Illness

Players, coaches, parents, officials, spectators and carers should not attend training sessions if in the past 14 days they have experienced any one of the following:

- been unwell or had any flu-like symptoms
- been in contact with a known or suspected case of COVID-19, or any sudden loss of smell or loss of taste
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

Hygiene Management

Facilities

- Ensure spaces at each facility, surfaces and objects are regularly cleaned with disinfectant
- Promote regular and thorough hand washing by volunteers and participants
- Provide sanitising hand rub dispensers in prominent places around the venue
- Ensure sanitising hand rub dispensers are regularly refilled
- Ensure soap dispensers in toilets are regularly refilled
- Ensure bins are provided around the venue

Individuals

- Players, officials, volunteers and/or their parents/carers should carry hand sanitiser on their person in order to enable good personal hygiene
- Maintain social distancing protocols
- If using tissues, place them directly in the bins provided
- Seek to avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly
- Each participant is to provide their own drink bottle that is clearly labelled and is only used by that individual. No sharing of drink bottles
- No sharing of pens or clip boards, each volunteer must bring their own to venues
- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet

Individual behaviour

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- Wash hands with soap and water often
- Use hand sanitiser gel if soap and water are not available
- Do not touch your eyes, nose or mouth if your hands are not clean
- No spitting at any time
- Wipe down all surfaces and objects with appropriate antibacterial/disinfectant wipes or soap, particularly those frequently touched
 - This includes door handles, light switches, kitchen surfaces, bathroom surface, phones, remote controls and any other high touch areas
- Do not share drink bottles
- Do not touch mobile phones during breaks in training
- Practice social distancing. If someone comes and stand next to you, move around the field, and ensure you implement social distancing requirements