

CLINIC FACT SHEET



The items listed in this document are recommended safeguards for restarting Softball activity in Canada. Provincial/Territorial (P/T) Associations, Leagues, Tournament Hosts, Staff, Players, Coaches, Umpires, Parents and Spectators should continue to follow Federal, Provincial/Territorial and Local Governmental guidelines.

Feel free to make your guidelines more stringent if you deem necessary.

Remember that information and recommendations during the pandemic are very fluid and are subject to change.

IMPORTANT CONSIDERATIONS

- Adhere to all public health restrictions set by government and health authorities (eg. maximum group gatherings, facility access)
- Participant safety is paramount. Participants who have symptoms of a cold, flu or COVID-19, who are higher risk, or who have underlying health conditions should not participate
- Smaller groups per session to follow the “gathering guidelines” as laid out by local public health officials
- Physical distancing of 2 metres must be maintained
- Outside activity is preferred over indoor activity
- Mask wearing should be encouraged

PRE-CLINIC RECOMMENDATIONS

- Participants should be made aware of safety protocols prior to arriving
- It is recommended that everyone complete a Declaration Form before entering the facility
- Facility should be equipped with proper hand-washing stations and/or hand sanitizer units
- Participants should arrive ready and with their own equipment. Labeling of balls and other equipment is encouraged
- Do not bring snacks (no sunflower seeds, gum, etc) and only use a labelled water bottle
- Ensure the playing area is properly laid out for the session prior to participants arrival. It would be helpful to have a visual indicator (pylon, etc) to show participants where to go
- Keep 2 metres distance between you and other participants
- Participants must have their own catcher

DURING & AFTER A CLINIC RECOMMENDATIONS

- No hand shaking, high fives or body contact
- Arrive no earlier than 15 minutes before scheduled clinic time
- It is recommended that instructors keep track of who is attending each clinic (participants and catchers)
- Leave facilities immediately upon clinic completion
- If spectators are permitted within the clinic area, they must maintain physical distancing guidelines
- There will be absolutely no congregating at fields, facilities or parking areas before or after the clinic
- No sharing of equipment. Participants must bring their own, and if equipment is provided by instructors it must be properly sanitized between usage
- Instructors must respect physical distancing when providing feedback to participants
- Have a first aid kit with a supply of materials including masks and gloves to address any medical concerns or injuries. Programs should have a designated medical person to attend to injuries or issues
- More time allotted between group sessions to allow for equipment to be sanitized

**THANK YOU TO ALL ESSENTIAL AND FRONT-LINE WORKERS.
STAY SAFE AND HAVE FUN!**

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