

Return to Activity – October 2021

Friday, October 1st, 2021

To Our Members,

In a recent announcement, the NSW Government advised that Community Sport **MAY** be given the approval to gather in groups of 20 once NSW residents have achieved an 80% double dose vaccination rate in adults (16yrs or older).

Whilst a return to Community Sport may be granted, this does not mean that we can return to organised competition. For the health & safety of all members, a return to Community Sport will be a return to training only and members will be required to adhere to the NSW Government Guidelines and in conjunction with the current Public Health Orders & COVID-19 Safety Plans.

To assist our clubs and associations, Baseball NSW has developed a 'Return to Baseball' document, outlining guidelines and requirements for all members. We understand the importance that sport brings to our communities and we are one step closer to returning to full competition. We thank you for your continued patience, support, and diligence.

Additionally, our members will need to consider the following;

Vaccination

As we head towards the NSW Government vaccination targets, vaccination remains the key to reducing the spread of the virus and helping to prevent severe disease and death. Baseball NSW suggests where possible that all participants get vaccinated following State Government guidelines. [GET VACCINATED](#)

LGA Consent

LGAs are still under varying restrictions, and it is up to the individual to be responsible for managing local [COVID rules and restrictions](#).

Club Requirements

As can be appreciated, we, as a baseball community need to ensure a safe return to the fields for players, officials, volunteers, and spectators. Thus, we advise that clubs have the following in place before returning to training and competition.

- Consent from the local council that community sport is permitted to recommence, in addition to the standing Health Orders.
- An updated [COVID Safety Plan](#) as required by the NSW Government as of 11 September 2021 (please ensure you are referring to the most recent guidelines).
- Service NSW QR Code.

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From 11 October 2021, training is permitted in groups of a maximum of 20 (including children) for fully vaccinated adults (16+) and those with medical exemptions. It is the responsibility of the clubs to confirm the vaccination status of their members upon arrival to training which is viewable on the Medicare App.

Please refer to the online service: [Express Plus Medicare mobile app - Services Australia](#)

A Return to Competition is not permitted until such time that the NSW Government authorise a resumption of Community Sport.

Given the prolonged break from community sports, clubs have a duty of care to their members, ensuring that players are given adequate time to train before engaging in competition. This is to ready their bodies for the high level of stress exerted during competition.

Below is a table that we suggest associations consider when revising their schedules for the upcoming season.

The following recommendations have been prepared by the Baseball NSW High-Performance Coaching Staff and Baseball NSW Technical Committee in conjunction with Australian Institute of Sport recommendations.

Baseball NSW 'Return to Activity' Schedule				
Number of weeks off playing	Return to training sessions before play (# of sessions)	Return to play	Pitching restrictions for League Ages 15, 16, 17, 18	Pitching restrictions for League Ages 19 and above
1	0	Immediately	Follow MLB Pitchsmart	MLB Pitchsmart
2	1	Immediately	Follow MLB Pitchsmart	MLB Pitchsmart
3	2	7 days	Follow MLB Pitchsmart	MLB Pitchsmart
4	4	14 days	Follow MLB Pitchsmart	MLB Pitchsmart
5	6	21 days	50 total pitches for 2 weeks, then 70 total pitches for 2 weeks, then follow MLB Pitchsmart	70 total pitches for 2 weeks, then follow MLB Pitchsmart
6+	8	28 days	50 total pitches for 2 weeks, then 70 total pitches for 2 weeks, then follow MLB Pitchsmart	70 total pitches for 2 weeks, then follow MLB Pitchsmart

Please note: BNSW strongly suggests pitchers complete a throwing program plus throw 2 -3 bullpen sessions off a mound before pitching in a game after an extended break.

[The Australian Institute of Sport](#) has provided protocols respectful of current recommended community needs for social distancing and hygiene management to protect the health and safety of our Baseball Community. Community Baseball must ensure that the activities undertaken in training and competition are consistent with the applicable guidance from Local Public Health Authorities as outlined in the Public Health Order.

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This table consists of advisory recommendations from AIS sport-specific experts for Baseball.

SPORTS SPECIFIC	Level A	Level B	Level C
Baseball	Baseball Running, aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).	Full training and competition.

Description recommendations for Level A, B, C activities in community and individual sport.

ALL SPORTS	Level A (pairs)	Level B (10 in a group)	Level C (Full training and playing)
General Description	<p>Activity that can be conducted by solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/ or other personnel. Examples for all sports - general fitness aerobic and anaerobic (e.g., running, cycling sprints, hills).</p> <p>Strength and sport-specific training are permitted if no equipment is required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, playbooks).</p>	<p>Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, boot camps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes are permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes, full training will be restricted by the commercial operation of facilities.</p>

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ALL SPORTS	Level A	Level B	Level C
<p>General Hygiene measures</p>	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities - hand hygiene regularly during training (hand sanitisers) plus strictly pre and post-training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/ respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured riskassessment and mitigation process is undertaken.</p> <p>‘Get in, train and get out’ – be prepared for training before arrival at venue (minimise the need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (eg gym, court) with limited numbers (not more than 10 athletes, other personnel in total). Have cleaning protocols for equipment and facilities.</p> <p>Hand hygiene (sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (best at home).</p> <p>Where possible maintain a distance of at least 1.5m while training.</p> <p>No socialising or group meal</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds are being used, hygiene practises to include no bed linen except single-use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>
<p>Spectators, additional personnel</p>	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands-on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>