

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 30 MAY 2020
FROM: BASEBALL VICTORIA
SUBJECT: RETURN TO ACTIVITY UPDATE, REGISTRATIONS, COVID-19 CLUB RESOURCES, RAMP UP TO PLAY

Baseball Victoria Return to Activity Update

On Friday, Baseball Victoria, in accordance with the updated Victorian State Government easing of COVID-19 restrictions, confirmed that as at 10:00 AM on Monday, 1 June 2020, the number of people allowed at a baseball activity will increase from 10 athletes to 20 athletes. Further to the alternation of the shutdown timelines that enabled Baseball Victoria's Return to Activity on Monday, 25 May 2020, these changes allow training to expand with additional athletes as all of the social distancing rules remain in effect.

On **Friday, 29 May, Saturday, 30 May and Sunday, 31 May 2020**, all clubs and members must adhere to the restrictions currently in place: there are to be no more than 10 athletes per group, plus two coaches. Any club found to be hosting groups larger than 10 athletes will be in breach of the applicable rules and will be dealt with under the [Baseball Victoria By-Laws](#) and [Baseball Victoria Member Protection Policy](#).

Clubs will be provided with an updated [Return to Activity/ Play Plan](#) and on Monday, 1 June 2020 at 10:00 AM, the [Club Templates for Training Attendance](#) will be updated to allow for 20 athletes. Clubs that Return to Activity, whom have not done so, must provide the [Return to Activity Club Checklist](#) before training commences. Updated restrictions that go into effect on **Monday, 1 June 2020 at 10:00 AM** are as follows:

- Training is extended to 20 athletes and two coaching staff per training session.
- The use of clubrooms, changerooms, showers and covered batting cages are not allowed. The only indoor club facilities that may be used are toilets.
- Clubs need to continue with the application of hygiene measures to return to on-field training.
 - All clubs must adhere to the maximum of 20 athletes and two coaching staff per training group.
 - There can be two groups of 20 athletes on the field, one in the diamond and one in the outfield with approximately 20 metres in between them.
 - Each group may have 20 athletes with two coaching staff; the groups are able to swap positions on the field, but they must remain in the original groups of 20 athletes.
 - Groundskeepers, parents and other club members may not be on the field during training, otherwise they will count toward the maximum number of people.
 - All athletes and coaches must use hand sanitiser before, during and after training. Hand sanitiser must be reapplied every 20 minutes during training.
 - Clubs will only have access to the field and toilets. Parents will be able to attend training with children in limited numbers while maintaining social distancing.
- All training will be conducted so that there is no personal contact and appropriate space between participants.
- All players, coaches and committee members need to register with SportsTG to Return to Activity. Click [HERE](#) for Winter Return to Activity Registration by club.
- Non-essential baseball activity other than training in groups of up to 20 people is still restricted. Committee meetings and non-essential gatherings are not permitted.

- We have prepared a list of frequently asked questions in relation to this kind of training. Click [HERE](#) for the list of frequently asked questions.

Click [HERE](#) to read our full update. Our full Return to Activity Plan and COVID-19 Club Resources are available [HERE](#).

As a reminder, the COVIDSafe app is now available and will allow authorities to quickly track and control the spread of COVID-19. Please consider downloading the app to help save lives, protect the community and get baseball back as soon as possible. Click [HERE](#) to learn more.

2020 Return to Activity Registrations

All members who wish to participate in training must complete the Return to Activity registration. This includes players, coaches and club personnel must register before attending training to ensure they and their clubs are covered by insurance. Please click [HERE](#) to register.

COVID-19 Resources

To assist with our return to activity, we have also prepared a page of COVID-19 Club Resources. This includes Return to Activity Conditions, Club/Training Templates and Return to Activity Printable Signage, available below:

- [COVID-19 Club Resources Page](#)
- [COVID-19 FAQ](#)
- [Return to Activity Conditions](#)
- [Club/Training Templates](#)
- [Return to Activity Printable Signage](#)

In addition, this week the Victorian State Government confirmed the details for the [Community Sport Section COVID-19 Short Term Survival Package](#), which includes streams for associations, leagues, and clubs to apply for assistance. This [page](#) includes the details for eligibility and the application process. Please [contact Baseball Victoria](#) if you require assistance in navigating this process.

Ramp Up to Play Program

Baseball Victoria's Return to Activity includes our *Ramp Up to Play: Drills and Exercises* Program. Available on our [website](#) and [BV TV YouTube channel](#), this program is designed to help players progress from periods of no throwing or returns from injury. With a gradual build-up of volume and intensity, this program will ramp up the player from non-throwing to a state of normal training. This includes Dynamic Warm Up, Resistance Bands and Recovery videos. Click [HERE](#) to view all the details on our website and get ready to return to the field!

The BV Team

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