

INSIDE THE BV ZONE

TO: VSBL CLUB PRESIDENTS AND SECRETARIES, MEMBERS
DATE: 26 JUNE 2020
FROM: BASEBALL VICTORIA
SUBJECT: CONTINUED ACTIVITY UPDATE, REGISTRATION, COVID-19
CLUB RESOURCES, RAMP UP TO PLAY, CLUB LISTINGS,
LIFEBLOOD TEAMS, A MESSAGE FROM SYMMETRY
PHYSIOTHERAPY

Baseball Victoria Continued Activity Update

Following the updates to COVID-19 restrictions announced by Victorian Premier Daniel Andrews on Saturday, 20 June 2020, Baseball Victoria has been working with our sporting colleagues, VIC Sport and Sport & Recreation Victoria, to qualify several aspects of the government announcements.

On Wednesday, 24 June, the Victorian Government clarified that some aspects of community sport were allowed to return beginning from 11:59 PM on Sunday, 21 June, including:

- Monday, 22 June through Sunday, 12 July 2020
 - Adults will continue to train in groups of **20 people** plus two coaching staff, while maintaining social distancing and non-contact training (i.e. there can be two groups of 20 people training at the same time, plus their coaching staff);
 - Juniors will be able to recommence full contact training and competition;
 - Batting cages and indoor facilities can be used in groups no more than 20, subject to the square meterage rules;
 - Changerooms and facilities can be used while maintaining social distancing and can have no more than 20 people.

This clarification of 20 people per group returns to the restrictions that we had in place last week, allowing us to continue full training in anticipation of a return to full contact senior training and competition.

The [Sport and Recreation Victoria website](#) has also been updated to note:

- From mid-July – subject to the advice of Victoria’s Chief Health Officer and the continued management of the spread of coronavirus (COVID-19), adults can resume full-contact training from 13 July and full-contact competition from 20 July.

Baseball Victoria continues to monitor the evolving COVID-19 situation and any further updates will be made in accordance with government guidelines. Click [HERE](#) to read our full update.

Our full Continued Activity/Return to Play Plan and COVID-19 Club Resources are available [HERE](#). The Baseball Victoria COVID-19 Frequently Asked Questions have been updated – click [HERE](#) to review the changes.

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

As a reminder, all members who wish to participate in training, including juniors returning to training and competition, must complete the Return to Activity registration. All 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

Our COVID-19 Club Resources page on our website will assist with our continued activity and return to play, as it 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](#)

If you have any questions please contact Baseball Victoria, with full contact details available [HERE](#).

You can also access information on keeping your family safe during the COVID-19 pandemic on the Victorian Department of Health and Human Services website [HERE](#).

Club Listings

Local clubs make Victorian baseball possible, and we want to make it as easy as possible for new and returning members to find clubs and get in contact. With that in mind, we have prepared a comprehensive list of all Victorian baseball clubs for our website, with club details recently confirmed and updated by clubs as necessary. This page includes summer and winter clubs and a search function to look up clubs by name. We hope this serves as a valuable resource for club communications and new participants looking to find a nearby club.

Please click [HERE](#) to view club listings.

Ramp Up to Play Program

We hope our *Ramp Up to Play: Drills and Exercises* Program helps players with their continued activity and return to play. Available on our [website](#) and [BV TV YouTube channel](#), this program is designed to progress players 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 videos featuring Dynamic Warm Up, Resistance Bands, Recovery and Wall Drills.

Click [HERE](#) to view all the details on our website and get ready to return to the field!

For more baseball content, follow Baseball Victoria on TikTok [HERE](#) and Instagram [HERE](#).



Baseball Victoria Partners with Lifeblood to Encourage Victorian Baseballers to Donate Blood

Baseball Victoria has signed up to Australian Red Cross Lifeblood's Teams program, joining Essendon, Werribee and Heathmont Baseball clubs to save lives through blood donation. Blood and plasma donations save thousands of lives every year and make a huge difference to those who desperately need it to survive.

Lifeblood recently celebrated National Blood Donor Week (14-20 June) thanking around half a million donors for their 1.5 million blood donations given last year.

Despite the COVID-19 pandemic Lifeblood said they were extremely grateful to Australians who have rolled up their sleeves in record numbers over the last few months to ensure patients across the country have access to the blood and blood products they require. While 2020 has turned out to be very different from previous years, the need for blood remains every day of the year.

Blood donation was deemed an essential service by the Australian Government during strict stay at home measures earlier this year, with donors continuing to roll up their sleeves and save lives. This month, donors can get involved in a meaningful cause while practicing safe social distancing, which remains important as the COVID-19 situation evolves.

"Australia still needs 29,000 donations every week, and while we can't play baseball quite yet, we are able to return to training and come together as a community to donate blood," Baseball Victoria CEO Kristie Middleton said. "Lifeblood has strict safety measures in place, and we will continue to monitor the COVID-19 restrictions to maintain a safe and healthy baseball community."

Click [HERE](#) to read the full release and get involved with Lifeblood today.

A Message from Symmetry Physiotherapy

[Symmetry Physiotherapy](#) is a proud sponsor of Baseball Victoria and a strong supporter of the Victorian baseball community. Symmetry Physiotherapy and Glenferrie Sports and Spinal Clinic are the dual preferred providers of physiotherapy services for Baseball Victoria, offering exclusive discounts to all Baseball Victoria Academy athletes.

During the COVID-19 pandemic, Symmetry Physiotherapy has been assisting athletes and their families with telehealth services as well as online resources to stay healthy, and they have advice for athletes on avoiding injury and keeping fit. Click [HERE](#) to read more.

The BV Team

Kristie Middleton - CEO

Jeff Paull – General Manager of Baseball Operations

Tania Newcombe - Financial Controller

Damian Shanahan – Talent Development Manager

Kellie Thomas - Operations Coordinator

Rachael Bouley - Communications and Digital Media Coordinator

Stewart Howe - Umpires Coordinator

Greg Tinkler – National Coaching Accreditation Coordinator

Jo Schutt – Sporting Schools Coordinator

VIVA

