

INSIDE THE BV ZONE

TO: BASEBALL VICTORIA MEMBERS
DATE: 28 MAY 2021
FROM: BASEBALL VICTORIA
SUBJECT: COVID-19 UPDATE, MENTAL HEALTH RESOURCES, BV TV,
LIFEBLOOD

Baseball Victoria COVID-19 Update: May/June Lockdown

Following announcements made by the Victorian Government on Thursday 27 May 2021, Baseball Victoria confirmed the cancellation of all baseball activity for the next seven days to comply with the Victorian circuit breaker lockdown, which is currently set to expire at 11:59pm on Thursday 3 June 2021. We will provide further details as they are made available regarding a return to play.

The current restrictions in Victoria are:

- Only five reasons to leave home:
 - shopping for necessary goods and services (within 5km radius of home unless not available within)
 - two hours of exercise (within 5km radius of home unless not available within)
 - caregiving/compassionate/medical reasons
 - authorised work or permitted education
 - getting the coronavirus vaccine
- No public or private gatherings
- No community sport
- Masks must be worn both indoors and outdoors unless an exemption applies

The Victorian Government has added more exposure sites to [this list](#), which all Victorians should check and follow the relevant government directions:

- Anyone who has visited a Tier 1 exposure site during the times listed must immediately isolate, get a coronavirus (COVID-19) test, and quarantine for 14 days from the date of exposure.
- Anyone who has visited a Tier 2 exposure site during times listed should urgently get a test and isolate until they receive a negative result.
- Anyone who has visited a Tier 3 exposure site during times listed should monitor for symptoms - If symptoms develop, immediately get tested and isolate until you receive a negative result.

If you have been to an exposure site, are a close contact of a confirmed case, or exhibit any symptoms of COVID-19 – such as fever, cough, sore throat, runny nose, chills or sweats, or change in sense of smell or taste – get a test immediately. Find out where to get tested [HERE](#).

“With this rapidly-evolving COVID situation, it’s crucial that our community stays safe. We have been through snap circuit breaker lockdowns before and we can get through it again together,” Baseball Victoria CEO Kristie Middleton said. “Please stay home and stay safe while we await updates from the Victorian Government. Baseball Victoria will continue to work with clubs and stakeholders to provide updates over the course of lockdown and adjust our Return to Play COVIDSafe Plan accordingly, including information on the winter season.”

Please read our full COVID update [HERE](#) and view our COVID-19 club resources and generic COVIDSafe plan [HERE](#).

There is also a comprehensive list of resources available on our General Information Hub [HERE](#).

Mental Health Resources

As Victoria heads back into a circuit breaker lockdown, we wish to remind our members of the mental health resources available from various organisations. We recognise the continued mental health challenges and the importance of staying in touch with family, friends and teammates. Baseball cares, and we want our community to stay safe and feel supported.

A conversation could change a life. Click [HERE](#) for sporting resources and coaching toolkits from R U OK?

Please visit [Headspace](#), [Kids Helpline](#), [Lifeline](#), and [Beyond Blue](#) for more mental health support.

View a comprehensive list of mental health resources from the Department of Health and Human Services and Victorian State Government [HERE](#).

Let's all stay healthy so we can get back on the diamond once it's safe to do so.

Baseball Training on BV TV

While we spend the next week in lockdown, we encourage our baseballers to keep training safely with our [At-Home Baseball Training](#) videos on [BV TV](#). This series covers hitting, fielding, throwing, and ball handling drills to help you stay on top of your baseball game.

You can also check out the 2021 Baseball Victoria Awards Night Livestream [HERE](#), plus more baseball interviews and highlights [HERE](#).

For more baseball content, please follow Baseball Victoria on TikTok [HERE](#) and Instagram [HERE](#). Click [HERE](#) to catch up on the latest news from Baseball Victoria.

Australian Red Cross Lifeblood Teams Program

Baseball Victoria is a proud member of the [Australian Red Cross Lifeblood Teams Program](#), which provides life-saving blood and plasma donations to thousands of Australians every year.

Our donations have already saved 90 lives this year, but there is always more that can be done. Australia needs 31,000 blood donations every week, and Lifeblood is an essential medical/caregiving service that remains open during lockdown.

Learn more about Lifeblood safety measures [HERE](#) and sign up to join the Baseball Victoria Lifeblood Team [HERE](#).

You can find future pop-up clinics in your area or book your blood bank appointment at donateblood.com.au, on the Lifeblood app, or on 13 14 95.

The BV Team

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