

NOR CAL OHANA TIGERS

SAFE RETURN TO PLAY

COVID-19 Pandemic Preparedness and Response



Note to All Readers

The information contained in this document represents current best practices regarding the recommended operation for youth sports organizations and camps during this time of the unprecedented COVID-19 pandemic. The health and safety of our players, coaches and their families is our primary priority.

This document aligns with the Center for Disease Control (CDC), California Public Health Department (CPHD), and the World Health Organization (WHO) and county health services recommendations to the greatest extent possible.

This is a working document and will be updated to reflect changes in directives and introduce new recommended practices as they become available or as circumstances change.

This document provides general recommendations for use with all Ohana Tigers teams in NorCal based in either Marin, Sonoma, Napa or Solano Counties. Because there may be circumstances unique to a specific region there may be some cases in which a team must adapt the recommendations to address their facilities specific requirements. Such exceptions must be authorized by the Board of NorCal Ohana Tigers. Additionally, all teams must comply with all applicable laws, meaning that if there is a conflict between recommendations in this document and applicable law, the team must follow the applicable law.

Ohana Tigers COVID-19 Protocols

COVID-19 Response Team & Responsibilities

The Ohana Tigers COVID-19 Response Team is a cross-functional team of members from different areas of the softball community. This team is responsible for designing, implementing, and monitoring the regional-wide processes and responses to the health and safety of our players, parents, fans and staff as well as designing and executing new procedures to expand participation in accordance with Governor Newsom's re-opening stages and Marin, Napa, Solano and Sonoma County Health Officer's guidance.

Saor Stetler, Board Member

Emily Atkinson, Board Member

Gene Tobola, Board Member

Catlyn Cavender, Board Member

Team Tasks:

- Maintain return to play plan
- Marketing and communication plan
- PPE supply management & distribution plan
- Develop enhanced safety protocols
- Develop social distancing protocol
- Adjust practice plans, including disinfecting procedures
- Virtual programming options and plans
- Parent outreach
- Coach training & engagement

Coaches Responsibilities

Tasks:

- Check-in with parents and players about safety and other protocol adherence
- Ensure pre-practice disinfectant checklist is completed
- Confer with COVID-19 Response Team to make site-specific adjustments to protocols as needed
- Provide hand sanitizer for team

Personal Protective Equipment (PPE)

As part of the return to play process, players will need to wear personal protective equipment to minimize the potential of contracting SARS-CoV-2.



Masks

- Face masks are required for all persons while at softball events.
- Players do not need to wear masks if they can maintain a safe social distance or while they are engaged in physical activity.
- Spectators will be required to wear a facemask when visiting our locations.
- Our COVID-19 Response Team will monitor CDC and CPHD guidance and advise of any updates.

Disinfectant Measures

The measures listed on the table below should be implemented to reduce the risk and spread of infection.

- The steps outlined below should be followed routinely, based on frequency, to protect players, parents, spectators and coaches.
- Frequent hand-washing is also recommended, between every 30-60 minutes.
- The Coaching staff will be responsible for cleaning and disinfecting all locations and equipment, but the necessary cleaning frequency will mean that they will need to complete some of the steps during any softball event.
- Follow all directions on the labels of the cleaning products. Some require “dwell” time so that product can sit on a surface and properly clean it before it is wiped away
- Dugout bench and any balls or other shared equipment should be disinfected before any softball event and at regular intervals during any softball event.
- Players should wash hands or use hand sanitizer prior to any softball event and at regular intervals during any softball event.

Notification Protocol

Should a player, parent, spectator or coach test positive for COVID-19, All known people who have had close contact with that person will be notified and asked to self-quarantine for 14 days.

Social Distancing Protocol

Since the virus is transmitted through respiratory droplets, staying out of the travel range of most respiratory droplets will limit transmission of the virus.

In practice this means:

- Staying at least 6 feet away from others while in public
- Eliminating contact with others such as handshakes, or hugs
- Avoid touching surfaces touched by others until after they are disinfected as much as possible
- Avoiding anyone who appears to be sick or who is coughing or sneezing
- Wearing a mask when social distancing is not possible
- Parents or guardians at softball events are expected to either drop their player and return to their car or home. If they wish to wait on site, they should wear a mask and socially distance themselves from the event

Daily Health Screening Protocol (Parent Assistance Required)

- Any player who is sick or exhibiting symptoms of COVID-19 (fever [100 degrees or above] or chills, cough, shortness of breath or difficulty in breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) are directed to stay home and CDC guidelines will be followed for when that player or coach may return to any softball events.
- **All players must be screened for the above symptoms and perform a temperature screening prior to leaving their residence for any softball events**
- Softball events are optional and players and coaches should put their safety and the safety of others first.

- If a player feels any symptom of sickness while at a softball event, the player should be isolated at a safe distance from others (minimum of 6 feet) until a parent or guardian can pick them up.
- Any player that feels any symptom of sickness should self-quarantine and stay in regular contact with the coaching staff to determine any return to play at softball events.

Player Training

Helpful do's and don'ts

Your Social Distancing and Softball Event Safety Responsibilities

“DO”'s and “DON'T”'s of Compliance

- **DO** wave and say hello. **DON'T** shake hands or hug.
- **DO** wear a face covering while in public or shared areas of the park. **DON'T** wear a face covering that is no longer in good repair.
- **DO** stay 6 feet away from others at all times. **DON'T** think that's all you have to do to comply.
- **DO** comply with all signs about the field, entrances, exits, and limits in equipment shed. **DON'T** go your habitual route or squeeze in one more.
- **DO** wipe down anything you touch with the disinfectant products provided. **DON'T** rely on others to do it for you.
- **DO** wash your hands for at least 20 seconds at least every 60 minutes. **DON'T** wait for the 60 minute mark if you use the restroom, sneeze, touch your face, blow your nose, clean, disinfect, sweep or mop, smoke, eat, drink, enter the facility or leave the facility – wash immediately after.
- **DO** use hand sanitizer when soap and water are not available. **DON'T** make this substitution a habit.
- **DO** take separate vehicles if possible. **DON'T** remove your face covering if carpooling.
- **DO** stay connected with friends and family during this challenging time. **DON'T** have them visit you at the softball events.
- **DO** ask your Coach if you have any questions about your responsibilities. **DON'T** rely on guesses or rumors.
- **DON'T** use sunflower seeds.
- **DON'T** share food, beverages or equipment.

Signage

Signs reminding players about health and sanitation guidelines and masks and social distancing will be posted on site at softball events to remind players and reinforce these protocols.

Player/Parent Acknowledgement

Playbook Acknowledgment

I am acknowledging that I have read and will comply with the protocols listed in this document. I understand that the contents are designed for my safety and for others safety. I understand that I am responsible for ensuring that I am utilizing the most up to date version of this document and adhering to safety protocols.

Player Signature

Date

Parent Signature

Date

Personal Protective Equipment Acknowledgement

I am acknowledging that I have Personal Protective Equipment (face masks) and that it is my responsibility to wear PPE according to the guidelines listed in the most recent version of this document. I understand that failing to follow these protocols could lead to corrective action. I understand I should obtain replacements from my Coach if the equipment is lost, damaged or worn out.

Player Signature

Date

Parent Signature

Date

ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT RELATING TO COVID-19 EXPOSURE, COVID-19 LIABILITY, AND COVID-19 RISKS

The persons to whom this Agreement applies are, as follows:

Adult Participant Name: _____

Minor Participant Name(s): _____ Participant Age(s): _____

(If applicable) Name of Participant's Parent or Legal Guardian signing below: _____

IN CONSIDERATION for myself and/or my children listed above being permitted to utilize the services, utilize the facilities and/or participate in the programs of Ohana Tigers Softball (the "Organization"), including, but not limited to, observation or use of facilities or equipment, or participation in or acting as a spectator during any program affiliated with the Organization, the undersigned, on behalf of himself or herself and such participating children and any personal representatives, heirs, and next of kin (hereinafter referred to as "the undersigned") hereby acknowledges, agrees and represents that he or she has inspected and carefully considered such premises, equipment, and facilities and has considered the Organization's programs and that the undersigned finds and accepts same as being safe and reasonably suited for the use or participation by the undersigned and such participating children.

In addition, the undersigned acknowledges that novel coronavirus ("COVID-19") infections have been confirmed throughout the United States, including several cases in the undersigned's own State and locality. In accordance with the most recent guidance and recommendations issued by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), undersigned's own State's Department of Health (DOH) for slowing the transmission of COVID-19, the undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall visit or utilize the facilities, services, and/or programs of the Organization (other than any exclusively online services and programs) within 14 days after (i) returning from highly impacted areas subject to a CDC Level 3 Travel Health Notice, (ii) exposure to any person returning from areas subject to a CDC Level 3 Travel Health Notice, or (iii) exposure to any person who has a suspected or confirmed case of COVID-19. The CDC Travel Health Network is continuously updating this list and the undersigned agrees that they are aware of this list and the countries listed. The undersigned agrees to check on a daily basis the CDC Travel Health Notices list (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) prior to participating in or utilizing the facilities, services, and programs of the Organization. The undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall participate in, visit or utilize the facilities, services, and/or programs of the Organization if he or she (i) experiences symptoms of COVID-19, including, without limitation, fever, cough, loss of sense of taste or smell, or shortness of breath, or (ii) has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify the

Organization immediately if he or she believes that any of the foregoing access/use restrictions may apply.

The Organization has taken certain steps to implement certain recommended guidance and recommendations issued by public health agencies for slowing the transmission of COVID-19, including, without limitation, the access/use restrictions set forth above. The undersigned acknowledges and agrees that the Organization may revise its procedures at any time based on updated recommended guidance and recommendations issued by public health agencies and further agrees to comply with the Organization's revised procedures prior to utilizing the facilities, services, and/or prior to participating in the programs of the Organization. The undersigned further acknowledges and agrees that, due to the nature of the facilities, services, and programs offered by the Organization, social distancing of 6 feet per person among children and their fellow participants or others is not always possible. The undersigned fully understands and appreciates both the known and potential dangers of participating in the programs and/or utilizing the facilities and services of the Organization and acknowledges that use thereof by the undersigned and/or such participating children may, despite the Organization's reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability, and/or death.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE ORGANIZATION'S PROGRAMS, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

THE UNDERSIGNED, ON HIS OR HER BEHALF AND ON BEHALF OF SUCH PARTICIPATING CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Organization or its national governing body organization, or any of their respective directors, officers, employees, volunteers and agents, or any of the fellow participants or their family members or guests from all liability to the undersigned or such participating children and all personal representatives, assigns, heirs, and next of kin of the undersigned or such participating children for any loss or damage, and any claim or demands on account of any property damage or any injury to, or an illness or the death of, the undersigned or such participating children (or any person who may contract COVID-19, directly or indirectly, from the undersigned or such participating children) *whether caused by the negligence, active or passive, of the Organization or otherwise while the undersigned or such participating children are in, upon, or about the premises or any facilities or using any equipment of or participating in any program of or affiliated with the Organization.* To the extent such statute applies, the undersigned also expressly and knowingly waives all rights under California Civil Code Section 1542, which provides: "A general release does not extend to claims that the creditor or releasing party does not know or suspect to exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party."

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, DEFEND AND HOLD HARMLESS the Organization or its national governing body organization, or any of their respective directors, officers, employees, volunteers and agents, and each of them, from any loss, liability, damages or costs they may incur, *whether caused by the Organization's negligence, active or passive, or*

otherwise while the undersigned or any participating child is participating in any program of the Organization or in, upon, or about the premises or any facilities or equipment affiliated with the Organization. The undersigned understands and agrees that the Organization is not required to provide insurance to cover the undersigned or such participating children in the event they suffer illness, injury, death, property loss, theft or damage of any sort upon, or about the premises or any facilities or equipment therein or while participating in any program affiliated with the Organization.

The undersigned agrees and acknowledges that use of the Organization facilities and services, and participation in the Organization programs, may involve inherent danger and risk, including, without limitation, the risk of physical illness or injury, death or property damage. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBIUTY FOR, AND RISK OF ILLNESS, BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such participating children due to negligence, active or passive, or otherwise while in, about or upon the premises of the Organization and/or while using the premises or any facilities or equipment thereon and/or while participating in or observing any program affiliated with the Organization. The undersigned acknowledges that any illness or injuries that the undersigned or such participating children contract or sustain may be compounded by negligent first aid or emergency response of the Releasees and waive any claim in respect thereof.

THE UNDERSIGNED further expressly agrees that the foregoing ASSUMPTION OF RISK, RELEASE AND WAIYER OF LIABILITY, AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State in which the undersigned resides or participates and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIYER OF LIABILITY, AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT BY AGREEING TO THIS AGREEMENT I AM GIVING UP VALUABLE LEGAL RIGHTS, INCLUDING THE RIGHT TO RECOVER DAMAGES FROM THE ORGANIZATION IN CASE OF ILLNESS, INJURY, DEATH OR PROPERTY LOSS OR DAMAGE, INCLUDING, FOR THE AVOIDANCE OF DOUBT AND WITHOUT LIMITATION, EXPOSURE TO COVID-19 AT ANY ORGANIZATION FACILITY OR DURING PARTICIPATION IN ANY PROGRAM AND ANY ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS. IF SIGNING ON BEHALF OF MINOR: I ALSO UNDERSTAND THAT THIS AGREEMENT IS MADE ON BEHALF OF MY MINOR CHILD(REN) AND/OR LEGAL WARDS AND I REPRESENT AND WARRANT TO THE ORGANIZATION THAT I HAVE FULL AUTHORITY TO SIGN THIS AGREEMENT ON BEHALF OF SUCH MINOR(S).

I have read and understand the terms of this Assumption of Risk, Release and Waiver of Liability, and Indemnity Agreement and agree to its terms.

Date

Signature

Emergency Contact Name

Emergency Contact Number