



Clairemont Girls Fastpitch Sports Day Camp Guidelines

Disclaimer: Participants, parents, and family engaging in softball and activities related to softball with Clairemont Girls Fastpitch do so with knowledge of the risk and potential exposure to COVID-19 and agree to accept any and all inherent risks to their personal health.

As to all applicable persons, you are instructed to stay home if you or a family member is exhibiting new or worsening symptoms of possible COVID-19: cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.0 degrees fahrenheit, or been in contact with a person who is lab confirmed to have COVID-19 should NOT come to the fields until cleared to do so by your doctor. Note required!

A full copy of the Physical Distancing & Safety Plan is available in the Snack Bar window cases as well as on all dugout entrances.

The following are guidelines that Clairemont Girls Fastpitch has adopted in accordance with USA Softball, the County of San Diego and the CDC for a safe return to youth sports day camps. These guidelines will be STRICTLY enforced and may be changed as the situation warrants.

ATHLETES

- Will not share equipment. Each player must have their own gear and their gear is to remain in their equipment bag when not in use.
- Equipment bags are to remain on the fence and spaced 6 ft apart. You may use the back of the dugout wall and the fences along either 1st/3rd base. No equipment is allowed in the dugouts at any time.
- Will bring their own water bottle to practice/games. Water bottles can be reusable/disposable, but must be clearly marked with their name. No sharing of water bottles is allowed. Water bottles are the only item allowed in the dugouts and should be spaced apart so as not to touch.
- Are recommended to wear masks/face coverings on and off the field during sports day camps.
- Will not high-five, hug, huddle or handshake with another athlete. They should maintain 6ft of distance whenever possible.
- Will be subjected to temperature scans from a thermal “no touch’ scanner before every practice/game. If a fever is present (100°F or higher), the athlete will not be able to participate in those days events and will be asked to leave. Athletes should remain home UNTIL such time that they have tested negative for COVID-19 and/or recovered from their illness.
- Will be required to apply hand sanitizer (provided by CGFP) before entering the field, any visit to the dugout for water, bathroom breaks and after sports day camps.
- Can bring their own hand sanitizer as long as it’s alcohol content is 60% or higher.
- No food, sunflower seeds, candy or snacks in the dugout at any time. All edible items must remain in the athlete’s equipment bag or consumed prior to sports day camps.
- Must dispose of all their trash in the appropriate receptacle.
- No More than 2 girls in the dugout at a time (water break).

PARENTS/FAMILY/SPECTATORS

- Are required to screen themselves and their family at home prior to coming to the fields. If anyone has a temperature exceeding 100°F, they must stay home. You should also refrain from visiting the fields if you have been recently exposed to someone with COVID-19.
- Are recommended to wear masks/face coverings.
- Are responsible for water/sports drinks for their athletes and making sure that bottles are clearly marked/identified.
- Must maintain 6 feet of social distancing when observing practice/games. They must also remain in the bleachers. No parents/family/spectators along the fence lines where equipment bags hang. This area must be kept clear at all times and is only accessible to the athletes during sports day camps.
- May bring their own chair and set up at least 6 ft away from the equipment bag area or another spectator.

PARENTS/FAMILY/SPECTATORS CONTINUED

- May remain in their cars, in the parking lot, during sports day camps, at their discretion.
- Can bring sanitizing wipes, hand sanitizer and face masks for them and their athlete to use. No sharing of these items with another athlete/family/spectator.
- Must dispose of all their trash in the appropriate receptacle.
- No sunflower seeds/chewing tobacco allowed.

MANAGERS/COACHING STAFF

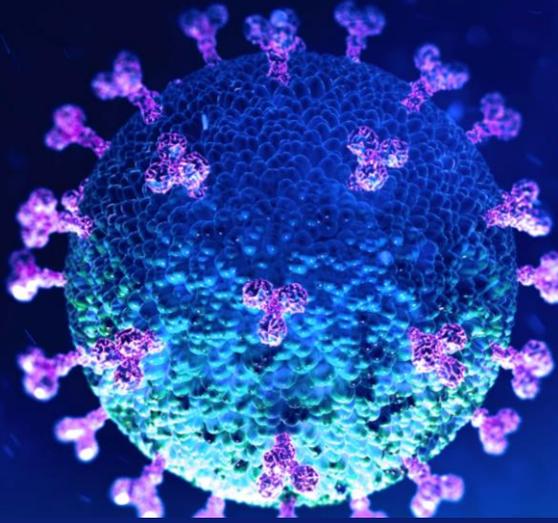
- Required to wear a mask/face covering that covers the nose and mouth at all times.
- Will be subjected to temperature scans from a thermal “no touch’ scanner before every sports day camp. If a fever is present (100°F or higher), you will not be able to run the sports day camp and will need to notify your athletes/families that the sports day camp is cancelled. Managers/Coaching staff should remain home UNTIL such time that they have tested negative for COVID-19 and/or recovered from their illness.
- Need to maintain 6 ft of distance from athletes during instruction, observing and breaks.
- Must use hand sanitizer/wash their hands after touching their face, personal water bottle, or training equipment.
- Must scan all athletes using a thermal temperature gun (provided by CGFP) before an athlete can hang their equipment bag.
- Must administer hand sanitizer to athletes (provided by CGFP) before sports day camp starts, during water breaks, bathroom visits and before dismissal.
- Must incorporate drills that allow for social distancing whenever possible.
- Must control dugout breaks to 2 athletes at a time.
- Should break up athletes into smaller groups during drills and maintain those same groups throughout the practice whenever possible.
- Must spray down the dugout and bleachers, where spectators were present, with disinfectant (provided by CGFP) after sports day camps.
- Must dispose of all their trash in the appropriate receptacle.
- No sunflower seeds/chewing tobacco allowed.

Clairemont Girls Fastpitch is dedicated to providing a safe environment for your athlete. We are requiring a legal guardian (one per family) to sign the attached waiver on behalf of their athlete. Your signature is an acceptance of the guidelines above. Since failure to follow these guidelines could jeopardize the health of an entire camp's participants and their families, any negligence to follow the above rules, will result in the immediate removal of your athlete from the current sports day camp without refund. NO EXCEPTIONS.

(COVID-19)



Fact Sheet



What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a new coronavirus not previously identified in humans. Coronaviruses are a category of viruses normally found in animals, but some can evolve and infect humans. Coronaviruses can infect your nose, sinuses, or upper throat. This specific coronavirus was first identified as the cause of an outbreak of respiratory illness in Wuhan, China in December 2019 and was officially named COVID-19 on February 11, 2020 by the World Health Organization (WHO).

What are the symptoms of COVID-19?

Coronaviruses can cause mild to moderate symptoms like the common cold. Complications and outcomes of COVID-19 are still being investigated. Symptoms of COVID-19 may include:

- Runny nose
- Sore throat
- Headache
- Fever
- Cough
- General feeling of being unwell

Who is at risk for COVID-19?

The health risk from COVID-19 to the general American public may change over time as the situation unfolds. Risk is based on exposure and a variety of factors that may vary, including the community in which you live, places you have visited, interactions you have had, and your line of work.

It is recommended people meeting the following criteria contact their healthcare provider to be evaluated for COVID-19:

- If you have traveled to an area affected by COVID-19 within the last 14 days **OR** had close contact with a person confirmed to have COVID-19.

AND

- Developed a fever and symptoms of respiratory illness, such as cough or shortness of breath.

How is coronavirus spread?

Human coronaviruses like COVID-19 are most commonly spread from an infected person to others through:

- Close contact (within 6 feet/2 meters);
- Respiratory droplets from a person coughing or sneezing;
- Close personal contact, such as touching or shaking hands; and
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

What should I do if I think I have been exposed to COVID-19?

If you have had close contact (within 6 feet/2 meters) with someone who is confirmed to have, or is being evaluated for COVID-19 infection, you should:

- Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person.
- Watch for these signs and symptoms:
 - Fever of 100.4°F/38°C or higher – take your temperature twice a day;
 - Shortness of breath or difficulty breathing;
 - Coughing;
 - Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- If you develop fever or any of these symptoms, call your healthcare provider right away and let them know about your recent travel or exposure and symptoms.



How is COVID-19 treated?

There is no specific treatment for COVID-19, however, many symptoms can be relieved. Recommendations for those infected with COVID-19 will depend upon a person's individual condition. There is currently no vaccine available to protect against COVID-19.

How can I protect myself?

Actions that can prevent the spread of more common respiratory infections, like the flu, are also effective at preventing the spread of COVID-19. These actions include:

- Wash your hands with soap and water for at least 20 seconds; if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol;
- Avoid touching your eyes, nose, and mouth with unwashed hands;
- Avoid close contact with people who are sick;
- Stay home when you are sick;
- Cover your cough or sneeze, with a tissue if possible, then throw the tissue in the trash; and
- Clean and disinfect frequently touched objects and surfaces often.

Should I wear a face mask?

The Centers for Disease Control and Prevention (CDC) does not recommend the use of face masks for the general public to prevent the spread of COVID-19.



How can I prepare myself and my family in case COVID-19 starts spreading in our community?

Get your household ready - some steps will be the same as when preparing for other emergencies:

- Store a two-week supply of food and beverages, including food for family pets.
- Ensure an adequate supply of prescribed and routine medications are on hand.
- Plan ways to care for those who are at greater risk for serious complications and who will take care of sick family members.
- If you have family members with an increased risk of getting seriously sick, check with your medical providers about symptoms and treatment.
- Create an emergency contact list of family and friends, teachers and employers.
- Have a plan in case your school, childcare facility, or place of employment closes temporarily.
- Talk with your children, family, and friends about what to do if an outbreak occurs and what each person would need.



If you have health-related questions or concerns, please contact your healthcare provider. For general questions about COVID-19 or information about community resources, please call 2-1-1.

Stay Informed About COVID-19

County of San Diego Epidemiology Unit – Coronavirus Disease 2019 (COVID-19)

www.coronavirus-sd.com

California Department of Public Health, Immunization Branch – COVID-19

www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Centers for Disease Control and Prevention – COVID-19

www.cdc.gov/coronavirus/2019-ncov/index.html

World Health Organization – Coronavirus Disease (COVID-19) Outbreak

www.who.int/westernpacific/emergencies/covid-19

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 _____ (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 RESPONSIBILITY 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 WAIVER 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 WAIVER 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

Athlete's Name

Athlete's Division