

January 2021

## **Branham Hills Girls Softball – Covid Safety Guidelines**

Branham Hills Safety Guidelines

COVID Personal Liability Waiver

State of California Guidelines - 1-25-2021

### **I. Branham Hills Girls Softball – Covid Safety Rules**

#### **POST COVID-19 Return-to-Play Guidelines, Procedures and Recommendations Updated**

These are best practices for our sports, developed with guidance from USA Softball. These best practices are designed for operating events post COVID-19. **They do not replace or supersede any protocols or restrictions outlined by state or local authorities. The league must continue to follow those local or state guidelines.**

#### **POST COVID-19 - Event Procedures**

Santa Clara County Office of Education requires:

- The league designates an official COVID designee
- Required to report all COVID positive cases to the SCCOE
- Must remove anyone who has tested positive and follow the County of Santa Health departments before returning the league.

A face mask is required and must be worn properly by every person at all times while on the league fields and while participating in any league activity or in-person meeting. This includes players, coaches, managers, umpires, spectators.

A team and event e-mail must be sent to all teams, team managers, coaches, players/parents, and officials/referees in the week leading up to an event of play. The email should:

- encourage all event attendees to practice social distancing;
- explain that any person who is experiencing symptoms of sickness will be prohibited from attending the event/venue of play;
- make clear that all posted and published local- and state-regulated guidelines shall be followed.

A COVID Health clearance test may be required for all players, and adult staff prior to each practice and competition.

Are you currently experiencing any of these symptoms related to COVID-19?

1. A temperature of 100.4 degrees F (38 degree C) or greater
2. Cough
3. Shortness of Breath or difficulty breathing
4. Unusual Fatigue
5. New loss of taste or smell
6. I am NOT experiencing any of these symptoms.
7. In the past 10 days have you been in contact with someone who has tested positive for COVID19

Teams will remain in assigned pods.

Take proactive steps in creating social distancing environments, where possible.

- Inspect designated seating and viewing areas for fans.
- Minimize the use of fields at facilities to remain within the current mass-gathering limitations of the local jurisdiction.
- Create one-way entry and exit gates where possible, to direct foot traffic.

Minimize player contact:

- By eliminating team/player handshakes and team/player high fives.
- Create a plan to keep social distancing between teams in effect beyond the field of play.
- Suggest other means of game celebrations and team sportsmanship at the end of games (e.g., ask players to tip their caps/visors, or have teams bow to each other from across the field).

Directors, players, umpires and spectators must adhere to the guidelines from CDC, state and local authorities regarding potential state travel restrictions and stay-at-home orders, including return to state of residence.

In dugouts:

- 6 feet of social distancing is required.
- Players and a manager are only allowed in the dugout.
- No shared water coolers provided by the teams are allowed. Players must bring an individual water bottle. No sharing of individual water bottles.
- Each individual dugout must have a hand sanitizing station for participants and sanitizing wipes for equipment.

### **POST COVID-19 - Recommended Best Practices for the Field-of-Play:**

- Follow all local and state guidelines for facilities and events.
- The managers meeting at home plate should be limited to one coach from each team plus the umpires with 6 feet social distancing. No players at plate meetings. Eliminate the meeting if possible.
- Where possible, consider options for limiting both the pitching and the scorecard exchanges, in order to reduce person-to-person contact.
- Players assigned to infield defense positions on the various bases should keep a 6 feet distance when not engaged in a play.
- Allow teams to spread players out; expand the dugout area when room permits and only if player safety will not be compromised. Expansion of the team dugouts should not be done into foul ball areas. Attempt to limit bench personnel to essential team personnel.
- Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings. Encourage parents to wipe down player equipment after each practice/game.

- Require players to wear PPE items, as long as the items do not compromise the safety of any and all participants in the game.
- 1. Require teams to clean their dugout of all trash and other items after each game, and to wipe down (clean) hard surfaces such as benches, bat racks, etc.
- 2. Upon arriving at a dugout for the first time, teams are to disinfect hard surface areas (benches, bat racks, etc.). *Procedures #7 and #8 here will comply with the CDC recommendation of a two-step process for cleaning and disinfecting.*
- 3. Leagues should consider adjusting the playing formats and increasing the amount of time between games, to minimize overlap and traffic flow where needed.
- 4. Ban food and snacks, including the use of sunflower seeds.

### **POST COVID- Recommended General Best Practices**

1. Follow all local and state guidelines as well as facility and event guidelines for all team activities.
2. All spectators must maintain the 6 feet social distancing requirements and may not approach the dugouts or playing fields.
3. The bathrooms must contain sanitizing wipes and be cleaned prior to daily activities.
4. The snack shack will be closed until it can be safely opened.
5. Only one person at a time is permitted in the equipment room.
6. Before each practice equipment will be wiped down.
7. Only one person is permitted on the gator or golf cart at a time. Sanitized wipes will be located in the vehicles.
8. Hand washing stations may be placed at the snack shack area and at each of the fields.
9. COVID safety signage will be placed at visible locations at the fields.

10.  
**II. 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)/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 Branham Hills Girl 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 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 WARD(S) 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.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency Contact Name

\_\_\_\_\_  
Emergency Contact Number

III. State of California—Health and Human Services Agency  
California Department of Public Health

**TO:** All Californians

**SUBJECT:**

Outdoor and Indoor Youth and Recreational Adult Sports

**Updates since December 14, 2020:**

- Updated on January 25, 2021 to clarify that the Regional Stay at Home Order ended as a result of improvement of ICU projections throughout California.

**Summary**

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions and adapt the way they live and function in light of this ongoing risk. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. **The guidance applies to all organized youth sports** — including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports (hereafter youth and adult sports). This guidance does not apply to collegiate or professional sports.

**Sports Risk Profiles**

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, particularly when indoors, the higher the risk that a person with COVID-19 infection may spread it to others.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities that allow for consistent wearing of face coverings and physical distancing are lower risk than indoor activities that involve close contact between sports participants and high exertion that increases spread of exhaled particles and limits the ability to wear face coverings consistently. The competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

- Low-Contact Sports
  - Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.

- **Moderate-Contact Sports**
  - **Team sports that can be played with only incidental or intermittent close contact between participants.**
- High-Contact Sports
  - Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants. Indoor sports are higher risk than outdoor sports due to reduced ventilation.

For examples of different levels of sports by risk, see table below.

- **Factors Affecting the Risk of Transmission**
  - Risk increases for indoor activities; indoor sports are higher risk than outdoor sports due to reduced ventilation.
  - Risk increases when face coverings are not worn, and physical distancing is not maintained.
  - Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
  - Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
  - Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present

## **General Guidance for Youth and Adult Sports Participants, Coaches, Support Staff**

### **Face Coverings**

- Participants in youth and adults sports should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).<sup>1</sup>
- Observers must wear face coverings indoors, and comply with the CDPH [Guidance for the Use of Face Coverings](#), which broadly requires the use



of face coverings for both members of the public and workers in all public and workplace settings.

### **Physical Distancing**

- Participants in youth and adult sports should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- When observing, individuals must stay at least 6 feet from non-household members.

### **Hygiene and Equipment Sanitation**

- Shared equipment should be cleaned and disinfected before use by another person, group, or team.
- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
  - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Drink bottles must not be shared, and other personal items and equipment should not be shared.

### **Cohorting**

- Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions permitted as outlined below).

### **Observers**

- For youth sports (age 18 years and under), immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers.
- Observers must stay at least 6 feet from non-household members and wear face coverings

## **Additional Recommendations**

- Local health departments and school districts may have stricter rules and should be consulted to confirm what is allowed.

## **Permitted Youth and Recreational Adult Sports by County Tier**

- Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of county tier status. Such activities may be conducted indoors consistent with restrictions by Tier in the [Gym & Fitness Center Guidance Capacity](#).
- The Table below provides information on which categories of competitions are permitted in each Tier.
- The Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

## **Inter-Team Competitions**

- As transmission rates are increasing significantly in California, communities across California must act with caution and state agencies will carefully monitor epidemiological trends.
- Inter-team competitions (i.e., between two teams) may resume in California beginning January 25, 2021, based on the guidelines outlined in this document. The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.
- Teams must not participate in out-of-state tournaments; several multistate outbreaks have been reported in CA residents and around the nation.
- Inter-team competitions, meets, races, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized in the Table below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in the Table below.
- The county-based authorizations outlined in the Table below applies to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).
- Any tournaments or events that involve more than two teams are not currently permitted in California. Exceptions may be made, with authorization from the local health department, for the following sports where individual competitors from multiple teams are routine: track and field; cross-country; golf; skiing/snowboarding; tennis; and swimming/diving.

### **Returning to sports after infection (1)**

- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance for more serious infections.

**Table: Youth and Adult Recreational Sports\* Permitted by Current Tier of County**

<p style="text-align: center;"><b>Widespread Tier (Purple)</b></p> <p style="text-align: center;"><b>1†</b></p>	<p style="text-align: center;"><b>Substantial Tier (Red)</b></p> <p style="text-align: center;"><b>2†</b></p>	<p style="text-align: center;"><b>Moderate Tier (Orange)</b></p> <p style="text-align: center;"><b>3†</b></p>	<p style="text-align: center;"><b>Minimal Tier (Yellow)</b></p> <p style="text-align: center;"><b>4†</b></p>
<p><b>Outdoor low-contact sports</b></p> <ul style="list-style-type: none"> <li>• Archery</li> <li>• Badminton</li> <li>• Biking</li> <li>• Bocce</li> <li>• Corn hole</li> <li>• Cross country</li> <li>• Dance (no contact)</li> <li>• Disc golf</li> <li>• Golf</li> <li>• Ice and roller skating (no contact)</li> <li>• Lawn bowling</li> <li>• Martial arts (no contact)</li> <li>• Physical training programs (e.g., yoga, Zumba, Tai chi)</li> <li>• Pickleball (singles)</li> <li>• Rowing/crew (with 1 person)</li> <li>• Running</li> <li>• Shuffleboard</li> <li>• Skeet shooting</li> <li>• Skiing and snowboarding</li> <li>• Snowshoeing</li> <li>• Swimming and diving</li> <li>• Tennis</li> <li>• Track and field</li> <li>• Walking and hiking</li> </ul>	<p><b>Outdoor moderate-contact sports</b></p> <ul style="list-style-type: none"> <li>• Baseball</li> <li>• Cheerleading</li> <li>• Dodgeball</li> <li>• Field hockey</li> <li>• Gymnastics</li> <li>• Kickball</li> <li>• Lacrosse (girls/women)</li> <li>• Pickleball (doubles)</li> <li>• Softball</li> </ul>	<p><b>Outdoor high-contact sports</b></p> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Ice hockey</li> <li>• Lacrosse (boys/men)</li> <li>• Rugby</li> <li>• Rowing/crew (with 2 or more people)</li> <li>• Soccer</li> <li>• Volleyball</li> <li>• Water polo</li> </ul> <p><b>Indoor low-contact sports</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Curling</li> <li>• Dance (no contact)</li> <li>• Gymnastics</li> <li>• Ice skating (individual)</li> <li>• Physical training</li> <li>• Pickleball (singles)</li> <li>• Swimming and diving</li> <li>• Tennis</li> <li>• Track and field</li> <li>• Volleyball</li> </ul>	<p><b>Indoor moderate-contact sports</b></p> <ul style="list-style-type: none"> <li>• Cheerleading</li> <li>• Dance (intermittent contact)</li> <li>• Dodgeball</li> <li>• Kickball</li> <li>• Pickleball (doubles)</li> <li>• Racquetball</li> <li>• Squash</li> </ul> <p><b>Indoor high-contact sports</b></p> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Boxing</li> <li>• Ice hockey</li> <li>• Ice skating (pairs)</li> <li>• Martial arts</li> <li>• Roller derby</li> <li>• Soccer</li> <li>• Water polo</li> <li>• Wrestling</li> </ul>