



Flame Fastpitch Club – COVID 19, Return to Play Procedures

Under the Governor's Modified Phase 1 guidelines we will now be allowed to practice with players in small groups with up to 5 players and a coach.

We are developing a framework of safety protocols that we will be implementing immediately so that our teams can practice and play utilizing the current return to play guidelines and recommendations provided by the State.

Initial guidelines for lessons and practices for all players and coaches.

1. Players, and parents should maintain appropriate 6 foot spacing at all times before, during and after practice sessions unless they are from the same household. If 6 foot spacing is not possible, facemasks covering both the mouth and nose should be worn. Masks can be either the commercially available N95, or personal cloth mask but must be able to be worn both in the field and under a batting helmet as this may be a requirement at tournaments.
2. Required that parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between innings and during practices. Players must have a Face mask and sanitizer in their bags at all times – no exceptions - in case they are needed. If the tournament requires face masks to be worn one must be worn per the tournament rules, or you may choose not to participate in the tournament due to this rule.
3. Coaches must wear a mask at all times while practicing with players. There has been strong evidence that speaking loudly, singing, and other activities using a loud voice increases the output of virus carrying droplets so just to be on the safe side we will put that extra precaution into place.
4. Players should refrain from handling equipment from other players. If a situation arises where there is a potential to have to touch another players equipment (such as a game or scrimmage situation where the on deck hitter must grab the prior hitter's bat) player must be wearing a facemask, and must sanitize hands prior to touching or removing their facemask.
5. Coaches must be diligent in monitoring players at all times to ensure strict adherence to social distancing rules and sanitization procedures.

Tournaments or Games

1. Follow all local and state and Tournament guidelines for facilities and events.
2. The managers meeting at home plate should be limited to one coach from each team plus the umpires.
3. No players at plate meeting. Eliminate the meeting if possible.
4. Where possible, consider options for limiting both the pitching and the scorecard exchanges, in order to reduce person-to-person contact.



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Procedures for Coaches, Players, or Family members show have been exposed to, or are showing symptoms of having the COVID – 19 virus.

1. If you or a family member in your household is showing any symptoms of COVID – 19 everyone in the household should self-quarantine for a minimum of 14 days or until one of the following occurs.
 - a. An individual receives a COVID anti-body test and receives results showing that that they are positive for the anti-body and are no longer susceptible for infection.
 - b. Individuals who receive a positive test result for an active infection and 3 days have passed since **ALL** symptoms have subsided.
 - c. An individual who tests positive not showing symptoms (Asymptomatic) and 7 days have passed since receiving the test results.
2. If you or a family member shows any of the following symptoms, they should self-quarantine and contact their doctor immediately to schedule a test for the virus. Contact should also be made with anyone that was in close contact (6 foot distance, or in a confined space with for an extended amount of time such as a car, a small room, or touched an item that was handled by that family member to inform them that they may have been exposed to the virus. A follow up should be made with those individuals as soon as the test results are received to let them know if they were exposed.

COVID – 19 Symptoms (not all individuals will show all symptoms and may not show any)

- Fever
- Cough
- Shortness of breath
- Chills, muscle pain or headache
- Sore throat
- Loss of taste or smell.



RETURN TO PLAY WAIVER

In consideration of being allowed to participate in any way in the Flame Fastpitch Organization athletics/sports program, related events and activities, the undersigned acknowledges, and agrees that:

1. The risk of injury and/or illness from the activities involved in the program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist;
2. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that I could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease;
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume all full responsibility for my participation;
4. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest coach immediately;
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Flame Fastpitch Organization, their officers, officials, agents other participants, sponsoring agencies, and if applicable, owners and lessors of the premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
6. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, BEFORE SIGNING BELOW, I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO IT ON MY OWN BEHALF OR ON BEHALF OF THE YOUTH PARTICIPANT ASSOCIATED WITH THIS GUARDIAN ACCOUNT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Date: _____

Print Adult Name: _____

Team: _____

Adult Signature: _____

Player Name: _____