

## **Diablo Diamonds Safety and Health Procedures: (February 2021)**

### **Safety Objectives:**

The Diablo Diamonds organization is committed to making the health and safety of our players, coaches and family members our top priority. In addition to ensuring compliance with local regulations, we have implemented several procedures and guidelines to help limit exposure and minimize the risk of transmitting COVID-19 during practices. We expect all players, coaches and parents to acknowledge and adhere to these best practices and will not tolerate any unsafe or risky behavior.

### **Participation in team Cohorts:**

For practices the requirements are typically outlined for us as part of our field permit and will be followed. Current guidelines require that practices will consist of no more than 14 girls (participants) and a maximum of 2 Coaches. The practice cohorts will be maintained for a minimum time period to ensure that we have stable groups and we will track these group if changes occur. Neither participants nor coaches of a particular practice cohort may participate in any other team cohort, Children's Extracurricular Activity Unit or youth activity group while participating on the Diablo Diamonds team cohort. If there is more than 1 cohort group, each group will have separate schedules and will not share practice facilities at the same time.

***Updated 2/11/21, following the state guidelines on cohorts the city confirmed on 2/9/21 to Diablo Diamonds that we can exceed 2 coaches (if team has fewer players, example during high school season) if we keep within cohort maximum of 16 as long as we are keeping consistent teams and follow the other safety procedures.***

Parents/Guardians of participants and coaches must sign the COVID-19 release waiver and the Diablo Diamonds waiver before being allowed to attend any practice group session. These waivers will be kept on file.

### **COVID-19 Procedures:**

Any coach or participant who is suffering from symptoms related to COVID-19 including fever, cough, sore throat, sneezing, body aches, loss of sense of smell, difficulty breathing, or fatigue will be instructed to stay home.

### **Arrival Procedures:**

Before each practice session, a coach will set up a check in station which will consist of hand sanitizer, a no-contact thermometer and our checklist. The following items will take place before starting practice and will be tracked using the practice checklist:

- Disinfected field gate handles as needed (field entry points)
- Coaches will perform a Health Check for both coaches and participants (see Health Check Procedures below) upon arrival
- The dugout will be off limits, this eliminates confined space that contributes to risk
- The players will place their own equipment at least 6 feet away from other's equipment, outside dugout down the fence line (coaches will confirm setup prior to the start of practice)
- Everyone will use hand sanitizer (supplied by the team) to clean their hands prior to starting practice

### **Health Check Procedures:**

- Coaches will sanitize hands, and wear a face mask when performing Health Checks
- Screening Procedure

- Coaches will make a visual inspection of the child for signs of illness which may include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or irritability
- Participants will be asked if they have shown any symptoms and if they have been in contact with anyone suspected of, or diagnosed with, COVID-19
- Temperature Check, participants must have a temperature below 100.4°F (38°C) to be allowed to practice (If initially the temperature is high we will have the participant sit to the side and wait a few minutes to try the temperature again).

#### General Procedures:

Participants will not share any personal equipment including gloves, masks, batting helmets, bats etc.. Only softballs and field items, such as bases and cones, can be shared. All balls will be disinfected by the coaches between practice sessions. When possible, participants will try to maintain a minimum distance of 6 feet from each other while on the field. Participants will use hand sanitizer as directed by the coaches between drills during practice.

#### Face Masks:

- Coaches will wear face masks during the practice (unless significant distance is kept)
- Participants will wear face masks unless the coaches believe they can maintain 10ft or further separation from each other.

Parents will be allowed to watch the practice from a distance and must adhere to social distancing and personal protection equipment rules. Parents are not allowed near the playing field.

Participants must bring their own water and snacks. Any type of wrapping or packaging must be brought home by the participant and not left at the field. There is absolutely no sharing of water or snacks and parents will not be allowed to bring a group snack. If the participant arrives without water they will not be allowed to participate in strenuous activity until water is provided by their guardian.

To help insure the safety of all participants, coaches and family members, we require parents/guardians to follow these steps prior to each practice group session:

- Taking the participants temperature before arrival at the practice
- Reporting If participant displays illness consistent with COVID-19 symptoms while away from practice
- Reporting if the participant or family members have been in contact with anyone who has COVID-19 or is suspected to have COVID-19
- Sick participants and people who have been in contact with someone who has or is suspected to have COVID-19 should not be brought to the program and will not be admitted
  - “Sick” is someone exhibiting symptoms which include, but are not limited to: cough, shortness of breath, fever (temp 100.4°F or higher), sore throat, chills, vomiting, and/or diarrhea

All coaches and participants will be required to use hand sanitizer when returning to the field after using the restrooms.

All coaches and participants will disinfect their hands at the end of the session prior to leaving.

While departing the field at the end of practice all coaches and participants will wear a face mask.