

Golden Valley Girls Softball COVID-19 Preparedness Plan – 2021 Season

Golden Valley Girls Softball is committed to providing a fun and safe slow pitch softball experience for all GVGS players, coaches, volunteers, and families. While GVGS cannot eliminate the risk of exposure to COVID-19, our goal is to reduce the risk and the potential for transmission of COVID-19.

These guidelines were developed in compliance with current federal, state, and Golden Valley orders and guidance and is subject to change in the future. These guidelines also may be changed in GVGS's discretion, provided they will continue to comply with applicable orders and guidance.

These guidelines apply to all GVGS activities during the 2021 season including, but not limited to, evaluations, practices, and games. All players, coaches, volunteers, families, and umpires are expected to comply with these guidelines. It takes all of us to make sure we can play this season!

The COVID-19 Preparedness Plan is administered by Mark Chamberlain, GVGS's Registration Director, who maintains the overall authority and responsibility for the plan. Mr. Chamberlain can be reached at 612-272-3542 or mark.chamberlain@gmail.com. If anyone has suggestions or concerns related to GVGS's COVID-19 Preparedness Plan, they should contact Mark Chamberlain or another member of the GVGS Board.

All players, coaches, volunteers and families are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve our COVID-19 Preparedness Plan. GVGS's Board and coaches have our full support in enforcing the provisions of this plan.

General

1. It is GVGS's intent to follow all federal, state, and local guidelines
2. Players, coaches, and volunteers are prohibited from attending any practice, game, or other GVGS activity if any of the following applies:
 - They are experiencing any COVID-19 symptoms
 - They tested positive for COVID-19
 - They have had close contact with a person who has tested positive for COVID-19 or who has symptoms of COVID-19
 - Those with symptoms will be allowed to return once they meet the required CDC guidance.

COVID-19 symptoms include:

- Fever or chills

- Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
3. If any of the items listed in #2 above apply, promptly inform Mark Chamberlain, GVGS's COVID-19 Preparedness Plan Administrator, at 612-272-3542 or mark.chamberlain@gmail.com
 4. If a player, coach, or volunteer begins to feel sick while at a practice, game, or other GVGS activity, they should immediately inform the coach, isolate themselves and leave the field. If the individual is a player who is a minor, a coach will stay with the player until the player has left the field with the player's parent or guardian. Any such illness should be promptly reported to GVGS's COVID-19 Preparedness Plan Administrator, Mark Chamberlain, at 612-272-3542 or mark.chamberlain@gmail.com.
 5. Teams arriving to a field must wait until an existing team leaves the dugout area before taking the field.

Face Coverings

The following is in accordance with the most recent guidance from the Minnesota Department of Health, issued on May 6, 2021.

- For participants:
 - Face coverings are not required but are recommended when social distancing cannot be maintained. Participants also should consider testing weekly if not wearing a face covering during practice or play.
 - Physical distancing is recommended when not playing (e.g., in the dugout).
 - Players who wear face coverings are encouraged to bring extra face coverings to practices and games so they can switch them if they get dirty or wet.
- For spectators:
 - Face coverings are recommended. In the unlikely event 500 or more spectators are at an event, then face coverings would be required of

spectators until such time as the face covering requirement set forth by the Governor/Minnesota Department of Health ends.

- Physical distancing is recommended.

Per the MDH:

- For the best protection against COVID-19, a face covering must have at least two layers of tightly-woven fabric, cover the nose and mouth completely and fit snugly against the face without gaps.
- Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandanna, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.
- Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask.

Testing

MDH strongly recommends that all participants get tested weekly for COVID-19.

Sanitizer

Players and coaches should bring hand sanitizer (with at least 60% alcohol) and/or antibacterial wipes to every practice and game and should use it regularly. Players and coaches are encouraged to sanitize their hands upon arrival at the field, upon leaving the field, and regularly during practices and games.

Dugouts

Dugouts may be used. In 2021, players who are not practicing or in a game can sit or stand outside (but not in front of) the dugout or on the bleachers if available; players can bring their own chairs to use. Physical distancing and wearing of face coverings is recommended in the dugouts.

Equipment

1. Players are encouraged to have their own equipment and not to share their equipment with others. *In 2021, players will be allowed to use their own bats, provided such bats meet league requirements, which can be found here: <https://bit.ly/GVGSBats>

2. For league equipment, the following guidelines will apply.
 - *Batting helmets:* Once a league batting helmet has been used, it should be sprayed or wiped with sanitizer before being used by another player.
 - *Catcher helmets:* Once a league catcher helmet has been used, it should be sprayed or wiped with sanitizer before being used by another player.
 - *Pitching masks:* Once a league pitching mask has been used, it should be sprayed or wiped with sanitizer before being used by another player.

Food

1. Players should each have their own water bottle for all practices and games and should not share their water with others
2. No Sunflower seeds or other food items (except water) that will not be fully consumed are allowed on or near the fields
3. If there will be team snacks, they must come pre-packaged in individual items. No homemade food is allowed as a team snack

Weather

Currently, the warming house at each of our fields must remain closed (other than the bathrooms) per the city of Golden Valley, except in the case of an emergency (such as severe weather). If inclement weather is forecast or occurs during a practice or game, practices and games may need to be cancelled due to the lack of an adequate shelter. Parents who drop off their kids should promptly return to the field to pick them up in the event inclement weather develops.

Return to Play After COVID-19 or Exposure to COVID-19

General Requirements:

If a player, coach, volunteer, or umpire exhibits any COVID symptoms, they should promptly inform Mark Chamberlain, GVGS's COVID-19 Preparedness Plan Administrator, at 612-272-3542 or mark.chamberlain@gmail.com. The individual is not allowed to participate in GVGS activities until one of the following things happen or as otherwise advised by the Minnesota Department of Health or Centers for Disease Control and Prevention:

- At least 10 days have passed since the onset of symptoms (note that for some people with severe illness, this may be extended to 20 days), **and**

- The individual has been fever-free, without medicine, for at least 24 hours, **and**
- Other symptoms have improved.

If a player, coach, volunteer, or umpire has been exposed to COVID-19 (e.g., a member of the player's primary household tests positive for COVID-19), they should promptly inform Mark Chamberlain, GVGS's COVID-19 Preparedness Plan Administrator/Coordinator, at 612-272-3542 or mark.chamberlain@gmail.com.

Before resuming GVGS activities, the individual must quarantine for a minimum of 14 days. The quarantine period may be shortened if:

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone who has COVID-19.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.
- The person had a defined exposure, meaning a known exposure with a beginning and an end. Examples could be someone who was exposed:
 - At school or a sporting activity.
 - During a shift at work or while on break.
 - At a social gathering or event, like a party or funeral.
 - Note: For someone who is under quarantine after traveling outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety and security, the "exposure" period ends upon arrival back home.

If all of the above conditions are true, quarantine may be shorted as follows:

- 10 days without testing, or
- 7 days if the individual received a negative PCR test (not an antigen test or antibody/blood test), provided the negative test occurred on day five after or exposure or later.

After stopping quarantine, an individual must wear a mask for the balance of the 14-day period and stay 6 feet from others. If any symptoms occur, the individual must isolate from others right away and get tested.

Days are counted as follows: The day of exposure is considered day 0. An individual may resume GVGS activities the day after the quarantine ends (e.g., a 14-day quarantine period means the individual may resume activities on day 15).

The above return to play criteria are based on current MDH and CDC guidance. GVGS will consult with the Minnesota Department of Health and/or other health professionals as it deems appropriate and may modify the return to play criteria based on such consultations.

Individuals Who Do Not Need to Quarantine:

- The following individuals do not need to quarantine after being exposed to COVID-19:

Vaccinated Individual: Someone who has completed COVID-19 vaccination (two doses in a two-dose series or one dose in a one dose series) if both of the following are true:

- The exposure was at least 14 days after their vaccination series was fully completed; and
- They do not currently have any COVID-19 symptoms.

Recovered Individual: Someone who has recovered from COVID-19 in the past 90 days if all of the following are true:

- Their illness was laboratory confirmed in the past 90 days;
- They have fully recovered; and
- They do not currently have any COVID-19 symptoms.