

6-14-2020

COVID-19 Preparedness Plan for Cardinal Power Fastpitch

Cardinal Power Fastpitch is committed to providing a safe and healthy environment. To ensure we have a safe and healthy environment, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, players, umpires, and families are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our communities, and that requires full cooperation among everyone in attendance. Only through this cooperative effort can we establish and maintain the safety and health of all persons.

Coaches and a COVID representative are responsible for implementing this COVID-19 Preparedness Plan. Cardinal Power association board members have full support in enforcing the provisions of this policy.

Our players are our most important assets. We are serious about the safety and health of our players at Cardinal Power Fastpitch. Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders. The plan addresses the following:

1. policies and procedures that assist in the identification of sick team members and ensure they stay home.
2. implementation of engineering and administrative controls for social distancing.
3. Team member hygiene and source controls.
4. cleaning and disinfecting protocols.
5. drop-off, pick-up and delivery practices, and protocols; and
6. communications, training and supervision practices and protocols.

1. Policies and procedures that assist in the identification of sick team members and ensure they stay home

Families have been informed of and are encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess team members' health status prior to attending and to report to coaches when they are sick or experiencing symptoms. Coaches, players, umpires, and families are attending at their own risk and Cardinal Power Fastpitch is not liable for potential exposure of COVID-19.

Cardinal Power Fastpitch has implemented policies that promote players staying at home when they are sick, when household members are sick, or when they are required to isolate or quarantine themselves or a member of their household.

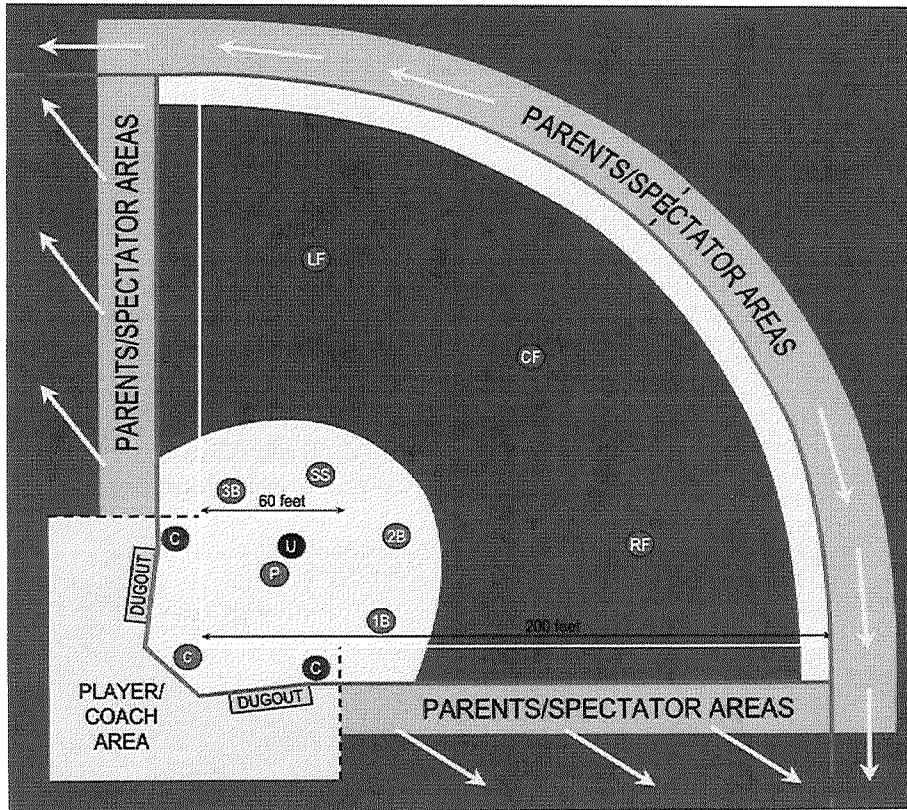
- Each team must keep an accurate book of both teams including contact information. In the case of someone getting infected this document will be necessary for the Minnesota Department of Health (MDH) to perform contact tracing.
- Organizers must post these guidelines at their facilities, where applicable, and disseminate them to all coaches, umpires, players, and parents.
- Organizers must contact the MDH about any suspected case of COVID-19 or known exposure.
- These guidelines should be communicated to all organizers for dissemination to coaches, umpires, and parents and posted at facilities.
- Venue operators should post signage promoting physical distancing including directing foot traffic and outline spectator areas.
- Organizers should regularly communicate to their coaches, umpires, players, and parents that they should stay home should they be experiencing any symptoms.

2. Social distancing – maintaining six feet of physical distancing

Social distancing of six feet will be implemented and maintained between anyone in attendance through the following protocols: See attached softball diamond layout.

All participants must maintain six feet distance from any other person.

- Practice and game start times must be staggered, so a team has left the field before the next team arrives.
- Whenever possible, everyone should enter and exit through designated areas that are different from each other.
- Prohibit gathering and congregating on and around fields.
- Participants should enter and leave the field in a timely fashion and not congregate.
- Team meetings should occur virtually or over the phone, rather than a team huddle.
- Hand washing or hand sanitizing, when soap and water is not available, is strongly recommended when arriving to and leaving the venue.
- Ridesharing should be kept at a minimum.



3. Player hygiene and source controls

- **Must maintain six feet distance, whenever possible, from any other person.**
- No spitting, chewing gum or eating sunflower seeds.
- No sharing of food or drinks.
- No touch rule – players must refrain from high fives, handshake line, and any other physical contact with teammates, opposing players, coaches, umpires, and spectators. A “tip of the cap” will be used as a salute to the opposing team to promote sportsmanship following the game.
- Whenever possible, equipment and personal items should have proper sanitation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
 - Batting gloves should be worn whenever possible, especially when handling a bat.
 - Hand sanitizing is strongly recommended during practices and games.
 - Wearing a face covering, when not actively participating in the field of play, is recommended.

4. Coaches protocols

- **Must maintain six feet distance from any other person.**
- Repeatedly remind players not to touch their faces.
- Up to four coaches, including one COVID-19 safety manager, permitted for a practice or game.
- Must conduct a daily symptom assessment and stay home if experiencing symptoms.
- No spitting, chewing gum or eating sunflower seeds.
- No sharing of food or drinks.
- No touch rule – coaches must refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, umpires, and spectators. A “tip of the cap” will be used as a salute to the opposing team to promote sportsmanship following the game.
- Each team is responsible for bringing hand sanitizing products to practices and games and use of sanitizer between innings is recommended.
- Coaches should ensure the players are adhering to social distancing in dugouts and other seating areas.

5. Cleaning and disinfection protocols

Regular housekeeping practices are being implemented, including routine sanitizing of the area and frequent sanitizing of high-touch areas.

- All athletes must maintain six feet distance, whenever possible, from any other person.
- No more than one team per field for a practice and games.
- Players and coaches must be separated into groups of no more than 25 for a practice and game.
- Groups must maintain distance from each other and not mix during the entire duration.
- Equipment will be sanitized as needed and after each practice and games.
- Each team is responsible for bringing hand sanitizing products to practices and games.
- Each team should sanitize the dugout bench before, during, and after each practice and games.
- Hand sanitizing is strongly recommended.
- When there is a play at a base, the runner and fielder should resume physical distance immediately upon completion of the play.

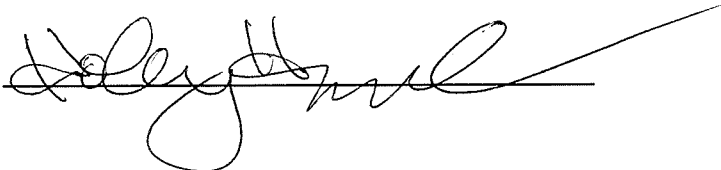
Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications, and are being used with required personal protective equipment for the product.

6. Communications, training and supervision practices and protocols

This COVID-19 Preparedness Plan was communicated to players, workers, and families via email, the Cardinal Power Fastpitch website, and Cardinal Power Fastpitch social media on June 14, 2020. Any ongoing communications and updates will occur via email, the Cardinal Power Fastpitch website, and Cardinal Power Fastpitch social media as necessary. Coaches and COVID-19 rep are to monitor how effective the program has been implemented by consistently sharing the plan with members, answering questions about the plan, and enforcing the guidelines set forth. Coaches, players, workers, and families are to work through this new program together and update the training, as necessary. This COVID-19 Preparedness Plan has been certified by Cardinal Power Fastpitch board members and was posted throughout the association on June 14, 2020. It will be updated, as necessary.

Certified By:

Holly Hazard, Cardinal Power Fastpitch Board Member/COVID Coordinator

A handwritten signature in black ink, appearing to read 'Holly Hazard', written over a horizontal line.