



## Montrose Softball League Association 2021 Health & Wellness Plan

*Let's Stay Safe, Together.*

VERSION 1.19.2021

MSLA Members and Fans,

The highest priority of the Montrose Softball League Association (MSLA) is the safety and wellbeing of our members, players and all those involved in our organization and league play. Please review, in-full, the details outlined in our 2021 Health and Wellness Plan. These include things to know about the COVID-19 pandemic, how to protect yourself and others and specific game day safety protocols.

It is critical that we all remain vigilant in our efforts to maintain a safe environment, to mitigate the risk to yourself and others and to prevent the spread of COVID-19.

If you need any support or have questions about the health and wellness plan, please e-mail the following:

**Cassidy Cryer, Commissioner**

[cassidy@houstonmsla.org](mailto:cassidy@houstonmsla.org)

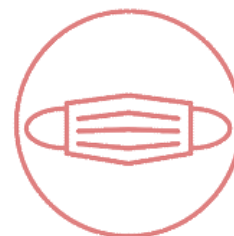
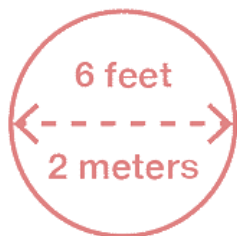
**Brian Crumby, Assistant Commissioner**

[brianc@houstonmsla.org](mailto:brianc@houstonmsla.org)

We'll continue to monitor the COVID-19 pandemic and its affects on our organization, members and community. If any changes are made to our plan, we will communicate accordingly.

*Let's Stay Safe, Together.*

MSLA Board of Trustees





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### **MSLA COVID-19 DISCLAIMER & RELEASE** *(Required at Team and Individual Registration)*

The novel coronavirus, COVID-19, has been declared a worldwide pandemic. COVID-19 is reported to be extremely contagious. The exact methods of spread and contraction are unknown, but the virus is believed to spread from person-to-person, by contact with contaminated objects, and even possibly in the air. People reportedly can be infected and show no symptoms yet still spread the disease. COVID-19 is reported to cause serious illness and death. Montrose Softball League Association (MSLA) and its representatives cannot prevent you from becoming exposed to, contracting, or spreading COVID-19 while on their premises, at an MSLA event or activity, or performing any action for or on behalf of MSLA or its representatives. Any in-person interaction with, at, or for MSLA may increase the risk of contracting or spreading COVID-19.

I agree and understand these specific risks and nonetheless accept them in order to utilize MSLA's services and attend an event or activity. I accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order to participate in person rather than not participating at all. I further hereby forever release and waive all claims and rights against the MSLA Parties in connection with exposure, infection, and/or spread of COVID-19 related to utilizing their services, attending events or activities or interacting with their members or attendees. I understand that this release and waiver means I give up my right to bring any claims including for personal injuries, death, disease, property losses, or any other loss that may be released and waived under applicable law, including, but not limited to, claims of negligence, and I understand that this release and waiver prevents me from seeking damages in any way against the MSLA Parties, whether such damages are known or unknown, foreseen or unforeseen, or that occur now or in the future.

### **MSLA DUTY OF CARE & CDC GUIDANCE**

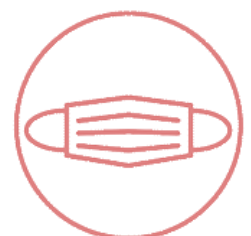
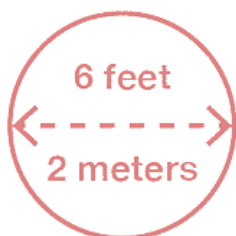
For full CDC details on COVID-19, please visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>.

### **HOW TO PROTECT YOURSELF & OTHERS**

- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Stay 6 feet apart from others who don't live with you, when possible.
- Avoid crowds and congregation.
- Avoid poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.
- Stay home if you're sick.

### **WHAT SYMPTOMS TO WATCH FOR**

The most common symptoms of COVID-19 are fever, cough, headaches, fatigue, muscle or body aches, loss of taste or smell, sore throat, nausea and diarrhea. If someone has trouble breathing, chest pain or pressure or difficulty staying awake, get medical care immediately.





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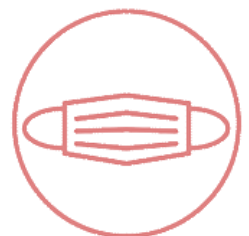
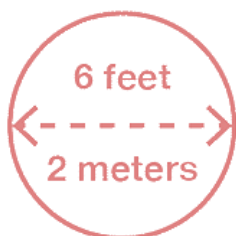
### GAME DAY SAFETY PROTOCOLS

#### BEFORE ENTRY TO THE FACILITY OR PARK

- Take your temperature before arriving at the facility or park. Stay home with a temperature of 100.4 (F) or higher.
- Masks must be worn (nose and mouth covered) to enter the facility or park. Masks are strongly suggested when you are not able to maintain distance from others. Acceptable types of masks include surgical masks, cloth masks, bandanas and gaiters.
- Members should arrive no earlier than 45 minutes before their first scheduled game, if possible.
- Before arrival and at entry, members and spectators should answer “no” to the following questions. If a member or spectator answers “yes” to one or more of these questions, the member must stay home. For any concerns, please contact an MSLA Board Member.
  1. *Have you been told to quarantine or self-isolate by a physician or government agent due to COVID-19?*
  2. *Have you had contact with a positive or suspect-positive COVID-19 individual in the past 14 days?*
  3. *Are you currently experiencing any COVID-19 symptoms that cannot be attributed to another health condition?*

#### ONCE INSIDE THE FACILITY OR PARK

- Masks must be worn, when required. Masks are highly encouraged and should be worn (nose and mouth covered), when not participating in a game or when you are unable to maintain distance from others.
- Maintain social distancing, when possible. Limit congregation and group gatherings, especially indoors.
- Leave the park or facility when your last scheduled game concludes.
- Wash your hands and utilize hand sanitizer regularly.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched or shared surfaces regularly.
- Limit or avoid contact with others.
- Do not share food or beverage products with others. Members will be permitted to bring their own water into the facility or park. No other food and/or beverage products will be permitted.





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### GAME DAY SAFETY PROTOCOLS (continued)

#### DURING GAMES AT THE FACILITY OR PARK

- Limit the amount of people in the dugout. Only rostered team members are permitted in the dugout, and masks are strongly encouraged while in the dugout.
- Hand sanitizer will be provided by MSLA in each dugout.
- At the start of the game, the coach or designated representative must wear a mask when visiting with the umpire. The umpire will provide each team with a new ball to use while they are on defense. If a ball goes out of play, a new ball will be provided or the existing ball must be sanitized before use.
- Bats should be wiped down with approved and MSLA provided sanitation wipes or spray at the start of the game and between each half inning by the upcoming offensive team. Defensive players should not touch bats.
- The home-plate umpire and catcher are required to wear a mask while in the field of play. The batter is required to wear a mask while in the batter's box and can remove the mask once on base or when called out.
- Base coaches are required to wear a mask while in the field of play.
- Masks are strongly encouraged for all other coaches, fielders, batters and baserunners.
- Batting gloves should not be shared and are recommended for batters. Batting gloves can be worn by defensive players, other than the pitcher.
- Batters should never spit into their hands or on the bat before batting. Batters are encouraged to sanitize their hands before and after batting.
- During the game, when possible, avoid contact with others.
- Team huddles should be limited and distanced.
- High-five lines are not permitted at the end of the game.
- Single scorekeeping sheets will be provided, and teams should provide their own writing instruments.

***MSLA reserves the right to modify the safety and wellness plan and any other protocols/procedures, as needed.***

***MSLA members and participants are required to follow the guidelines and protocols established by MSLA, the facility/park, and those of regional health and governmental authorities. Failure to comply may result in individual and/or team consequences.***

