

Greater Denver Area Sports Association 2021 Softball Season Precautionary and Safety Guidelines



The following guidelines were created from the State of Colorado and City & County of Denver's recommendations and are in place for the well-being of all members, umpires, and spectators. GDASA Board members and City & County of Denver staff can enforce the adherence of all guidelines throughout the season.

GENERAL MEASURES

- Participants must stay home if sick, exhibiting COVID-19 symptoms or have been in recent contact with someone diagnosed with COVID-19. This includes:
 - Anyone with an underlying medical condition that classifies them as “high risk”.
 - Anyone showing any signs of sickness. Symptoms include fever, cough, shortness of breath now or in the last 2-14 days.
 - Self or member of the same household who has been to/had contact with someone that has visited any restricted travel advisory locations listed on the CDC site within 14 days.
 - Been in close contact with anyone in the past 14 days who has been diagnosed with COVID-19.
- Ensure compliance with capacity limits. Adhere to the guideline of having a maximum of 25 players at a time per field (including practices and games), excluding coaches or referees/umpires,
- Do not share snacks or water, except in emergency situations.
- Use personal equipment such as bats, mitts, rackets, etc., as much as possible
- Practice physical distancing of 6 feet from other households during time at the fields
- While GDASA will have sanitizer and sprays at select locations in field complex, all should bring their own personal hand sanitizer, wipes, sprays to use while at the fields.

MASKS

- Masks are required if walking around. If you are at your chair (spectators) or playing you are not required to wear a mask.
- A mask is required if you are around anyone unless on the field and actively involved in the game.
- If you are part of the current game and exit the field for personal reasons or to use the restroom, you must wear a mask.

ENTERING THE PARK

- Upon entering the premises:
 - In order to maintain health compliance contact information, player check in and spectator information will be recorded to support local public health contact tracing efforts if exposures occur.
 - Everyone (players, umpires, spectators & support staff) will be checked in and will need to sign a waiver.
 - Everyone will be reminded of the precautionary measures.
 - Everyone must sanitize their hands before entering. GDASA will have sanitizer at the entrance for those entering the fields.

COACHES

- Coaches are highly recommended to wear masks even when on the field.
- Coaches must maintain a physical distance of a minimum of 6 ft from umpires during interaction.
- Coaches are asked to leave the facility (parking lot included) upon completion of the game.

TEAMS/PLAYERS

- We ask that players enter the complex no more than 30 minutes before their game time to help with capacity requirements.
- Sharing of player equipment without sanitization between use is discouraged.
- While waiting for a team's game, teams/players need to physically distance themselves appropriately.
- Sunflower seeds (or anything else spit from a person's mouth) is not allowed.
- Sharing of food and drinks is discouraged.
- Players are not required to stay in the dugout during their game.
- Players are able to distance themselves by staying along the fence outside of the field of play.
- Team huddles are not allowed.
- Team meetings or rituals must follow 6 ft physical distancing guidelines.
- Post-game: Players and coaches may leave their dugout to enter the field but not go beyond baselines to acknowledge the other team in a positive way. Ex. Saying good game, thumbs up, applause, tip your cap. Rituals must follow 6 ft physical distancing guidelines.
- Teams and players should disinfect equipment after every game/practice.
- Teams are required to remove all trash and other items before and after each game and wipe down hard surfaces such as benches, bat racks, etc. with the sanitizing products.
- Teams are asked to leave the facility (parking lot included) upon completion of the game.
- If a team is waiting for their next game, they need to follow physical distancing guidelines.

SPECTATORS

- While Spectators are strongly discouraged, we recognize the social, family aspect of spectators.
- Bleachers will be closed to spectators. Spectators should bring their own chairs/blankets and will be expected to follow the 6 ft physical distancing guidelines.
- Members from different households maintain at least 6 feet of physical distance from each other.
- Masks should be worn at all times unless you are sitting in your chair.
- All spectators must have their own set of anti-bacterial wipes and/or hand sanitizer to disinfect shared equipment and frequently clean hands.
- Spectators may not retrieve softballs hit out of play.
- Sunflower seeds (or anything else spit from a person's mouth) are not allowed.
- Sharing of food and drinks is discouraged.
- Fans are asked to leave the facility (parking lot included) upon completion of the game.
- Tailgating and other similar gatherings are not allowed.

GDASA COMMITS TO

- The health and safety of all players, umpires, staff and spectators.
- If people don't have a mask, we will have one for them.
- Frequently clean and sanitize common touch points.
- Provide hand sanitizer or facilities for hand washing.
- Provide sanitizer spray for use by others if needed.
- Constant communication throughout the season.

WHAT YOU CAN DO FOR YOU AND THOSE AROUND YOU



Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others.

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, i.e. to the grocery store or to pick up other necessities.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for physical distancing.

Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes after exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.