



Quick Reference Checklist for Players

PLAYERS

Updated June 2, 2021

This checklist has been created to help you stay within the guidelines of Ontario Amateur Softball Association (OASA) [Return to Play](#) for practices, tryouts, camps, clinics, and training sessions.

Do not attend if you have any flu-like symptoms, coughing, sneezing, fever, etc.

Do not attend if you have been in contact with anyone who is sick or not feeling well, or if you fail the self-assessment.

Complete the screening questions before arrival at the diamond or facility

Physical Distance is always in effect. Practice physical distancing by staying a minimum of two (2) meters or 6 feet away from other people, if possible, except for brief exchanges.

WHAT YOU NEED TO DO:

Follow all Signage instructions

Always maintain Physical Distancing

Sanitize your hands before, after and during each session

Follow all First Aid protocols and safeguards for any required treatment, including physical distancing

WHAT NOT TO DO:

No using saliva to moisten hands or fingers

No sharing of water bottles

No sharing of food of any kind

No spitting, No chewing gum, No sunflower seeds

No sharing of personal helmets

No sharing of catcher's masks

No sharing of any other equipment

No sharing of personal items like sunglasses, ball caps or sunscreen

Offensive players never touch the softball, defensive players never touch the bat

Do not shake hands or high five to celebrate

Do not stay at the diamond before or after your session