



“Back to the Fields”

COMMUNICABLE DISEASE MANAGEMENT PLAN/GUIDELINES

2021

These guidelines are a living document, subject to change at any time due to changes by state, local, and federal governments that are unforeseen and as yet, unknown. Coaches and parents are expected to ensure their behavior and decision making are in line with the most current “NAFA Back to The Fields Guidelines” to ensure compliance and safety.



INTRODUCTION

Local, State & Federal government restrictions around the COVID-19 pandemic have impacted our lives and our sport. At NAFA we have always worked to provide a safe environment for teams, coaches, and spectators to play and enjoy fastpitch.

During these unprecedented times, our mission remains the same. The “Back to The Fields” Guidelines have been prepared based upon current guidance from the Centers for Disease Control & Prevention, as well as those specific to Oregon issued by the Governor and other authorities, to help teams return to the fields. There is a certain amount of assumed risk in playing softball; however, COVID-19 creates potential new risks.

While guidelines are established and put into action, there will still be times when social distancing measures will not always be possible during the course of a tournament. Inherent risks, which all participants need to acknowledge and assume, are unavoidable and while reasonable measures are being taken by NAFA directors and staff, a liability waiver must be signed for all coaches, players, and spectators who attend a NAFA event.

NAFA understands the passion and desire to get back on the fields, however, until there is a vaccine, cure, or treatment found for COVID-19, we strongly recommend that players, coaches, and all spectators adhere to the guidelines and safety precautions presented herein. The information and guidelines are not meant to replace those given, at any time, by the CDC or other governing bodies, nor should they replace any professional medical advice, or opinions. NAFA does not assume any liability or responsibility for the recommendations herein.

Further, NAFA does not assume any liability or responsibility for the health or safety, specifically in regards to the contraction of COVID-19 or any medical issues related to the contraction of COVID-19, by any player, coach, spectator or staff who choose to participate in a NAFA event. Members of the community who have been determined by the CDC, or their medical professional, to be ‘high-risk’ should continue to shelter in place and not participate in attending a NAFA event during this time.

In accordance with state guidelines, information will be requested and kept as needed for use in contact tracing.

Every player and coach participating in a NAFA 2020 Event or Tournament must sign the waiver of liability specific to the risks of COVID-19. This is in addition to the standard NAFA waiver required for play.



GENERAL HEALTH COVID-19 BACK TO THE FIELDS GUIDELINES:

- 1) Staff, players, coaches, and spectators are strictly prohibited from entering the complex or participating in any NAFA event if they have any COVID-19 like symptoms. "COVID-19 symptoms" means any or all of the following: fever and new cough (cough without a known, pre-existing non-COVID 19 cause such as allergies or asthma); shortness of breath or difficulty breathing; fever; chills; muscle pain; sore throat; new loss of taste or smell; nausea, headache, or diarrhea. They should remain at home for at least 10 days after illness onset and until 24 hours after fever is gone, without use of fever-reducing medicine, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving.
- 2) Players, parents, coaches, spectators, participants, umpires and all **staff must self-certify their health and absence of a fever, performing the Health Screening** they have agreed to perform prior to entry to the complex.
- 3) NAFA restrict from participation any person, including but not limited to players, coaches, managers, and spectators, who have been in close contact with an individual who has either been exposed to COVID-19, or been diagnosed with COVID-19, within the preceding 2 days.
 - NAFA requests that anyone with a confirmed COVID-19 exposure should quarantine at home for 14 full days, and are asked not to attend a NAFA event during this time.
- 4) IF a player, coach, or parent has tested positive for COVID19, with symptoms, prior to attending a NAFA event they **CANNOT return to the field with NAFA** until: full resolution of fever for at least 3 days (72 hours) without the aid of fever-reducing medicines; AND, improvement of all symptoms.
- 5) IF a player, coach, or parent has tested positive for COVID19 while asymptomatic, they **CANNOT** return to the field with NAFA until: 10 full days have pass since the date of their first positive COVID10 diagnostic test.
- 6) Should any player, coach, parents, spectator, participant, umpire, or staff member test positive for COVID-19 within **14 days of attending a NAFA event**, they must notify their team coach and NAFA officials immediately.
- 7) Current Oregon State Guidelines suggest the nature of group gatherings raises risk for individuals with certain health conditions. *These groups are at higher risk of poor outcomes with COVID-19. Youth and employees in higher risk groups are strongly recommended not to attend youth programs. • High risk is defined as: - People 65 years and older; People with chronic lung disease or moderate to severe asthma; People who have serious heart conditions; People who are immunocompromised due to organ transplant; People with severe obesity (body mass index [BMI] of 40 or higher); People with diabetes; People with chronic kidney disease undergoing dialysis; People with liver disease; and Any other underlying conditions identified by the OHA or CDC.*
- 8) Wash and sanitize your hands frequently and properly.
- 9) ALL coaches, players, spectators **MUST** adhere strictly to ALL current social distancing and face mask/covering guidelines.
- 10) Teams, and anyone associated with the team, **MUST LEAVE** the complex immediately if their game is not a doubleheader, and **MUST NOT** congregate in the parking lot.



GENERAL HEALTH: CONTACT TRACING AND REPORTING

- 1) Coaches are required to notify NAFA staff immediately of any known, or suspected, COVID-19 cases among coaches, and players or their immediately family.
- 2) NAFA will immediately report any such cases to the Local Public Health Authority.
- 3) Coaches are required to submit a full roster of coaches, managers and players who will attend their games; this information will submitted notify Local Public Healthy Authority of any confirmed COVID-19 cases to aid in contact tracing.
- 4) Rosters, arrival times, exit times and other documentation needed for contact tracing will be kept for 90 days following.

NAFA FACE MASK/COVERING POLICY:

- 1) A face mask/covering is required by all persons above age 5 to enter any NAFA run facility or field; at all times they are present within the gates:
 - At all times during active play;
 - In the dugout;
 - In passing areas and common areas;
 - While waiting in line for entry;
 - While in the parking lot.
 - **When not briefly eating or drinking: *the use of candy, suckers or other "eating" as a means of not wearing a face mask/covering will not be tolerated.***
- 2) A "Face mask/Covering" is defined as: a cloth, polypropylene, paper or other face covering that covers the nose and the mouth and that rests snugly above the nose, below the mouth, and on the sides of the face.
 - The following are not face coverings because they allow droplets to be released: a covering that incorporates a valve that is designed to facilitate easy exhalation, mesh masks, lace masks or other coverings with openings, holes, visible gaps in the design or material, or vents.
 - "Face shield" means a clear plastic shield that covers the forehead, extends below the chin, and wraps around the sides of the face.
 - It is not recommended that individuals wear a face shield instead of a mask or face covering. Face shields can be very good at blocking droplets that individuals release, but they are not as effective at limiting the release of aerosols that can go around the shield.
 - The OHA and OSAA have determined the face shields cannot be worn in place of a face mask/covering.
- 3) It is recommended that wearing a face shield alone be limited to situations when wearing a mask or face covering is not feasible, such as:
 - When a person has a medical condition that prevents them from wearing a mask or face covering.
- 4) Individuals who have a medical condition that makes it hard to breathe or a disability that prevents the individual from wearing a mask, face covering or face shield can request an accommodation from a business, person responsible for an indoor or outdoor space open



to the public, public or private workplace, private career school or public or private university to enable full and equal access to services, transportation and facilities open to the public.

- In an Outdoor location, NAFA is willing to allow those who cannot wear a face mask/covering as identified above to wear a face shield, however, no person shall be allowed inside the complex without either a face mask/covering or face shield.
- **No further requests to allow entry without a face mask/covering or face shield will be considered as this is an undue burden on the business.**

5) For children younger than 12 years; who are not event participants:

- It is not recommended that children under the age of two (2) wear a mask, face covering or face shield. Therefore, children under the age of two (2) are not required to wear a mask, face covering or face shield.
- It is strongly recommended that children between two (2) and five (5) years of age, wear a mask, face covering or face shield at all times in all spaces to which this guidance applies, particularly in places where it is likely that physical distancing of at least six (6) feet from other individuals outside their household unit cannot be maintained, and where vulnerable people may go.
- Because children between the ages of two (2) and 12 years of age can have challenges wearing a mask, face covering or face shield properly (e.g., excessively touching the face covering, not changing the face covering if visibly soiled, risk of strangulation or suffocation, etc.) it is recommended that when masks, face coverings or face shields are worn by this age group, that they be worn with the assistance and close supervision of an adult. Masks, face coverings or face shields should never be worn by children when sleeping.
- There may be mask, face covering and face shield requirements and recommendations that apply to other sectors applicable to children. Refer to other sector guidance, including child care, schools and youth programs.

6) NAFA employees are required to wear a face mask/covering at all times while performing their duties, and when interacting with the public.

7) Players/Coaches/Spectators are required to wear a face mask/covering at all times within the facility gates as outlines above. These rules are posted herein, on the website and email directly to coaches: Consider those efforts your **FIRST WARNING**. Second reminders given in person to players/coaches/spectators who are not properly masking will only be given one time. **A THIRD reminder is considered a Final Warning which is reported to the tournament director.**

8) **Any player/coach/spectator that is rude to any NAFA employee in response to a Face Mask/Covering Reminder is subject to removal from the facility, from the tournament itself, and can potentially lose their ability to play with NAFA for the 2021 season.**

2021 GAME PLAY ADJUSTMENTS:



- 1) Each facility may only house the maximum number of people inside the facility that is dictated by current local, state guidelines.
- 2) Plate Umpire will stand 6 feet behind the pitcher, or 6 feet behind the catcher at his/her discretion.
- 3) Coaches must stay 6 feet away from a runner they wish to talk to during or after suspension of play (at first/third or in the circle).
- 4) Coaches and players must remain in their cars until 15 min. prior to their scheduled arrival time for warm ups, no more than 30 or 60 minutes prior to game time depending on the venue and fields available for warm-ups, please check with NAFA.
- 5) The event of a 'home-run' players may NOT congregate at home plate.
- 6) There will be no coaches meeting or plate talk. There shall be NO player huddles.
- 7) High-fives or post-game handshakes are not allowed.
- 8) NO SUNFLOWER SEEDS, OR SEEDS, OR SPITTING OF ANY KIND.
- 9) Any spectators (if allowed) allowed MUST remain in their cars until 10 min. prior to game time.
- 10) Team and all spectators associated with the team MUST LEAVE the field and/or the complex at the conclusion of the game: no team meetings. If there is a doubleheader, you must move swiftly to the next field.

PLAYERS

- 1) **Face masks/covering are required at all times:**
 - **During active play; In the dugout; In the restroom; In passing and common areas; While waiting in line for entry; In the parking lot; and when not briefly eating or drinking.**
- 2) Must have a personally labeled water bottle.
- 3) NO TEAM COOLERS; NO sharing of snacks or water.
- 4) Are not allowed to share their gear with any player, any shared bats must be wiped down after use.
- 5) May not lick their fingers during play (pitchers/batters/etc).
- 6) Must maintain 6 feet social distance from coaches & teammates at times that they can.
- 7) Must sanitize all gear: helmet, bat, metal/plastic face mask before each game.
- 8) NAFA requires all persons in the program to wash their hands often (e.g., after using the restroom, before and after meals, after coming inside, after sneezing, blowing the nose or coughing) with soap and water for at least 20 seconds.
 - Alcohol-based hand-sanitizer (60 to 95%) may be used as an alternative to handwashing, except when eating, preparing or serving food and after using the restroom. If soap and water is not available (e.g. back country camp), alcohol-based



hand sanitizer may be used; however, every effort should be made to facilitate soap and water handwashing.

- 9) NAFA requests that players cover coughs and sneezes with a tissue or elbow, throw any used tissue away immediately into a garbage receptacle; and clean hands after covering coughs and sneezes, and after throwing away used tissues.
- 10) Recommended to have their own hand sanitizer & sanitizing wipes for use during the game.
- 11) Should **not** play, or enter the ballpark, if they have a temperature over 100.4, are sick, or are experiencing any symptoms. (*Please see Health Guidelines above*).

COACHES

- 1) Are responsible for self-certifying their own health, as well as the health of other coaches, and players.
 - Asking a player or the players' parent: Does the player have a fever? Have any flu-like or COVID related symptoms? Does anyone in the home have a current COVID diagnosis? Have they has close contact with anyone who is suspected to have COVID-19, or has been diagnosed with COVID-19?
- 2) Wear a face mask/covering at all times, and ensure their players/coaches/spectators are adhering to social distancing policies, including masking.
- 3) Are responsible for knowing and understanding current guidelines as well ensuring they have reviewed the most up-to-date information available.
- 4) Required to adhere to current NAFA Coach Guidelines.
- 5) Required to share requirements and guidelines with parents and players to ensure adherence.
- 6) Must have passed a NAFA Background Check.
- 7) Must have submitted concussion certification.
- 8) NAFA requests that coaches cover coughs and sneezes with a tissue or elbow, throw any used tissue away immediately into a garbage receptacle; and clean hands after covering coughs and sneezes, and after throwing away used tissues.
- 9) NAFA requires all persons in the program to wash their hands often (e.g., after using the restroom, before and after meals, after coming inside, after sneezing, blowing the nose or coughing) with soap and water for at least 20 seconds.
 - Alcohol-based hand-sanitizer (60 to 95%) may be used as an alternative to handwashing, except when eating, preparing or serving food and after using the restroom. If soap and water is not available (e.g. back country camp), alcohol-based hand sanitizer may be used; however, every effort should be made to facilitate soap and water handwashing.
- 10) **Understand that failure to adhere may result in termination of play.**

DUGOUT GUIDELINES



- 1) Players **MUST** fan out along the fence going out either side of the dugout, in front of the bleachers taking up the first row of the bleachers, or behind the dugout, placing their bags 6ft apart and ensure they are not touching.
- 2) If players occupy the bleachers, spectators are **NOT** allowed on the bleachers.
- 3) Bat bags/Catcher bags **MUST** be placed 6 ft. apart and gear **MUST NOT** touch.
- 4) **NO TEAM COOLERS; NO SUNFLOWER SEEDS, or seeds of any kind.**

PLAYERS IN THE DUGOUT

- 1) Will adhere to all social distancing at all times that they can.
- 2) Players should use hand sanitizer or wash their hands every time they come in from the field.
- 3) Players, of all ages, **MUST** be wearing a face mask/covering when on the pine, cheering, or standing in the dugout, when not briefly eating or drinking.
- 4) Players should wipe down their gear with their own wipes as often as they like. Players are not allowed to share helmets, batting gloves, or face masks; any shared bats **MUST BE SANITIZED.**
- 5) Player should use hand sanitizer before leaving the dugout and taking the field.

UMPIRES

- 1) Umpires are required to wear a face mask/covering at all times when not eating or drinking.
- 2) Plate Umpire may be stationed 6 feet behind the pitcher, 6 feet to the side of the pitcher, or behind the catcher, as is their preference.
- 3) Umpires should stay 6 feet away from all players and coaches during all duties.
- 4) NAFA requires all persons in the program to wash their hands often (e.g., after using the restroom, before and after meals, after coming inside, after sneezing, blowing the nose or coughing) with soap and water for at least 20 seconds.
 - Alcohol-based hand-sanitizer (60 to 95%) may be used as an alternative to handwashing, except when eating, preparing or serving food and after using the restroom. If soap and water is not available (e.g. back country camp), alcohol-based hand sanitizer may be used; however, every effort should be made to facilitate soap and water handwashing.

SPECTATORS

- 1) **Are required to wear a face mask/covering at all times when not briefly eating or drinking; the use of candy, suckers or other “eating” as a means of not wearing a face mask/covering will not be tolerated.**



- 2) Must sit 6 feet apart and adhere to social distancing measures as instructed at all times, including entering the park, during live action, and leaving the park, and remain inside any designated areas.
- 3) Are advised to bring their own hand sanitizer, and use it frequently.
- 4) Passive park areas & green spaces around the fields are NOT monitored by NAFA, we recommend adhering to current social distancing guidelines in these areas.
- 5) NAFA requests that spectators cover coughs and sneezes with a tissue or elbow, throw any used tissue away immediately into a garbage receptacle; and clean hands after covering coughs and sneezes, and after throwing away used tissues.
- 6) NAFA requires all persons in the program to wash their hands often (e.g., after using the restroom, before and after meals, after coming inside, after sneezing, blowing the nose or coughing) with soap and water for at least 20 seconds.
 - Alcohol-based hand-sanitizer (60 to 95%) may be used as an alternative to handwashing, except when eating, preparing or serving food and after using the restroom. If soap and water is not available (e.g. back country camp), alcohol-based hand sanitizer may be used; however, every effort should be made to facilitate soap and water handwashing.
- 7) **Are advised that failure to observe any suggested NAFA guidelines, local, state, or federal guidelines regarding social distancing may result in expulsion from the event or future events.**

ENTERING & EXITING THE PARK & PARKING LOT

- 1) NAFA will create one-way traffic where applicable and able.
- 2) NAFA will examine each venue to create pedestrian plans to limit shared spaces and avoid congregating.
- 3) When possible NAFA will stagger arrival and departure times.
- 4) Players need to wait for their Coach & enter through main entrance maintaining 6 feet social distancing from each other.
- 5) Teams may not arrive at their Field until 15 min. prior to start time.
- 6) Teams may warm up 30/60 minutes to game time depending on the venue and the availability of warm up fields.
- 7) Teams and all the teams' spectators must vacate their Field within 10 min. of their end time.
- 8) **Teams must EXIT the facility as they entered, wearing a face mask/covering, and while keeping 6 feet social distancing; there is no congregating allowed in the parking lot.**



COMPLEX/FIELD

TOURNAMENT OPERATIONS STAFF

- 1) Shall wear face mask/covering at all times and in accordance with the policy above, as well as that state in OHA2288K.
- 2) All staff is required to practice healthy hygiene including washing their hands frequently for 20 seconds with soap, and covering any sneezes or coughs.
- 3) Will perform cleaning of routine and frequent bathrooms and high-touch-surfaces after every two rounds to ensure compliance with OHA2351E Use disinfectants that are included on the Environmental Protection Agency (EPA) approved list for the SARS-CoV-2 virus that causes COVID-19.
- 4) Thoroughly clean restrooms twice daily to ensure compliance with OHA2351E.
- 5) Provide masks to individuals who need them.
- 6) Provide, maintain and clean, additional hand sanitizer or handwashing stations as needed.
- 7) One person shall be designated to monitor players, coaches, and spectators to help ensure and encourage continual and consistent adherence to current social distancing guidelines.
- 8) Develop, and keep current, a Communicable Disease Management Guidelines which also limits the number of spectators in line with current local, state, and federal requirements.
- 9) Create and maintain an area specific for the isolation and care of anyone who becomes ill during the course of an event, including a plan to safely and quickly remove the individual from public space and general contact.
- 10) Keep active and current records needed for contact tracing.

VENUE SIGNAGE

- 1) NAFA has created and will keep posted at every venue signage:
 - Listing COVID-19 symptoms
 - Advising individuals with symptoms to stay home
 - Provide contact information for NAFA staff
 - Requiring face mask/coverings
 - Requiring social distancing
 - Prohibiting congregating
- 2) NAFA will post relevant signs at Entrance and Exit.
- 3) NAFA will post signs in common areas, and dugouts.
- 4) NAFA will post relevant signs in the bathrooms.
 - Instructions for personal hygiene and proper handwashing.



CONCESSIONS

- 1) Set 6 feet apart will be 'X' markers for the concessions line.
- 2) Where possible a glass divider will separate staff from customers.
- 3) Cash payments ONLY, exact change preferred.
- 4) Concession staff shall wear gloves, and face mask/coverings in accordance with food handling laws, and those related to service during COVID-19.

BATHROOMS

- 1) Bathrooms are recommended to have one person at a time, but can accommodate 2 people at one time with social distancing.
- 2) Entry and exit doors to bathroom should remain open.



GENERAL BUSINESS OPERATIONS:

- 1) NAFA has reviewed & implemented Statewide Mask, Face Covering, Face Shield Guidance.
- 2) NAFA has hired, trained and implemented a Social Distancing Monitor, tasked with:
 - Aiding in creating Back to Fields Guide to ensure compliance.
 - Train staff on compliance issues.
 - Ensure proper signage is present at all fields.
 - Regularly visits all sites to ensure continued compliance.
 - Ensuring adherence to Social Distancing.
- 3) NAFA has ensured all venues and fields meet the definition for “outdoor” as defined by PHA2351E.
- 4) NAFA has ensured all facilities and equipment are in good working order.
- 5) NAFA has identified the maximum capacity of each field/venue under the current designated level of risk for each county, and recognizes and accepts that risk levels will change and are prepared to accommodate new requirements and recommendations brought on by county risk level changes throughout the season.
- 6) NAFA has reviewed and implemented all facets from relevant OHA Guidance as listed in Resources herein this document, and created a communicable disease plan which meets and exceeds all relevant requirements, recommendations and guidance from all authorities including local, county, state, federal, and various sports governing bodies.
- 7) Created and posted clear signage with regards to:
 - COVID-19 symptoms for employees and customers.
 - Mask, face covering and face shield requirements.
 - Maximum Capacity
 - Hand Washing
 - Prohibit congregating in common areas by different parties.
- 8) Establish one-way traffic flow where applicable.
- 9) Created a daily plan for the cleaning and sanitization of common areas at each field.
- 10) Developed plans for additional handwashing stations/sanitizer stations for each facility.
- 11) Developed and implemented plans for food handling and distribution.
- 12) Created the Back to Fields Guidance, made public on the website, for coaches, players, parents and employees to read in an effort to communicate all policies established and implemented to ensure overall compliance.
- 13) Reviewed and implemented the General Guidance for Employers & Organizations.



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**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT
REGARDING COMMUNICABLE DISEASES INCLUDING COVID-19**

Organization: _____ Team Name: _____ Age: _____

In consideration of being allowed to participate in a NAFA 2021/2022 Summer Camp, or a NAFA 2021/2022 Tournament or Event, the undersigned acknowledge, appreciate, and agree to the following:

- 1. Voluntary participation in a Camp or Tournament hosted by NAFA, including both team and individual activities, may result in possible exposure to and/or contraction of one (or other) communicable disease including but not limited to COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
- 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- 3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of a NAFA staff member immediately; and,
- 4. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS NAFA, its officers, directors, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and lessors of premises used to conduct the event (collectively, the "RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Printed name of participant: _____

Participant signature: _____ Date signed: _____

**FOR PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Printed Name of parent/guardian: _____

Parent guardian/signature: _____

Date signed: _____ Phone Number: _____