



September 2020

The Southern California Volleyball Association (SCVA), a region of USA Volleyball (USAV), puts the safety of its club directors, coaches, officials, athletes, staff, and spectators as its number one priority in all that we do and strive to do.

Until COVID 19 is eradicated, or a successful vaccine is available to everyone, there is no way to completely eliminate the risk of infection. Thus, the SCVA strongly encourages all participants to follow these recommendations and the USAV guidelines as safety precautions. The information in this document is not intended, or implied, to be a substitute for professional medical advice, diagnosis, or treatment. Nor does USAV, or its forty regions, assume any liability or responsibility for the recommendations provided herein.

If an individual does not agree or comply with these guidelines for participation or attendance, then the SCVA asks that he/she not enter the event or the facility. The SCVA asks that each person understand the risk of contracting COVID 19 and take responsibility for their own personal care by following these guidelines and social distancing for the safety of themselves, their family, their teammates, and all those participating in, or attending, the event.

The SCVA will follow the recommendations of the CDC, federal, state, local authorities, and USAV in regards to infectious diseases. As in all circumstances, the following should be adhered to:

1. Wash hands with soap and water often, especially after using the restroom, prior to and after handling food and/or drink.
2. Use alcohol-based hand sanitizers in the absence of wash facilities.
3. Refrain from touching face (eyes, nose, and mouth) with hands.
4. Cough into your elbow or a tissue that is immediately disposed.
5. If you are not feeling well, feeling sick, or have a fever, stay home.
6. Keep at least 6 feet away from others to maintain social distancing.
7. Individuals in vulnerable age groups or with underlying medical conditions should protect themselves and not attend an event until the COVID 19 threat has passed.

#### **Club Events (Practices, personal training, team bonding)**

1. The club is required to be SafeSport compliant with all policies and practices regarding athlete and coach interaction. At least one non-participating adult should be present at the location to maintain SafeSport compliance for events to be interruptible and free from any form of abuse.

2. The club is required to disinfect the venue and equipment, including but not limited to standards, pads, nets, scoreboards, ball carts, and volleyballs.
3. If a coach or athlete is sick, he/she should stay home 24 hours after the symptoms have passed.
4. Individuals should take their temperature prior to attending an event. If the individual has a fever, then he/she should stay home.
5. If a coach or athlete, has an underlying medical condition, he/she should refrain from club participation until the immediate COVID 19 threat has passed.
6. If a coach or athlete has a parent or grandparent that lives with them that has an underlying medical condition, then he/she should refrain from club participation until the threat of COVID 19 has passed.
7. Anyone that begins to feel sick during an activity should be removed from the facility.
8. The occupancy of the facility should be limited to comply with local guidelines.
9. White boards, markers, balls, ball carts, and other equipment should be wiped with sanitizing wipes prior to and following practices.
10. Hand sanitizers should be present for use during all activities.
11. Hands should be washed with soap and water following bathroom breaks.
12. Athletes should refrain from spitting on the floor for shoe traction.
13. Athlete's bags should not be place on top of one another, but each bag should have its own space.
14. Athletes should bring their own water bottles, and not rely on drinking fountains or share water bottles.
15. Athletes should bring their own towels to absorb perspiration and keep them separate from others.
16. When not on the court, participants should distance themselves from other participants.
17. During team instruction/huddles, all should maintain as much distance as possible to be able to hear the instruction/discussion and not be physically touching anyone.
18. No handshakes, high fives, or physical touching with another player or coach.
19. Spectators, coaches, and athletes not currently on the court should wear facial coverings.
20. Siblings should not be brought to practices or other team activities.

## **Facilities**

1. Facilities will develop a pathway that allows for physical distancing as individuals move from parking, to ticket lines, to security screenings.
2. It is recommended that, if possible, contact-free ticketing be utilized.
3. If facilities have the ability, there will be temperature checks at the door.
4. Facilities will develop one-way entries, exits, and aisles to enter and exit the facility.
5. Facilities will develop markings or signage to indicate social distancing in lines throughout the venue.
6. Facilities will install signage concerning hygiene, physical separation, and facial coverings.
7. The SCVA and the facility will work together to institute arrival times for teams, and staff.
8. There will be no benches for the teams, or bleachers for the spectators.
9. Hand sanitizers should be available at designated locations throughout the facility.

10. Frequent cleaning of high-touch areas.
11. Follow protocol for cleaning and disinfecting the venue.
12. Each facility will designate Compliance Officer responsible for the facility remaining in compliance with guidelines

### **Indoor Tournaments**

1. If a coach, official, staff member, trainer, or athlete is sick, he/she should stay home 24 hours after the symptoms have passed.
2. Individuals should take their temperature prior to attending an event. If the individual has a fever, then he/she should stay home.
3. If facilities have the ability, there will be temperature checks at the door.
4. If a coach, athlete, official, trainer, or staff member has an underlying medical condition, he/she should refrain from club participation until the immediate COVID 19 threat has passed.
5. If a coach, official, staff member, trainer, or athlete has a parent or grandparent that lives with them that has an underlying medical condition, then he/she should refrain from club participation until the threat of COVID 19 has passed.
6. The SCVA and the facility will work together to institute arrival times for teams, and staff.
7. Tournament personnel will wear facial coverings.
8. Trainers will wear facial coverings.
9. Officials will wear facial coverings and will use hand held whistles.
10. Coaches will wear facial coverings.
11. Players not currently on the court will wear facial coverings.
12. Time will be allotted between sessions to allow for teams to exit the facility prior to new teams arriving, and for proper sanitizing for shared spaces and high-touch surfaces.
13. Score tables, score boards, ref stands hand grips, net cords, standards, and balls will be sanitized between each session of play.
14. Balls will also be sanitized between each match.
15. There will be no benches for the teams, or bleachers for the spectators.
16. Team officiating crews should bring their own pencils and hand held whistles for each individual that will be part of the officiating crew.
17. Hand sanitizers should be available at designated locations throughout the facility.
18. Athletes should bring their own water bottles and refill water from their own source. All water bottles should be removed by the individual bringing it to the court.
19. There will be no shared water bottles or food.
20. No handshakes prior to or after the match.
21. No hand slaps or high fives for teams.
22. In team huddles, team members should separate as much as possible to be able to be free of touching but be able to hear instruction.
23. For the coin toss, one representative from each team will stand on their 3 meter line, and one official will stand on the center line.
24. Teams will not switch sides in between games.
25. Occupancy should be limited and comply with local guidelines.

26. At least one non-participating adults should be present at the court to maintain SafeSport compliance.
27. Any person inside the facility, should maintain social distancing and wear facial coverings.
28. Any person not on the court or part of the officiating crew should go outside.

### **Suspected and Confirmed Cases**

1. Coaches, officials, staff, trainers, athletes, or other individuals who had close contact (within 6 feet of an infected individual for at least 15 minutes) or who had direct physical contact with the person (or who was coughed on or sneezed on by the infected person) must self-quarantine for 14 days following the exposure. This is based on CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> If the identity of all persons in close contact with an infected individual cannot be readily determined or if the coaches, players, or their parents/guardians or administration of the teams do not effectively cooperate with the local health department contact tracing process, then the local health department may require the entire team, including coaches, to self-quarantine for 14 days following exposure. Individuals may return to play after the quarantine, if they have not had any COVID 19 symptoms.
2. Any coach, official, trainer, staff, or athlete who become ill or develop symptoms must be immediately isolated and seek medical care.
3. Contact the local health department about suspected COVID 19 cases or exposure.
4. The affected person should seek COVID 19 testing as soon as possible. Clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
5. Administrators, coaches, trainers, parents, and athletes must work with local health department to identify individuals who were potentially exposed to help facilitate contact tracing.
6. A club must notify all coaches, athletes, and parents/guardians associated with the affected team regarding a positive test. Athletes and families should be reminded of proper daily health screening protocols.
7. If the affected individual participated in a scrimmage, match, or tournament, the team must notify all opponents played between the date of the positive test and two day prior to the onset of symptoms. If the teams reside in different counties, the health departments in each county must be notified to help facilitate effective contact tracing.
8. An individual who test positive for COVID 19, whether symptomatic or asymptomatic, shall not return to club activities until a documented medical exam is preformed clearing the individual prior to the individual returning to participation in practices or matches.
9. When an administrator, coach, staff, trainer, or athlete tests positive for COVID 19, all individuals who were not close contacts requiring self-quarantine, should conduct 1) daily symptom assessments and stay home if sick, and 2) an in-person temperature check before the start of each practice, match, or other activity for 14 days as a precaution.