



**COVID  
HEALTH AND SAFETY PLAN**

**NOVEMBER 16, 2020**

**REVISION 0**

The St. Louis County Department of Health may require all club volleyball teams to submit a Health and Safety Plan to minimize the risk of transmission of the Coronavirus during club activities. The plan and guidelines below incorporate guidance from the USAV Return to Play Guidance, St. Louis County Guidance and requirements, the Center for Disease Control and Prevention (CDC) guidelines, and the St. Louis Sports Medicine COVID-19 Task Force Recommendations

**RISK CATEGORIES** – The USA Volleyball Return to Play Guidelines from May 2020 categorize the volleyball activities into three types of risk categories:

- 1) Low Risk – Individual skill development (passing drills, blocking, hitting, setting, serving, general fitness, strength training) at home (backyard, driveway, in-home), alone or with household members and with owned and sanitized equipment.
- 2) Medium Risk – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical distancing and sanitizing volleyballs.
- 3) High Risk – Individual skill development with non-household members not following the recommended physical distancing & not sanitizing volleyballs. Participating in any team or group play.

#### **GENERAL**

- 1) Full team practices with all rostered coaches are allowed.
- 2) Games and competitions with other teams are allowed.
- 3) Teams will follow all tournament and facility requirements.
- 4) Scrimmage(s) against Metro St. Louis teams only.
- 5) We will have hand sanitizer available at a predetermined location during practice that contains at least 60% alcohol.
- 6) Masks/face coverings MUST be worn by all non-players for entire time in the facility.
- 7) Up to one parent or guardian per player will be allowed at each practice, if allowed by the facility.
- 8) Two coaches must be at practice to open the doors to players
- 9) Areas for backpack and equipment storage for each player will be at least 6 feet from the next closest player.
- 10) An isolation area for players, that can't pass the screening will and have to wait for a ride home, will be identified.
- 11) All screening results will be documented and maintained.

#### **BEFORE ACTIVITIES**

1. Disinfect the net tape, net pads, and poles prior to starting each practice.
2. Set up the huddle area so it is social distanced.

3. Unlock the doors when we have 2 coaches and can begin the screening process, no more than 15 minutes prior to practice.
4. All facility entrants must pass the screening criteria in Attachment 1.
5. At tournaments everyone should transport their own children to the venue. Carpools are discouraged and club sponsored/organized car pools are prohibited.

#### **DURING ACTIVITIES**

1. With any sneeze or cough, the player should wash or sanitize their hands before returning to play.
2. Players must wear mask/face covering when not actively playing or during water breaks.
3. Players should wear mask/face covering while playing unless involved in strenuous physical exertion (i.e. conditioning), but it is strongly recommended that players wear mask/face covering at all times.
4. Set up drills to keep players apart as much as possible.
5. Have masks on during all discussions.
6. No high fives or fist bumps. Be creative about how to congratulate or celebrate a point.
7. Use hand whistles as opposed to regular whistles.
8. Space players at least 6 feet apart during warmups and training or running.
9. Space the players out on the bench and wear masks on the bench.
10. All non-players wear masks at all times.
11. No sharing of water bottles.
12. Drinking fountains are off limits.
13. Use hand sanitizers during water breaks.

#### **AFTER ACTIVITIES**

1. Disinfect the balls, ball cart, net tape, net pads, and poles.
2. Ensure safe and correct use and storage of disinfectants, including storing products securely away from children. Use products that meet EPA disinfection criteria.
3. One coach is responsible for proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.
4. Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.

#### **RETURN TO ACTIVITIES AFTER A POSITIVE TEST**

1. At least 10 days have passed since symptoms first appeared. During this time the athlete/coach should not participate in any exercise while monitoring of clinical worsening of symptoms.

2. Symptoms have resolved, no fever ( $>100.4$ ) for 24 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath).
3. The patient should be evaluated and provide a note for sport participation from a medical provider (MD, DO, NP, PA).
4. After clearance from a medical provider the athlete needs to go through the Return to Play Protocol, as prescribed by the medical provider, with a coach or athletic trainer.
5. If symptoms worsen or new symptoms occur during return to play such as, but not limited to, chest pain, chest tightness, palpitations, or lightheadedness, if not previously defined by the medical return to play clearance, the athlete/coach will cease activities and follow-up with a medical provider.

## Attachment 1

- Temperature Less than 100.4°

Do you have any of the following that cannot be attributed to health condition or activity:

- Cough
- Shortness of breath or trouble breathing
- Sore throat, different than your seasonal allergies
- Loss of smell and/or taste
- Diarrhea or vomiting
- Abdominal pain
- Been in close contact with someone who has tested positive for COVID-19 in the past 2 weeks.