## *Shakopee Volleyball Association || COVID-19 Safety Procedures and Preparedness Plan*

## *updated 08/30/2020*

*The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the MN Department of Health (MDH), and the federal Occupational Safety and Health Administration (OSHA) into our daily practices in the Shakopee School District Facilities.*

Knowing that eliminating all risk is impossible, Shakopee Volleyball Association (SVA) is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, athletes, and families. To that end, we have developed the following Safety Procedures and Preparedness Plan in response to the COVID-19 pandemic. We will continually monitor the COVID-19 pandemic; and as it evolves the below policies and procedures will be modified. Any changes to the policies and procedures will be sent in writing to all coaches and families.

By continuing with the SVA all adults and parents/guardians of minors assume ALL risks associated with participation including but not limited to exposure to COVID-19. Exposure to COVID-19 can lead to temporary or permanent health consequences and death.

Board members, coaches, athletes, and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our facility, and that requires full cooperation. The SVA’s Board of Directors and coaches are charged with enforcing the policies and this plan during their scheduled training times, with SVA’s directors responsible for further disciplinary actions. All coaches, athletes and parent/guardians will be required to sign the “Assumption of Risk and Liability Waiver” on page 5 of this document as assumption of risk, waiver of liability, understanding of an agreement to comply with all aspects of the below Safety Procedures and Preparedness Plan. Any violations by athletes can result in expulsion from the SVA with no refunds given. Any violations by coaches can result in termination.

SVA’s directors, or an appointed staff member, will always be on site to ensure compliance.

## General Facility Layout for Social Distancing

1. SVA practices, tryouts, clinics, or camps will NOT be open to the public. No parents, siblings, spectators, or any additional individuals will be allowed in the facilities.
2. The gym space the Shakopee School District assigns to the SVA will consist of 2, 3 or 6 courts. Players and coaches will be assigned to a POD consisting of no more than 25 people (including coaches). PODS will not intermix.
   1. 2 courts – Jackson, Sun Path, Eagle Creek and Red Oak Elementary Schools and West Middle School
      1. POD 1 (Volleyball Court 1): Maximum 25 people (including coaches)
      2. POD 2 (Volleyball Court 2): Maximum 25 people (including coaches)
      3. POD 1 & POD 2 will be divided by a wall section to prevent access to coaches, athletes, and volleyballs onto the other court.
   2. 3 courts – Shakopee High School Main Gym, Auxiliary Gym and East Middle School Gym 2
      1. POD 1 (Volleyball Court 1): Maximum 25 people (including coaches)
      2. POD 2 (Volleyball Court 2): Free Zone
      3. POD 3 (Volleyball Court 3): Maximum 25 people (including coaches)
      4. POD 1 &POD 3 will be also be separated by a divider when available to prevent access to coaches, athletes, and volleyballs onto other the other court.
   3. Up to 6 courts – Shakopee High School Field House
      1. POD 1 (Volleyball Court 1): Maximum 25 people (including coaches)
      2. POD 2 (Volleyball Court 2): Maximum 25 people (including coaches)
      3. POD 3 (Volleyball Court 3): Maximum 25 people (including coaches)
      4. POD 4 (Volleyball Court 4): Maximum 25 people (including coaches)
      5. POD 5 (Volleyball Court 5): Maximum 25 people (including coaches)
      6. POD 6 (Volleyball Court 6): Maximum 25 people (including coaches)
      7. Each POD will be separated by a divider to adjacent courts to prevent access to coaches, athletes, and volleyballs onto other the other court.
3. All courts will be open for scheduled 1-hour, 1.5-hour or 2-hour time periods. After each session, the space will be emptied and all net systems and touched surfaces will be cleaned by SVA coaches prior to allowing new coaches and athletes to enter for the next scheduled practice.

## Procedure for Pre-Arrival, Arrival, During and After SVA Sponsored Activities

**PRE-ARRIVAL**

1. It is recommended that athletes, coaches and SVA staff take the temperature and ensure they are not displaying any symptoms of COVID-19 such as fever, headache, coughing or shortness of breath prior to leaving home to limit the potential of an athlete being turned away upon arrival.
2. Athletes and coaches will be required to bring their own, FULL, water bottles. Water fountains will be turned off.
3. Coaches will disinfect all volleyballs and net systems before each practice.
4. Ball carts will be lined with trash bags for each practice and replaced with new bags at the conclusion of practice.

**ARRIVAL**

1. All coaches and athletes will be required to wear a mask at all times, including upon entering and exiting the school, practices, games, or in other common areas, including restrooms.
2. Athletes should arrive no earlier than 10 minutes before the start of their practice time, no exceptions. DO NOT congregate outside the court area. There must be at least 6’ of separation between you and others.
3. Coaches and athletes should minimize the number of personal items they take to practices and events. All personal items (i.e. cell phones, keys, coats, shoes) should fit into a small bag or backpack. Except for court shoes when players exit their vehicles, they should be ready to practice.
4. All gyms and court numbers will be posted in the practice schedule on the SVA website. Coaches and athletes are required to enter at their assigned court door. Coaches and athletes will NOT be admitted if they attempt to enter through a non-assigned door.
5. Once in the gym all coaches and athletes will be directed to an assigned location on the court where they will leave their water bottle and other personal items. Each person will be required to use an appropriate amount of hand sanitizer on his/her hands and arms before activity can start.
6. Coaches will take attendance before the start of each practice.

**DURING**

1. Players and coaches are required to wear masks when on the court.
2. Handshakes, high fives, fist bumps, or other physical interaction between players should be avoided.
3. All drills utilized will be developed by SVA coaches to assure a cohesive training method with a strong emphasis on social distancing. Teams sharing the same gym space may scrimmage each other if there are no more the 25 people on the court.

**AFTER**

1. At the conclusion of practice all coaches and athletes will once again be directed to their assigned location where they will be required to use an appropriate amount of hand sanitizer on his/her hands and arms before departure. Players must wear a face mask while exiting the building.
2. It is recommended when coaches and athletes arrive home, they drop clothes in the laundry for immediate washing and head right into the shower.

## Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within Shakopee Volleyball Association assigned facilities

All coaches, athletes and families are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status, of all, prior to entering facilities. This process is not all encompassing and does not guarantee the health of any individual participating in SVA activities.

1. All individuals entering the facility will be required to be cold/flu/COVID-19 symptom free. If anyone is displaying any symptoms of the above, they must be kept home. If, upon their arrival or during their training time they display any of the above symptoms they will need to leave the area and must be picked up by their parents immediately. Athletes that could have come into contact with the athlete displaying signs of illness will immediately disinfect their hands and arms and resume training once the zone has been disinfected.
2. Should anyone participating with the SVA, coach or athlete, be diagnosed with COVID-19 or have come in direct contact with someone who has been diagnosed with COVID-19 should NOT attend practice, and should immediately contact the SVA Board of Directors and follow proper healthcare procedures as laid out by their health care professional.
3. Athletes, coaches, and staff must have, in writing, signed, clearance from their health care professional to resume activity after a COVID-19 diagnosis OR the original, dated, “order” to quarantine with the specified duration from their health care professional so SVA can verify their compliance with that “order” upon their return.

## Contact Tracing

1. Records of individual attendance at all SVA activities will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary. Upon official request, parent contact information will be provided.
2. Information will ONLY be provided to government/health authorities, it will not be shared with coaches, staff, athletes, or families. Government/health authorities will contact individuals to relay any additional actions that must be taken. Because SVA’s staff are not licensed medical experts, other than in direct cases of diagnosis, SVA’s staff will not implement additional mandatory quarantine of secondary or tertiary contacts. However, athletes/families/coaches are required to notify SVA’s Board of Directors if they are ordered to quarantine by a government or health authority; and that order must be adhered to by the athlete or coach.

## Handwashing

1. Before arrival to the facility, all individuals, coaches, and athletes, are required to wash their hands and arms for at least 20 seconds with soap and water before practice begins.
2. Hand sanitizer will be utilized before, during and after practice to disinfect hands and arms.

## Respiratory Etiquette

1. Avoid touching your face, your mouth, nose and eyes, with your hands. If you do touch your face, cough or sneeze into your arm or shoulder you are required to immediately leave the space and disinfect your hands/arms. If you sneeze or cough into a sleeve or t-shirt you will be asked to utilize a new t-shirt while the old t-shirt is placed outside for pick up at the conclusion of practice.
2. Dispose of tissues in the trash and wash or disinfect hands immediately afterward.

## Housekeeping

Housekeeping practices are being implemented, including routine cleaning and disinfecting of all surfaces, training equipment, and practice areas. Frequent cleaning and disinfecting will be conducted in high-touch areas.

1. We will disinfect all volleyballs before each session.
2. We will disinfect the equipment between each practice / training session.

## Communication and Training

This COVID-19 Safety Procedures and Preparedness Plan was communicated to all coaches and necessary training was provided. Additional communication and training will be ongoing, and updates provided to all coaches, and where necessary relayed to all athletes and families.

## Assumption of Risk and Waiver of Liability

Shakopee Volleyball Association (hereafter referred to as the “Club”) has put in place numerous preventative measures and enhanced cleaning protocols to reduce the likelihood of spreading COVID-19 in Club’s gym environment; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending sponsored activities at the Club could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily agree to the participation terms described above and assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club Directors, Coaches, Athletes and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming (“Claims”).

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club activity.

Participant’s Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Signature (if 18 or older): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Legal Guardian Name(s) (for participants under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature(s) of Parent/Legal Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_