

Rocky Mountain Region COVID GUIDELINES (2.11.21)

Guiding Philosophy:

The Rocky Mountain Region is proud to be a leader in the safe, efficient re-opening of sport here in the Rockies. It is our stated intent to safeguard the health and safety of our members, by complying with all State and County regulations, including COVID safety best-practices, which we understand will change over time. These GUIDELINES are offered by the RMR in order to help us offer competition in a safe manner, while maintaining a consistent experience for our participants. *(The specific details of our Guidelines appear on the following pages)*

The RMR has engaged private gymnasiums in Arapahoe, Douglas, Jefferson, Denver, Broomfield, Larimer, El Paso, Jefferson and Boulder Counties in order to host our competitions. In the cases where COVID-regulations may vary from area to area, it is our intent to utilize the strictest standards, consistently across all venues. Club and Site Administrators are reminded that these guidelines are to be considered mandatory minimum standards that must be applied not only during formal competition, but at all volleyball activities, to include practices, tryouts, informal scrimmages, private lessons or any other organized RMR meeting or activity. It is the responsibility of each Club or Site Director to stay abreast of, and to comply with, Local and State regulations, as well as with USAV/RMR Guidelines, in order to best ensure participant safety.

Colorado State mandates seem to be the “more strict” in general, and so are the regulations that we look to. These regulations change based on a number of factors, but primarily upon the current COVID-status condition of each County as reported at ([DIAL](#)). The RMR communicates with its Club Directors regularly to discuss “best methods” of participation, as these regulations change.

Details regarding the status COVID-levels and their implications for indoor sport can be confusing. Note in particular that the “organized sport” category under which volleyball might play, is treated more strictly than the gyms in which the matches play... but still within the gym occupancy restrictions! Restrictions associated with each color on the Dial can be reviewed at these sites: [DIAL and RESTRICTIONS](#) [Organized-Sport](#) [5-Star Certification](#)

It is understood that (any) sporting activity involving groups of athletes will involve increased health risk.

Participation in RMR volleyball events is entirely voluntary, and at the member's own risk. All members who participate have, by choosing to attend the event, explicitly indicated that they understand these risks and that they specifically agree to play “at their own risk.” Similarly, parents and guardians who enroll their minor athletes in RMR programming have explicitly given their permission for these athletes to participate, in full knowledge that this does involve increased risk of COVID exposure.

The RMR will make every effort to ensure participant safety through the use of protocols that are required by State mandate, as well as by protocols that are supported by USAV and/or the RMR itself. All participants will be required to engage in both the spirit and the letter of the mandate with regard to all Protocols as established by the RMR and its sanctioned hosts. Persons who are unwilling to honor the requirements set forth here or in related documents, or as directed by on-site personnel, will be asked to leave the sports venue.

The RMR and the Girls Junior Committee have worked closely together to establish this set of GUIDELINES. It is our intent to treat all participants equally, regardless of the site at which they participate. The most prominent example of this principle is that *spectators will not be allowed inside the competition facilities*, regardless of size or style of the structure, until such time as State occupancy regulations are relaxed. We are prioritizing access for competition participants, while seeking to minimize their exposure to non-participants, and are attempting to provide an environment where eventual contact-tracing might be as straightforward as possible.

The RMR recognizes that limited venue access will be a point of frustration for many participants and their families. We are working diligently to provide live-streaming services at all competition sites, at minimal additional cost, in an attempt to make the best of this difficult situation. *It is our hope that participants will value the athletes' opportunity to play during these difficult times, over these inconveniences.* We ask all members of our volleyball community to appreciate the great effort that our Tournament Hosts are going to, to make these events possible.

We're delighted to be able to offer volleyball once again. Please help us do it in a SAFE, fun way!

ROSTERS AND THE TEAM-REPRESENTATIVE:

(2.11.21)

The Team Roster is more important this year than it has been in the past. The roster is used to seed the team into competition, *and* it is used to identify the participants who will play for each team. Note that as COVID regulations change, we may be required to change the maximum number of players allowed on each roster. Keep in mind that most of these restrictions are temporary! As soon as COVID metrics fall, we'll be able to return to regular competition.

For the 2020-2021 season RMR teams will be capped at 14 individuals. Current regulations allow for 25 counted participants per court, and 100 per gym-room. This allows us to operate **two** RMR courts (14 per team) in a gym where "off duty" teams stay in gym. If the off duty teams rotate out to another room (lobby, classroom, outdoors) then we may operate **four** RMR courts.

Each team is limited to 14 individuals, maximum. The team may include:

- ◆ one or more USAV-certified, screened, rostered Coaches (
- ◆ 13 or fewer rostered players (*teams MAY play with 5 this season*)
- ◆ and (optionally, but counted) one un-rostered adult "Team Videographer"
- ◆ The Videographer is a spectator, who is expected to act as the team videographer and possibly as the team medical rep as well.
- ◆ *It is **not** appropriate to add additional spectators to the official Team Roster.*

ONLY ROSTERED PERSONNEL AND THE TEAM-VIDEOGRAPHER WILL BE ALLOWED ENTRY.

- Rosters will be verified at Team Check-in.
- The Coach will sign the Videographer in with the team, each morning.
- Teams may designate only one Videographer per day.

GENERAL REQUIREMENTS FOR ENTRY

All teams are expected to enter as a single unit (14 persons all together). Please arrive early, since temperature checks and roster verification might take a few minutes!

All persons entering the facility will be temperature checked at entry. If an individual tests above 100.3, they may be re-tested once after 15 minutes. If the individual again tests over 100.3, they are ruled ineligible to participate that day. A team reduced by this rule to less-than-six players may be allowed to play with 5. Teams without sufficient number of athletes for other reasons (forgot face mask, etc.) will not be offered this waiver. *No team will be allowed to compete with less than 5 rostered players.*

Team Members MAY enter and exit the competition venue occasionally. *This privilege is extended in understanding of the difficult nature of playing under masks, and of playing without parental support.* So, if an athlete needs to go outside for some fresh air, or to meet a parent at the car to grab a sack lunch, these kinds of actions can be allowed. We do ask that everyone respect the intent here; if parking lots turn into unguarded tailgating parties, then we are putting ALL of the athletes on-site at risk. Please treat this protocol as a privilege that may be revoked.

MASKS

According to State mandate, all persons engaged in organized indoor amateur sporting events must wear a fabric face mask at all times, including during play. We called the State epidemiologist, personally, to ensure that we understood this rule correctly. Both nose and mouth should be covered at all times.

Referees and Coaches are asked to **actively observe athletes for signs of physical stress** related to the face-mask rule. **Play may be delayed to allow for player safety.** Players may not wear hard plastic face shields, as they represent a safety hazard.

Face masks may be lowered briefly if in distress. The distressed player should "raise a hand" to the referee, to indicate that they need a short breather, and step away from other participants momentarily. Play should be delayed momentarily to allow players to regain their composure when the mask-rule makes this necessary.

Lunch break should be conducted in the teams' "designated camp" space, and away from other participants. Face masks may be dropped while actively eating or drinking. In many sites and depending on the DIAL levels of that date and site, only "active" teams will be allowed into the competition area, while "off duty" teams are required to rotate out to outer rooms and team spaces, in order to meet occupancy limits.

Athletes with known pre-existing conditions (asthma, diabetes, etc.) should be identified to the RMR during Team Registration. While these players ARE still subject to the mask mandate, tournament officials will be advised to monitor the health and safety of these individuals in particular. Still, by signing their medical waiver with USAV, and by participating in the event, each athlete and their parents have specifically accepted responsibility for their choice to play, and especially to play during the COVID epidemic and under the state mask mandate in particular. Coaches are ultimately responsible for the safety of the athletes that they assign to competition, and to observing their athletes closely for signs of discomfort or medical risk. **Participation by athletes is voluntary, and is entered specifically "at their own risk," as indicated by the USAV participation waiver.**

Coaches, Officials and Work Team Personnel are in particularly close proximity to hard-working athletes. For this reason, Coaches, Officials and Work Team Personnel are absolutely required to wear face-masks at all times.

Site Hosts will be provided a separate document with "best practices" regarding managing facilities with regard to testing requirements, public signage, occupancy limits, personnel movement, and sanitization techniques. Many of these protocols will need to be adapted to the physical structure of each facility that we play in, so don't expect exactly the same experience at every gym.

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HOST DUTIES:

Host will be responsible to provide sufficient manpower and materials to support:

- Operating an access "gate" with temperature testing for all entrants (two thermal sensors, minimum)
- Sanitizing score table, scoring materials, and balls between matches.
- Sanitizing public high-touch locations (doors, restrooms, etc.)
- Maintain a supply of disposable masks for use by participants who fail to bring their own (RMR can assist)
- Setting up and maintaining live-stream cameras
- Regular operational needs (net heights, referee stands, antennas, etc.)

OFFICIATING DUTIES:

Team work duties are much the same as in previous years.

- Courts will be run with two referees, plus two or three scorers and two lines-judges (no flags)
- *The RMR will attempt to provide a professional adult referee to all competitions.*
- Referees (including team members serving as a referee) must use e-whistles, or regular whistles UNDER MASK
- The RMR does require that a "rostered adult" assist the team in "officiating duties near the table."
 - This adult could be a coach or a duly-rostered adult.
 - *It is preferred that the adult serve as the R1, or as the R2, when a professional referee is supplied.*

TEAM EQUIPMENT:

Each team will be responsible to:

- Provide team warm-up balls (no balls will be provided by host for warmup)
- Provide personal equipment (water bottles, towels, clipboards)
- Provide personal officiating tools (e-whistle or regular whistle with mask, coin etc.)
 - *Bringing personal pens and pencils makes great sense!*
- It is likely that water and concessions will be "less readily available" than usual.
- ***Bring your own food and drink!***

UNIFORM REQUIREMENTS

It is recommended that teams provide and wear regulation uniforms

- If, due to COVID hardship, a Team does not have access to regulation uniforms:
 - They may wear tops with a 4 inch high magic marker number (1-99 inclusive)
 - Tee shirts need not match in color, but Libero(s) MUST clearly contrast with all other players
- Event hosts are asked to provide the RMR office with a list of teams who are not regularly uniformed.

DURING PLAY:

- Coin Toss: Referee at post will efficiently toss coin, for two captains who remain at attack lines
- At start of match, Referee invites teams to base line, then to advance to attack line,
- Opponents wave to opponent from the attack lines
- No hand contact (shaking, slapping, high-five, close-knit huddles) among opponents or work teams
 - *Reducing these activities within your team is also a good method to reduce COVID risk!*
- Team benches will not include chairs (this reduces COVID exposure when teams switch sides)
- When switching sides the ENTIRE team will pass outside the poles. (Team A near R2, Team B goes around R1)
- During play, Coaches and substitutes are encouraged to spread out to improve social distancing.
- Substitutes in warm up area may not "crowd forward" around line judges
- At end of match, all players and bench personnel "circulate" along their attack lines to wave goodbye
- Teams rotate out of playing facility according to on-site directions of Tournament Director

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