



RETURN TO PLAY REQUIREMENTS & BEST PRACTICES



	MANDATORY REQUIREMENTS	RECOMMENDED BEST PRACTICES	OTHER USEFUL INFO & IDEAS
ATHLETES	<ul style="list-style-type: none"> <input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All players must adhere to physical distancing practices <input type="checkbox"/> Must have a daily symptom assessment - if player is under 18, the assessment should be administered by a parent or guardian - anyone experiencing symptoms must stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Players must provide their own water containers and hand sanitizer <input type="checkbox"/> Bring the least amount of equipment and smallest bag possible <input type="checkbox"/> Work Team members must wear masks <input type="checkbox"/> Specific restrictions requirements will be shared with all players prior to the event <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver 	<ul style="list-style-type: none"> <input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Non-playing athletes must wear masks even when on the bench <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> Bring shoes, water bottle, hand sanitizer, knee and elbow pads, 2 face masks, sweatshirt or jacket <input type="checkbox"/> Gloves are also suggested <input type="checkbox"/> Make sure to review information prior to the day of the activity <input type="checkbox"/> This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe 	<ul style="list-style-type: none"> <input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Have fun, but make sure you are being responsible not only for your safety, but for the safety of your teammates and family! <input type="checkbox"/> CDC Self-Checker <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home <input type="checkbox"/> Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Wear your uniform to the activity so you don't need to use a locker room <input type="checkbox"/> Make sure to wash your hand immediately after your shift <input type="checkbox"/> If your coach has not communicated information to you in advance, please contact him/her immediately! <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20
COACHES	<ul style="list-style-type: none"> <input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All coaches must adhere to physical distancing practices <input type="checkbox"/> Must conduct daily symptom assessment of self prior to any organized activity - if experiencing symptoms, please stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Coaches must provide their own water bottles and hand sanitizer <input type="checkbox"/> Bring the least amount of equipment possible <input type="checkbox"/> Officials will implement certain modifications to the match - e.g. coin toss, substitutions, switching sides, no gift exchanges <input type="checkbox"/> Specific event requirements will be shared with all coaches prior to the event <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver 	<ul style="list-style-type: none"> <input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Coaches should wear masks at all times <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> You will need to provide your own team practice balls and implement a sanitizing plan after each use <input type="checkbox"/> Please follow all modifications; refer to current USAV Indoor Volleyball Rules Book <input type="checkbox"/> Make sure to review information in advance and share with your team members/families <input type="checkbox"/> This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe 	<ul style="list-style-type: none"> <input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> It is not advised to transport players if at all possible <input type="checkbox"/> CDC Self-Checker <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home <input type="checkbox"/> Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Please bring your own sanitizing materials <input type="checkbox"/> Make sure to share all this information with your team <input type="checkbox"/> Communication of any specific requirements or restrictions is critical to the experience your team and their guests will have at an event <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20
OFFICIALS	<ul style="list-style-type: none"> <input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All officials must adhere to physical distancing practices <input type="checkbox"/> Must conduct daily symptom assessment of self prior to any organized activity - anyone experiencing symptoms must stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Implement certain modifications to the match - e.g. coin toss, substitutions, no switching sides, no gift exchanges <input type="checkbox"/> Modify whistle procedures by using hand whistles instead of mouth whistles <input type="checkbox"/> Officials must provide their own water bottles and hand sanitizer <input type="checkbox"/> Paid officials should remain on the same court in their same position with their same equipment throughout the day if possible <input type="checkbox"/> R1 officials will receive rosters electronically and will check in players/coaches on court prior to the start of a match <input type="checkbox"/> Utilize a tournament scheduling system (e.g. AES) to report and post match scores if possible - a smartphone/device is required <input type="checkbox"/> Officials should email their pay request forms/timesheets to NCR (or their current employer) immediately following their last worked event/activity <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver 	<ul style="list-style-type: none"> <input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> If an "officials" room" is provided at an event, make sure there is enough space to social distance <input type="checkbox"/> When working an event, you will be asked questions about your health prior to entering - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Officials should wear masks at all times <input type="checkbox"/> Refer to current USAV Volleyball Rule Books for modification information <input type="checkbox"/> Officials should only use their own whistle regardless of the type <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> If an new official is taking over the R1 position on a particular court, the referee stand should be sanitized prior to the next match; if a new R2 or line official is being introduced, flags must be disinfected before the staff change <input type="checkbox"/> Event officials will provide current roster information electronically in advance - make sure to have your smartphone/device available at the event <input type="checkbox"/> R1s should make sure to have access to their own notepad and pencil/pen in order to keep track of information - roster issues, final match scores, etc. <input type="checkbox"/> For NCR - email to beth@ncrusav.org <input type="checkbox"/> This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe 	<ul style="list-style-type: none"> <input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> CDC Self-Checker <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home <input type="checkbox"/> USA Volleyball Rule Books <input type="checkbox"/> Make sure to have a backup whistle available <input type="checkbox"/> Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Make sure the court sanitation kit is easily accessible <input type="checkbox"/> Make notes of any issues - contact event manager immediately if there is concern about the eligibility of a coach or player <input type="checkbox"/> Officials can also text or email information to tournament officials as a form of electronic communication - make sure to confirm method in advance <input type="checkbox"/> No need to exchange paper! <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20
SPECTATORS	<ul style="list-style-type: none"> <input type="checkbox"/> Follow all CDC, federal, state and local guidelines <input type="checkbox"/> All spectators must adhere to physical distancing practices <input type="checkbox"/> Must conduct daily symptom assessment of self and any minor wards prior to attending or participating in any organized activity - anyone experiencing symptoms must stay home* <input type="checkbox"/> On-Site ticket sales may not be offered <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Coolers and large bags are NOT allowed 	<ul style="list-style-type: none"> <input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Make sure to check in advance for specific guidelines for each individual event or activity <input type="checkbox"/> When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey - If allowed to enter, spectators are representing that they are virus and symptom free to the best of their knowledge <input type="checkbox"/> Check with the event/tournament manager in advance to see what admission sales options will be available <input type="checkbox"/> Spectators must wear masks at all times <input type="checkbox"/> If you have a medical need that requires the use of a cooler, please contact the activity manager in advance 	<ul style="list-style-type: none"> <input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> CDC Self-Checker <input type="checkbox"/> A list of USAV tournaments can be found on the Advanced Event Systems website. <input type="checkbox"/> Make sure you have at least 2 masks with you prior to leaving home <input type="checkbox"/> This policy is in place to reduce the potential for the spread of the virus and to provide for better tracing should an attendee be diagnosed

* Per the CDC, symptoms may include cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle pain, headaches, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.

DISCLAIMER – These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, North Country Region, their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. North Country Region makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.