



RETURN TO PLAY REQUIREMENTS & BEST PRACTICES



	MANDATORY REQUIREMENTS	RECOMMENDED BEST PRACTICES	OTHER USEFUL INFO & IDEAS
EVENT MANAGEMENT	<ul style="list-style-type: none"> <input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area CDC COVID-19 Website Click Here <input type="checkbox"/> All participants, spectators, volunteers and employees must adhere to physical distancing practices <input type="checkbox"/> Develop a formal Event Operations Plan including a 1) medical plan, 2) healthcare resource list for participants, 3) facility ingress/egress plan, 4) venue capacity allowance and corresponding implementation plan, 5) signage plan, 6) authority notification if required and 7) vendor safety plans <input type="checkbox"/> Establish an Event Management Team <input type="checkbox"/> Match times should be staggered to allow for space between team arrivals All individuals must be "surveyed" as they enter the facility - they should be asked if they, or anyone in their family, are experiencing, or have recently experienced, any COVID 19 symptoms including coughing, sneezing, shortness of breath <input type="checkbox"/> Determine event admission/ticket sales procedures <input type="checkbox"/> Eliminate team and officials check-in on site if possible <input type="checkbox"/> Limit overall number of vendors/exhibitors allowed on site Develop an emergency communication plan and secure necessary "tools" including a list of "textable" numbers in case an outbreak occurs during an event All requirements must be shared with all players, coaches, spectators, officials, volunteers, employees, partners prior to their arrival at the venue 	<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"/> Be familiar with county and city information as well <input type="checkbox"/> Put special focus on vulnerable groups including seniors and children <input type="checkbox"/> Make sure to designate an isolated room at the site in case someone becomes ill; have medical personnel on site <input type="checkbox"/> Include a licensed medical doctor who can assist with developing the medical plan In addition, try to allow for time between matches so teams can disperse when their match is complete prior to other teams taking the court <input type="checkbox"/> Temperature checks at entry are also an option; however, please weigh risk vs. reward <input type="checkbox"/> Eliminate on-site admission sales if possible <input type="checkbox"/> Teams must be registered in advance with rosters submitted no later than the deadline set <input type="checkbox"/> Make sure to coordinate with facility and their vendors as well <input type="checkbox"/> Utilize the information collected from the online waiver <input type="checkbox"/> Communicate important information several times PRIOR to the event and reiterate it during the event. 	<ul style="list-style-type: none"> <input type="checkbox"/> MN Dept of Health COVID-19 <input type="checkbox"/> MI Dept of Health and Human Services COVID-19 <input type="checkbox"/> ND Dept of Health COVID-19 <input type="checkbox"/> SD Dept of Health COVID-19 <input type="checkbox"/> Provide this information to participants well in advance of the tournament or activity <input type="checkbox"/> There are many health care professionals in the volleyball community - ask for volunteers <input type="checkbox"/> The AES Tournament Scheduling software is a useful tool to assist with match timing Create a "waiver" document given to participants and guests as they enter the event stating that they have represented at entrance that they are virus and symptom free to the best of their knowledge <input type="checkbox"/> On-line sales options like Square Up may be of interest If officials receive team schedules and rosters in advance electronically, they could check in teams (players/coaches) on the court prior to the match <input type="checkbox"/> Vendors must provide their own safety plan in advance of the event <input type="checkbox"/> Coaches should proactively track who is in attendance with an athlete at an activity in case contact tracing is required <input type="checkbox"/> Social media is a good tool to communicate during an event - make sure individuals know how to follow you
FACILITY	<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 participants, spectators, volunteers and employees must adhere to physical distancing practices <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Sanitize the site prior to the start of the tournament, between tournament days and following the event <input type="checkbox"/> Do not provide communal water stations for participants or attendees <input type="checkbox"/> Eliminate unnecessary equipment <input type="checkbox"/> Courts should be spaced out - at least 25 feet between <input type="checkbox"/> Provide sanitary stations (including hand sanitizer) throughout site <input type="checkbox"/> No coolers allowed <input type="checkbox"/> Create/post COVID-19 signage including required federal, state and local regulations, guidelines and best practices 	<ul style="list-style-type: none"> <input type="checkbox"/> Know your current allowable venue capacity (e.g. 10 people or less per indoor court currently in MN) Develop a plan for spacing of spectator seating (including court level and bleachers) and standing spaces - mark with tape <input type="checkbox"/> Over communicate this information to all participants. <input type="checkbox"/> Request the facility's cleaning plan prior to the event <input type="checkbox"/> Disable any public water fountains <input type="checkbox"/> Remove tables and chairs that are not needed <input type="checkbox"/> Use air walls or dividers when possible <input type="checkbox"/> Designate specific restrooms for use - locker rooms should remain closed if possible <input type="checkbox"/> Have concessions available for purchase <input type="checkbox"/> Post signage throughout the venue but also provide participants with this information prior to the event 	<ul style="list-style-type: none"> <input type="checkbox"/> Post signage throughout the venue stating this capacity information <input type="checkbox"/> Ask spectators to bring their own small chairs (e.g. soccer) - if the chair is left, it will be disposed of immediately following the event <input type="checkbox"/> Have some masks on hand to sell for a nominal fee if someone insists they don't have their own mask <input type="checkbox"/> All commonly touched surfaces should be REGULARLY cleaned and sanitized throughout the event <input type="checkbox"/> Make sure bottled water is available for purchase <input type="checkbox"/> Team camps could be created with tape markings on the floor but no tables/chairs <input type="checkbox"/> If possible, prop gym doors open in order to provide better air circulation <input type="checkbox"/> Make sure to assign someone to oversee these stations during the event <input type="checkbox"/> Best case is to catch the coolers at the door before they enter the event <input type="checkbox"/> NCR COVID 19 Printable Signage Act
PLAY/COURT	<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 participants, spectators, volunteers and employees must adhere to physical distancing practices <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Eliminate or modify certain volleyball rules, procedures and protocol (See a list of modification suggestions to the right) <input type="checkbox"/> No Lost and Found <input type="checkbox"/> Sanitize courts, volleyballs, official stands, scorer's tables, rakes (outdoors) after each match and supply each court with its own "sanitation" kit <input type="checkbox"/> A clean, disinfected game ball must be rotated in after each match <input type="checkbox"/> Game balls will be provided for each tournament match; practice balls are not provided Restructure work team assignments, scorer's table layout and scoring materials to minimize close interaction and sharing of items 	<ul style="list-style-type: none"> <input type="checkbox"/> Know your current "risk" scenario (e.g. at the present time, MN does not allow for volleyball competitions to take place; outdoor practices can be 25 or less, indoor practices can be 10 or less - but still no contact) <input type="checkbox"/> Establish maximum number of players/coaches allowed on the "bench" <input type="checkbox"/> Coaches, officials, scorers, spectators and non-playing athletes must wear masks <input type="checkbox"/> Discontinue protocol for teams switching sides for indoor play <input type="checkbox"/> Implement modified coin toss <input type="checkbox"/> No handshakes, high fives, huddles, etc. <input type="checkbox"/> Implement "no touch" procedures for awards <input type="checkbox"/> Modify warm-up times <input type="checkbox"/> Collect and dispose of all trash or left over items at each court directly following match <input type="checkbox"/> The sanitation kit should include trash bags, cleaning supplies, hand sanitizer, paper towels (not cloth) <input type="checkbox"/> Develop disinfecting protocol and procedures and make sure participants are aware of the process <input type="checkbox"/> Teams should plan to provide their own practice/warm-up balls Utilize a larger table, eliminate certain documents, R1 keeps track of score from ref stand; research scoring apps that can be used electronically 	<ul style="list-style-type: none"> <input type="checkbox"/> See your local health department website for current guidelines <input type="checkbox"/> Consider removing actual chairs/benches and taping off space for the teams on the court <input type="checkbox"/> Notify participating teams well in advance <input type="checkbox"/> Exception is if by not changing, one team has a competitive advantage or disadvantage <input type="checkbox"/> Refer to current USAV Indoor Volleyball Rules Book <input type="checkbox"/> One option would be to mail the awards to clubs/teams <input type="checkbox"/> Challenge your team to create a fun and "contact free" greeting/ending gesture <input type="checkbox"/> Officials will need to oversee this modification on court <input type="checkbox"/> Reusable water bottles left at the court will be thrown away immediately <input type="checkbox"/> Work with your facility manager to implement <input type="checkbox"/> Molten USA Advice on Cleaning Volleyballs <input type="checkbox"/> Coaches (or another team representative) are responsible for sanitizing their practice/warm-up balls after each use <input type="checkbox"/> Make sure to communicate this information IN ADVANCE to coaches/teams and officials!

* 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.