



AFTERSHOCK VOLLEYBALL CLUB RETURN TO PLAY SAFETY PLAN (version 3.0)

PURPOSE – Aftershock Volleyball Club has prepared this plan to create a safe return to play for sports and establish a comprehensive framework that is compliant with CDC, federal, state and local policies. Aftershock volleyball activities include but are not limited to: clinics, camps, practices, tryouts, scrimmages, matches, and tournaments.

This plan is intended to serve as a guideline in developing a process for safely returning to activities and is not intended to replace guidance issued by state and local county agencies on the reopening of schools, workplaces, public activities, and travel. Aftershock will continually monitor updates and guidance from state and local county departments of public health, USA Volleyball, and NCVA and make adjustments to this process accordingly to ensure we remain aligned with requirements.

INTENT – The intent of this plan is to provide an adaptable strategy for reintegrating youth athletics with the primary consideration focused on providing a safe environment for players, coaches, staff, and families. This plan establishes a framework that will focus on the following elements: **Maintaining a safe and healthy environment while participating in club athletic activities and reducing infection transmission among athletes and the public.**

IMPLEMENTATION – The implementation of this plan and subsequent timelines will be based on the ability to align with Federal, State, County, USA Volleyball, NCVA, and local guidelines. Once these criteria have been met, we will be able to assess appropriate mitigation strategies to move through a phased approach for safe participation. This will serve as a living and dynamic plan capable of adapting to the many changes we encounter as we transition through each stage. This plan will not address every situation but we will face new challenges with transparency and resilience as we work through this together.

RESOURCES – This plan references guidelines and recommendations from Federal, State, and County health, athletic, and resources such as the Center for Disease Control and Prevention (CDC), United States Olympic Medicine Committee, USA Volleyball, and California Department of Public Health (CDPH).

PRECAUTIONS – The following recommendations are not intended or implied to be mandates. Many of these recommendations are based upon guidelines set forth by Federal, State, County, and local officials. Despite the detailed planning and safeguards, there is no way to completely eliminate the risk of infection and exposure. It is strongly encouraged that all participants follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does Aftershock Volleyball Club assume any liability or responsibility for the recommendations provided herein.

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, Aftershock Volleyball Club, and their staff and coaches in connection with your use of the enclosed guidelines. Aftershock Volleyball Club makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.



Emergency Plan and Notification Procedures

Individuals that are diagnosed with COVID-19, test positive, are symptomatic, or have close contact with an infected person WILL comply with the guidance and recommendations from CDC, county public health, or primary care providers. This includes quarantine/isolation requirements and contact tracing.

Individual Sickness

An individual that becomes sick during activities will be separated from others as soon as possible and parents/emergency contact will be notified. A clean, disposable facemask or face covering will be provided for the individual. Emergency services will be contacted for those who require urgent care.

Individuals that are diagnosed with COVID-19, test positive, or are symptomatic WILL NOT be allowed to participate in activities until the requirements outlined by CDC, local public health officials, or primary care provider have been met.

Exposure to Infected Individuals

If an individual that participated in activities is diagnosed with COVID-19, tests positive, or is symptomatic, the coach will notify all parents of that cohort that participated in activities as soon as practical.

Individuals who had close contact (as defined by CDC) to an individual diagnosed with COVID-19, tests positive, or is symptomatic will be identified and considered a close contact exposure.

Individuals that have a close contact exposure to an infected person will comply with requirements of CDC, local public health, or primary care provider. Parents should contact their primary care provider or local public health and inform them of the situation for follow-on guidance.

Notification Process and Contact Tracing

Coaches will notify Aftershock Club Director of any incident and will notify all parents of the cohort and any other individuals that participated in activities (competing teams, staff, officials, etc.) that may have had close contact with a diagnosed, positive tested, or symptomatic individual. Personally identifiable information (PII) will not be disclosed to safeguard protected health information.

Facilities

If indoors, the areas visited by the ill person will be closed off. The areas will be ventilated for increased air circulation. Wait 24 hours or as long as practical before beginning cleaning and disinfecting. (Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, and shared equipment used by the ill persons, focusing on frequently touched surfaces.)

Activities cannot resume until the affected areas have been cleaned and disinfected. If 7 days have elapsed since the facility was occupied, cleaning and disinfecting is not required but is highly recommended.

Activities

All activities associated with the event (conditioning, practices, matches, etc.) will be suspended until appropriate guidelines and recommendations from CDC, local public health officials, and club director have been met and approval to continue has been granted.



Guidelines for Activities

If you feel sick, **STAY HOME!** If the following conditions are present, **STAY HOME:**

- If you have been diagnosed with COVID-19, **STAY HOME** and follow the guidance from health care professionals and do not return until you meet your primary care provider and local public health department requirements.
- If you are exhibiting signs/symptoms of COVID-19 or you are feeling ill, **STAY HOME** and follow the guidance from health care professionals and do not return until you meet your primary care provider and local public health department requirements.
- If you had “close contact” (*living with someone who is ill, exposure to someone infected with COVID-19, contact tracing from someone diagnosed with COVID-19, etc.*) with someone diagnosed with COVID-19, **STAY HOME** and follow the guidance from health care professionals and do not return until you meet CDC, your primary care provider, and local public health department requirements.
- If you have returned from a high-risk area or participated in high-risk activities, **STAY HOME** and follow the guidance from health care professionals and do not return until you meet your primary care provider and local public health department requirements.
- If you are considered to be a CDC high risk/vulnerable population (*people 65-years and older; medical conditions such as lung disease or asthma, heart conditions, immunocompromised conditions, severe obesity, diabetes, high blood pressure, kidney disease, liver disease, or other underlying medical conditions*) or CDC-identified special population, **STAY HOME** until your primary care provider recommends it is safe for you to participate in these activities.
- If you live with someone that may be considered a CDC high risk/vulnerable population or CDC-identified special population, you should assess your ability to participate in these activities for fear of unknowingly spreading COVID-19 to these at-risk individuals. You should consult with your primary care provider to see if it is safe for you to participate in these activities.
- Participation in athletic activities should be seriously considered and discussed with parents and players. There will always be risk when participating in sports and especially during pandemic outbreaks such as the one we are facing. Aftershock Volleyball Club will always place the well-being of our players first and foremost and this will be validated by our actions. However, Aftershock Volleyball Club cannot assume liability for anyone participating in these activities and will ask each parent/player to complete a waiver. (See Attachment #1, Aftershock Volleyball Club Liability Waiver)
- Parents and players are empowered and have the authority and responsibility to exercise their individual leadership in encouraging health and safety considerations in everything we do. If you are uncomfortable in participating in activities, please inform your parents, coaches, and Aftershock Volleyball Club of these concerns and they will be immediately addressed.
- There will be an increased expectation for players to take care of themselves and take care of one another. Everyone will have added responsibility to practice appropriate hygiene basics, maintain social distancing to the extent possible, wear a face covering when appropriate, and establish daily habits such as cleaning up and/or disinfecting items/areas you use throughout the day. These types of behavioral adjustments can help reduce the spread of COVID-19 and will keep everyone healthy.



Continue to practice health and hygiene basics:

- Wash your hands with soap and water or use hand sanitizer with at least 60% alcohol, especially after touching frequently used items or surfaces.
- Avoid touching your mouth, nose, and eyes.
- Practice appropriate respiratory etiquette when coughing and sneezing and use a tissue or the inside of your elbow (even if you have a face covering on).

Follow social distancing guidelines (physical distancing and keeping 6-feet space between yourself and other people) to the extent practical. There will be times during play that this physical distancing will be impossible to maintain because of the nature of the sport. However, we will avoid team huddles, high fives, handshakes, hugs, and other close contact that infringes on our “bubble” and physical distancing recommendations.

Wear a face covering in public settings and when physical distancing measures cannot be maintained to avoid unknowingly spreading COVID-19. The face covering is not a substitute for physical distancing and people should attempt to maintain at least 6 feet of distance between others. Face coverings/masks may be required to wear while playing, practicing, exercising, or conditioning if social distancing cannot be maintained. If a face covering is worn during exercise the user assumes all risk and liability.

Clean/sanitize any items you use during the day. This includes wiping down door handles, sinks, equipment, etc. **“You touch it, you clean it!”**

Perform self-monitoring for symptoms throughout the day:

- Conduct self-observation and self-assessment throughout the day to ensure you are not exhibiting the signs/symptoms of COVID-19.

Safe Return to Activities / Safe Return to Play

The purpose of these guidelines is to create a comprehensive return to play safety plan for volleyball sanctioned activities that are compliant with federal, state, and local regulations. USAV sanctioned activities include but are not limited to: tryouts, lessons, practices, scrimmages, camps, clinics, combines, showcases, or tournaments. Volleyball activities will be dependent upon state and county guidelines and will align with USA Volleyball and NCVA guidance. Aftershock Volleyball Club will continually monitor the updates and guidelines from state and county departments of public health and will make appropriate adjustments to this plan.

Maintaining a safe and healthy environment will require everyone's best efforts. Precautionary and preventive measures will be implemented with responsibilities outlined below. Follow all CDC, federal, state and local guidelines when participating in any activities.

Aftershock Volleyball Club

- Assess facility capacity for physical distancing requirements.
- Prior to the return of players into the NCVA Facility or other facilities, any occupied areas of the buildings will be cleaned/disinfected to allow a “non-contact” period.
- Post instructions and/or closure signs as needed on shared spaces or high-touch surfaces.
- Post highly visible signs in all common areas that focus on best practices including essential CDC COVID-19 information on the following:



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- How COVID-19 spreads: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- COVID-19 symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- How to protect yourself and prevent exposure: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Ensure all areas have adequate, hand sanitizer, paper towels, Kleenex tissues, and cleaning/disinfecting products available.
- Cleaning and Disinfecting Supplies:
 - Prior to bringing players back to activities, assess cleaning and disinfection supply needs. This includes additional supplies required for players to utilize for cleaning their personal space.
 - Ensure an adequate supply of cleaning and disinfection products is procured and available. If cleaning and disinfection products cannot be obtained to provide for the cleaning and disinfection of the facility, close off non-essential areas and focus cleaning and disinfection on essential operations and spaces.
 - If cleaning and disinfection products cannot be obtained to ensure the safety and well-being of players, the facility should be considered closed for occupancy and access until cleaning and disinfecting guidelines can be implemented and adhered to.

Coaches

- Provide a safe environment for players by complying with all requirements of this plan.
- Perform self-observation and self-assessment prior to participating in activities.
- Follow protocols and procedures that permit physical distancing and incorporate other measures to prevent exposure. Consider best practices to:
 - Make adjustments to operations that meet physical distancing requirements.
 - Adjust practice schedules to limit the number of players in the same locations.
- Be familiar with and be prepared to execute the emergency plan exposure notification procedures.

Players

- Perform self-observation and self-assessment prior to participating in activities.
- Limit items you bring as only those essential for practice (mask, hand sanitizer, water bottle, snack, etc.)
- Avoid socializing in groups that do not readily allow for appropriate physical distancing.

Parents/Visitors

- To the extent possible, restrict access to players, coaches, and Aftershock Volleyball Club staff only. Visitors increase the risk of exposure and may trigger cleaning protocols that deplete necessary supplies and equipment.



- If visitors are allowed, they should be screened using the symptom and health screening protocols. Any visitor with a positive response to any question will be restricted from accessing the facility.

Limitations on Gatherings:

- No gathering of more than allowed by the prescribed local county guidelines (inside or outside).
- Workouts should be conducted in “cohorts” of players with the same players always working out together. This ensures more limited exposure if someone develops an infection.

Facilities:

- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, bathrooms, chairs, etc.).
- Hand sanitizer should be plentiful and available to individuals as participate in activities.
- Equipment should be wiped down thoroughly before and after use.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.

Physical Activity and Athletic Equipment:

- Players should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned prior to and after each use.
- Drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned often.

Hydration:

- All players shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Safe Return to Play Guidelines for Individuals

Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.



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- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

Pre-Activity Screening:

- All coaches and players should be screened for signs/symptoms of COVID-19 prior to a workout. This includes a temperature check and symptom and health screening questions.
- Any person with positive symptoms reported WILL NOT be allowed to take part in workouts and should contact their primary care provider or other local health-care professional.

During Activities

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- Wear a face mask while at the venue.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles, or utensils used.
- Keep a list of people you were in contact with during the activity.

After Activities

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- Wear a face mask when possible to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Players must be encouraged to shower and wash their workout clothing immediately upon returning to home.



Safe Return to Play Guidelines for Clubs and Club Facilities

Before Activities

- Disinfect the venue and all equipment, including volleyballs, where the club activities will take place.
- Verify that venue staff, club staff and participants are symptom free before participating in any activities.
- Provide hand washing/sanitizing stations throughout the venue.
- Turn off water fountains at the venue.
- Establish social distancing protocols.
- Create and display signage clearly outlining the venue's COVID-19 policies.

During Activities

- Continue to clean and disinfect the venue and equipment, including volleyballs, where the club activities will take place.
- Enforce social distancing requirements.
- Regularly sanitize commonly touched surfaces during the club activity.
- Remove anyone from a club activity if they exhibit any COVID-19 symptoms.
- Limit the number of people in the facility to be compliant with local guidance.
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- Use hand whistles as opposed to regular whistles when possible.

After Activities

- Clean/disinfect all surfaces and equipment that were used during club activities.

Team Activities and Competition

Because of the rapidly evolving and constantly changing guidelines and requirements for indoor sports and volleyball, team activities and competition will comply with guidance state and local public health departments, USA Volleyball, and NCVA. The guidance from these sources will be included with this return to play safety plan.

Safe Return to Play Activity Preparation

Pre-Activity Preparation

Parents will have the opportunity to review this plan and download/complete forms required for participation (Attachment 1).

Parents will print the waiver (Attachment 1) and sign. Once signed, this form will be given to the coach and will be kept at all activities. Players WILL NOT be allowed to participate in activities unless this form



is provided to the coach.

Parents will ensure that players perform daily self-monitoring to ensure they do not have any signs or symptoms. Players shall not participate in activities if they exhibit any signs/symptoms of COVID-19.

Day of Activity

A pre-screening process will be initiated by the coach prior to beginning the daily activities. This pre-screening includes asking the player symptom and health screening questions and taking the player's temperature using a no-touch thermometer. (Temperatures will not be recorded.)

Players will have their temperature taken by the coach every day prior to the beginning of activities. If the player's temperature is greater than 100°F, they will not be allowed to participate in activities and will be escorted to their vehicle to notify their parent.

Parents that bring their player to the facility should not leave until their player has completed the pre-screening process. If the player has not turned in their waiver form (Attachment 1) or their temperature exceeds 100°F, the player WILL NOT be allowed to participate in activities.

An attendance log will be kept each day by the coach in the event a parent and player need to be notified of an exposure.

Aftershock volleyball activities will take place at the NCVA Facility (5621 Skylane Blvd, Santa Rosa, CA).

To avoid incidental contact and maintain social distancing, we will utilize separate entrances and exits at the NCVA Facility. Emergency exits will remain unlocked/available in the event evacuation is necessary.

We will only utilize 2 courts for volleyball activities (Court #1 and Court #3). Court 2 will only be used for administrative purposes such as players waiting for the start of their activity or the completion of their activity. Groups/players will ensure they social distance and will not intermingle.

The only restrooms at the NCVA facility are the outdoor portable bathrooms. Only 1 person at a time will be permitted in a portable bathroom. When finished using the restroom, individuals will wipe down any surface they touched with a disinfectant wipe or spray disinfectant.

Coaches will ensure that equipment is cleaned/sanitized prior to and at the conclusion of activities. This includes, but is not limited to, volleyball poles, nets, carts, balls, and other equipment used during activities. High-touch surfaces such as doors, door handles, sinks, etc. shall also be cleaned/disinfected prior to and at the completion of activities.

DO NOT use water fountains. Players will bring their own water bottle to activities and will not share with others. Parents shall ensure that players have sufficient water and snacks for the duration of activities.

Everyone is responsible for items they bring into the facility and the proper disposal of items (trash, tissues, water bottles, etc.). Anything left in the facility will be properly disposed of.

This will be one of the few times that we will ask you to be selfish and not share. Don't share your germs (wear your mask or face covering, cover your cough and sneeze, and wash your hands regularly), don't share your stuff (no sharing of food, water, clothes, etc.), and don't share your "bubble" (apply appropriate social distancing and keep others out of your "bubble" and don't get into anyone else's "bubble").

What to bring to activities:

- Waiver form (Attachment 1) to give to coach at first organized activity.
- Good attitude, responsibility, and accountability.



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- Backpack or bag to store items such as clothing, shoes, sports equipment, towel, water bottles, snacks, etc.
- Mask or face covering. Every person must have a mask or face covering or they **WILL NOT** be allowed to participate in activities.
- Hand sanitizer that contains at least 60% alcohol.
- Water. Bring enough water for the activity you are participating in because water fountains will not be used. Water bottles (reusable or disposable) will not be shared.
- Phone. Bring your phone in the event you need to contact your parents or emergency contact.
- Wear appropriate workout attire for the activity you will be participating in. You will not be allowed to change clothes so plan on wearing what you have to/from the activity.

Post-Activity Actions

Players should immediately return home to shower and wash all clothing and clean any equipment used.

Parents and player should continue to self-monitor for symptoms and complete the self-assessment log.