



Club Texas Volleyball: COVID 19 Guidelines to Practice and Participation

1. **OVERVIEW** – Club Texas Volleyball (CTV) has prepared Guidelines for Practice and Participation for its athletes, families, coaches and directors to provide guidance as volleyball activities begin to recommence. The following guidelines are mandates. Many of these mandates are based upon current guidelines set forth by the USA Volleyball and the State of Texas.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result CTV strongly mandates all participants to follow these rules 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 CTV or its director(s), coaches or employees assume any liability or responsibility for the guidelines provided herein.

2. **PURPOSE** – The purpose of these guidelines is to create a plan for CTV to practice and play activities include but are not limited to: tryouts, lessons, practices, scrimmages, camps, clinics, or tournaments.

REQUIREMENTS FOR ATHLETES AND PARENTS

- **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 when activity allows.
- Wear a face mask to reduce exposure to airborne particles when not playing.
- 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.

- **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 but not on the court.
 - Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
 - Bring hand sanitizer and sanitizing wipes and your own water & water bottle clearly marked with your name (WATER WILL NOT BE PROVIDED— YOU MUST BRING YOUR OWN).
 - 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.
 - Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
 - Wash and sanitize all gear, uniforms and apparel used during the activity.
 - Wear a face mask when possible.

RETURN TO PLAY PROCEDURES FOR CTV COACHES/FACILITY

- **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 sanitizing stations throughout the venue.
- Establish social distancing protocols.
- Create and display signage clearly outlining the venue's COVID-19 policies.
- **During Activities**
- Enforce social distancing requirements when possible.
- 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.
- **After Activities**
- Sanitize all surfaces and volleyballs that were used during club activities.

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, CTV or its director(s), coaches or employees. CTV makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.