

IGNITE 2021 COVID-19 Guidelines



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 USAV strongly encourages all participants to 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 USAV or its forty (40) Regional Volleyball Associations (Region(s)) assume any liability or responsibility for the recommendations provided herein.

1. **PURPOSE** – The purpose of these guidelines is to create a comprehensive return to play plan for USA Volleyball sanctioned activities in the United States that are compliant with CDC, federal, state and local regulations. USAV sanctioned activities include but are not limited to: tryouts, lessons, practices, scrimmages, camps, clinics, combines, showcases, or tournaments.
2. **RISK CATEGORIES (Per USAV Guidelines)** – Current volleyball activities are segmented into three types of risk categories:
 - a. **Low Risk** – Individual skill development (passing drills, blocking, hitting, setting, serving, general fitness, strength training) at home (backyard, driveway, in-home), alone or with household members and with owned and sanitized equipment.
 - b. **Medium Risk** – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical distancing and sanitizing volleyballs.
 - c. **High Risk** – Individual skill development with non-household members not following the recommended physical distancing & not sanitizing volleyballs. Participating in any team or group play.
3. **Additional COVID Links:**
 - USAV Covid Information: <https://www.teamusa.org/usa-volleyball/features/usa-volleyball-response-on-coronavirus>
 - OVR Covid Information: https://www.ovr.org/health_news.php
 - State of Ohio Covid Information: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
 - CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - Summit County Health Department: <https://www.scph.org/covid>

4. RETURN TO PLAY GUIDELINES FOR INDIVIDUALS (IGNITE Players, parents, coaches, staff, and anyone attending any IGNITE activities) – Adhere to the most stringent federal, state or local guidelines when participating in any activity.

a. 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.
- Do not take any medications known to lower a fever within 2 hours of an event.
- Be aware of and disclose any potential contacts with affected individuals
- **Temperature and symptom checks will be performed before allowed to enter the gym.**
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands
- Practice social distancing regularly
- 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.

b. 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

c. 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
- Wash and sanitize all gear, uniforms and apparel used during the activity

5. **RETURN TO PLAY GUIDELINES FOR CLUBS AND CLUB FACILITIES-**

Adhere to the most stringent federal, state or local guidelines when participating in any activity.

a. 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 or sanitizing stations throughout the venue

b. 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
- Limit the number of people in the facility to be compliant with local guidance.

c. After Activities

- Sanitize all surfaces and volleyballs that were used during club activities
- No congregating in the main hallway, or front area. **PARENTS MUST BE READY TO PICK THEIR PLAYERS UP AT THE END OF PRACTICE.**

6. **WHAT TO DO IF...**

a. Coaches/Players Test Positive

- Persons with the positive test must isolate for **10 days**. If at the end of the 10 days, they are fever/symptom free for 24 hours, they can return to coach/play. If they have symptoms, they must continue to isolate till there are no symptoms/fever for 24 hours.
- Players/Coaches on the same team **DO NOT** have to quarantine because we are wearing masks while also staying 6 feet apart. When we are within 6 feet, we are there less than 15 minutes. Everyone must continue to monitor symptoms. If someone starts to not feel well, they must go and take a test and quarantine until results return.

b. Household member/close contact tests positive

- If a player or coach comes into close contact with someone in their household or work that tests positive, that player or coach must isolate for **14 Days** from last contact with the person who tested positive.

7. 2021 IGNITE SPECIFIC CHANGES/PROCEDURES

a. We know that this is going to be a season unlike any other. We must work together to be flexible in the event that practices, tournaments, and any other IGNITE activity may be changed, altered, or canceled within a minute's notice. We will adapt and continue on however we can, while still keeping the safety of coaches, and players as our first priority. Our goal is to keep everyone safe and healthy while completing this season without a stoppage. We can do this together, but it will take everyone working together as one. As one IGNITE family, we can do this and make this season one to remember.

b. New IGNITE Procedures

- **MASKS MUST BE WORN TO ENTER THE BUILDING. NO MASK=NO ENTRY.**
- **Parents may not enter the facility to observe practice.** We must keep the number of people in the building down.
- Players will go through a temperature and symptom check upon entering the building. Temperatures above the CDC guideline of 100.4F will be sent home.
- After the temperature/symptom check, players will be required to wash and/or sanitize their hands before entering the gym.
- No sharing of any kind is permitted. Players must bring their own masks, water bottles, whistles, hair ties, pre wrap, tape, etc.
- Masks will need to be worn throughout practices. When not actively participating in a drill or sitting on the sidelines, masks are to be worn. When playing or participating, masks do not need to be worn.
- Coaches will wear masks at all times.
- No handshakes, high fives, or anything like that.
- When traveling out of the county or to other states, we will abide by the rules and guidelines set by the local county or state government.
- In the event of an infection, we will follow all guidelines set by the State of Ohio. This includes contact tracing, and quarantining. Dr notes will be required for return to play, or clearance from the local health department/CDC
- In the event of a season ending shut down, refunds will be issues based on the refunds IGNITE receives from outside sources such as gym rental, tournament fees, and hotels. The refund would then be a portion based on how much of the season has been played., vs how much to be canceled minus the cost of pre-paid items such as jerseys/uniforms, etc.
- **ANY CHANGES TO THE PROCEDURES AND GUIDLEINES WILL BE COMMUNICATED TO EVERYONE. ALL CLUB POLICY'S MUST BE FOLLOWED AT ALL TIMES.**