

Bloomington Volleyball Club // COVID-19 Safety Procedures and Preparedness Plan

updated (5/2/2021)

The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH), and the federal Occupational Safety and Health Administration (OSHA) into our daily practices at Oak Grove Middle School.

Knowing that eliminating all risk is impossible, Bloomington Volleyball Club is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, athletes and families. To that end, we have developed the following Safety Procedures and Preparedness Plan in response to the COVID-19 pandemic. We will continually monitor the COVID-19 pandemic; and as it evolves the below policies and procedures will be modified. Any changes to the policies and procedures will be sent in writing to all coaches and families.

By participating with Bloomington Volleyball Club all adults and guardians of minors assume ALL risks associated with participation including but not limited to exposure to COVID-19. Exposure to COVID-19 can lead to temporary or permanent health consequences and death.

Club Directors, coaches, athletes and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our facility, and that requires full cooperation. Bloomington Volleyball Club's Directors and coaches are charged with enforcing the policies and this plan during their scheduled training times, with Bloomington Volleyball Club's directors responsible for further disciplinary actions. **All coaches, athletes and guardians will be required to sign the "Assumption of Risk and Liability Waiver" on page 5 of this document as assumption of risk, waiver of liability, understanding of and agreement to comply with all aspects of the below Safety Procedures and Preparedness Plan. Any violations by athletes can result in revocation of facility usage privileges with no refunds given. Any violations by coaches can result in termination.**

Club directors, or an appointed staff member, will be on site at all times to ensure compliance.

Section 1.01 Facility Layout via Zones for Social Distancing

- 1) Olson Middle School, Jefferson Activity Center, Ridgeview Elementary and Dred Scott Volleyball Courts are public buildings/spaces so it is probable that other members of the public may be in the building or/on near the sand courts. However, no parents, siblings, spectators or any additional individuals will be allowed in the gyms during Bloomington Volleyball Club's use of the gyms.
- 2) The gyms used by Bloomington Volleyball Club at Jefferson Activity Center will be divided into separate spaces with a floor to ceiling partition between the courts. The gyms used by Bloomington Volleyball Club at Olson Middle School are separate gyms with separate entrances.
- 3) The below details will indicate areas used by Bloomington Volleyball Club players and coaches.
 - a) Olson Middle School Gyms: Enter and exit at pool/gymnasium doors.
 - b) Olson Middle School Court 1: Maximum 23 athletes with 2 coaches; players will enter and exit from the same door. No one should linger in the gym or hallway.
 - c) Olson Middle School Court 2: Maximum 23 athletes with 2 coaches; players will enter and exit through the same door. No players should linger in the gym or hallway.
 - d) Jefferson Activity Center Courts Entrance Door for JAC: This is a pass-through area. No one should be standing, sitting or otherwise waiting in this area.
 - e) Jefferson Activity Steps to Courts: This is a pass-through area. No one should be standing, sitting or otherwise waiting in this area.
 - f) Jefferson Activity Center Courts: Enter and exit your court from the JAC steps.
 - g) Ridgeview Elementary Entrance: This is a pass-through area. No one should be standing, sitting or otherwise waiting in this area.
 - h) Ridgeview Elementary Gym: Players will enter and exit through door to gym. No one should linger in the gym or hallway.
 - i) Dred Scott Sand Courts: Players will enter the court area from adjacent parking lot.
- 4) The gyms will be open for scheduled for two hour time periods. After each time period, the space will be emptied to allow for athletes to exit and enter while maintaining proper distancing to maintain CDC/MDH participant limit guidelines.

- 5) Restroom use will be limited to “emergency” use only. All coaches and athletes are asked to utilize the restroom prior to arriving or after leaving the facility.

Section 1.02 Procedure for Pre-Arrival, Arrival and During and After Practice

PRE-ARRIVAL

- 1) Coaches, athletes and families are required to watch the hand washing video (linked below) to ensure the proper process is implemented including turning off the water without potentially re-soiling hands. Hand Washing Video Link: <https://www.youtube.com/watch?v=seA1wbXUQTs>
- 2) It is recommended that families take the temperature of their athlete and ensure they are not displaying any unusual breathing difficulties nor other symptoms of COVID-19 prior to leaving home to limit the potential of an athlete being turned away upon arrival.

ARRIVAL

- 3) Athletes will be allowed entrance into the gyms 5-minutes prior to their scheduled session; absolutely NO earlier.
- 4) Coaches and athletes are required to enter at the assigned door (Pool/Gymnasium Door). Coaches and athletes will NOT be admitted if they attempt to enter the site at another location. Keep in mind the other entrances are ONLY for school use.
- 5) All coaches and athletes are required to wear masks for the duration of their time at in the building, including while playing on the court. Only approach your entrance door when your mask is securely in place. You will not be allowed to participate if you do not have and wear a mask.
- 6) DO NOT congregate outside the entrance.
- 7) Athletes for sand training should arrive 15 minutes prior to start time, maintaining the recommended distancing while preparing for the session.
- 8) We will be following CDC and MDH guidelines regarding masks for outdoor youth athletics, which at this time do not require mask use during training and play. Players should wear a mask if they are not able to keep distancing while arriving and departing.
- 9) Coaches will wear masks if they need to be within 6 ft of a player.
- 10) Parents are responsible for monitoring your or your athlete’s temperature and health. If an elevated temperature or other COVID symptoms exist, or if you or your athlete do not feel well they should not come to practice.
- 11) Coaches and athletes entering the school will be required to leave all extra items including bags, purses, additional clothes, shoes and all other personal items locked in their car. Be sure to take normal precautions including locking valuables in the trunk or out of sight in a vehicle that does not have a trunk. It is recommended to leave all items of value at home. Exit your vehicle ready to practice. If an athlete drives themselves to practice, they are required to place their keys and driver’s license in a Ziplock bag next to their water bottle.
- 12) Coaches and athletes should sanitize their hands and arms before the sessions begins.

DURING

- 13) Athletes will be required to bring their own, FULL, water bottle and keep their water in a socially distanced area along the side wall of the gym or on the grassy area near the parking lot at the sand courts. Use of the drinking fountain is not allowed.
- 14) All Coaches and athletes are required to wear a face mask at all times while in the facility.
- 15) While outdoor at sand session, coaches will wear masks if they plan to be within 6 ft of players. Players need not wear masks but must try to maintain a 6ft distance whenever possible.
- 16) No handshakes, high fives, fist bumps, nor other physical interaction.
- 17) All huddles and coaching will occur with a minimum of 6’ of distance between all athletes and coaches.
- 18) In emergencies only, BVC staff and participants will utilize the restrooms..

AFTER

- 19) When the player’s session has concluded they should exit the gym and building promptly. They should be picked outside immediately and should not linger in that area. Distancing must be maintained while waiting for pick up.
- 20) At the conclusion of practice all coaches and athletes will be sanitize their hands and arms.

Section 1.03 Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within (insert club name)

All coaches, athletes and families are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status, of all, prior to entering (insert club name). This process is not all encompassing and does not guarantee the health of any individual entering (insert club name).

- 1) Any individual with a temperature lower than 99.0 degrees will be allowed to practice. Parents should be checking temperatures before sending their athlete to practice.
- 2) All individuals entering the facility will be required to be cold/flu/COVID-19 symptom free for three days prior to entrance. If anyone is displaying any symptoms of the above, they must be kept home. If, upon their arrival or during their training time they display any of the above symptoms they will be immediately moved to the North Entrance Door (quarantine zone) and must be picked up by their parents immediately on the north side of Oak Grove Middle School. Then, the zone of the facility they utilized as well as the quarantined zone will be

immediately disinfected. The sanitizing process will be implemented by BVC directors or coaches and will take approximately 15 minutes. Athletes that could have come into contact with the athlete displaying signs of illness will immediately wash their hands and arms and resume training once the zone has been disinfected.

- 3) Should anyone participating with Bloomington Volleyball Club, coach or athlete, be diagnosed with COVID-19, they should immediately contact Bloomington Volleyball Club's Directors and follow proper healthcare procedures as laid out by their health care professional, including quarantining. Athletes, coaches, and staff must have, in writing, signed, clearance from their health care professional to resume activity after a COVID-19 diagnosis OR the original, dated, "order" to quarantine with the specified duration from their health care professional so (insert club name) can verify their compliance with that "order" upon their return.

Section 1.04 Contact Tracing

- 1) Detailed records of individual attendance at Bloomington Volleyball Club will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary. Upon official request, parent contact information will be provided.
- 2) Information will ONLY be provided to government/health authorities, it will not be shared with coaches, staff, athletes or families. Government/health authorities will contact individuals to relay any additional actions that must be taken. Because Bloomington Volleyball Club's staff are not licensed medical experts, other than in direct cases of diagnosis, Bloomington Volleyball Club's staff will not implement additional mandatory quarantine of secondary or tertiary contacts. However, athletes/families/coaches are required to notify Bloomington Volleyball Club's Directors if they are ordered to quarantine by a government or health authority; and that order must be adhered to by the athlete or coach.

Section 1.05 Handwashing

Basic infection prevention measures are being implemented at Bloomington Volleyball Club at all times.

- 1) Upon arrival to the facility, all individuals, coaches and athletes, are required to sanitize their hands and arms before practice begins and again at the conclusion of practice.
- 2) Hand sanitizer will be available throughout the facility and specifically on each court.

Section 1.06 Respiratory Etiquette

Just a reminder of basic respiratory etiquette while attending activities inside of Bloomington Volleyball Club.

- 1) Mask should be worn at all times when in the building. It is still recommended, however, that you cough or sneeze into your practice t-shirt to reduce any possible initial viral spread.
- 2) Avoid touching your face, in particular mouth, nose and eyes, with your hands. If you do touch your face, cough or sneeze into your arm or shoulder you are required to immediately leave the space and re-wash your hands/arms. If you sneeze or cough into a sleeve you will be asked to utilize the sanitizing spray to quickly disinfect your clothing or if not comfortable doing so, a new t-shirt will be provided to you while the old t-shirt is placed outside for pick up at the conclusion of practice.
- 3) Dispose of tissues in the trash and wash or disinfect hands immediately afterward.

Section 1.07 Housekeeping

Housekeeping practices are being implemented, including routine cleaning and disinfecting of all surfaces, training equipment, and practice areas. Frequent cleaning and disinfecting will be conducted in high-touch areas.

- 1) We will disinfect all volleyballs before each practice.
- 2) The floors and equipment in the gyms will be disinfected prior to BVC entering the gym each night.
- 3) High touch surfaces will be disinfected between practice sessions.

Section 1.08 Communication and Training

This COVID-19 Safety Procedures and Preparedness Plan was communicated to all coaches and necessary training was provided. Additional communication and training will be ongoing, and updates provided to all coaches, and where necessary relayed to all athletes and families.

Section 1.09 Assumption of Risk and Waiver of Liability

Bloomington Volleyball Club (hereafter referred to as the “Club”) has put in place numerous preventative measures and enhanced cleaning protocols to reduce the likelihood of spreading COVID-19 in Club’s gym environment; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending sponsored activities at the Club could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily agree to the participation terms described above and assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club Directors, Coaches, Athletes and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming (“Claims”).

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club activity.

Participant’s Name(s): _____

Team(s): _____

Participant’s Signature (if 18 or older): _____

Parent/Legal Guardian Name(s) (for participants under 18): _____

Signature(s) of Parent/Legal Guardian: _____

Date: _____