

Bloomington Volleyball Club COVID-19 Safety Procedures and Preparedness Plan

Updated 5/31/2020

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 with Bloomington Volleyball Club.

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, 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 the removal from camp with no refunds given. Any violations by coaches can result in termination.**

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

Section 1.01 Grounds Layout via Stations for Social Distancing

- 1) Bloomington Volleyball Club Clinics site will NOT be open for public use. No parents, siblings, spectators or any additional individuals will be allowed to stay on the grounds.
- 2) The Bloomington Volleyball Club Clinics site will be divided into stations. Individuals will be put into groups and assigned to a station with a coach. Stations will be separated by at least 20 yard. Maximum of 8 participants and 2 coaches allowed in a station at a time.
- 3) There is no restroom. Athletes are asked to utilize the restroom before arriving or after leaving the clinic.

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- 4) Stations will be **appropriately** labeled and athletes will be instructed and expected to maintain distancing of 10ft **when not in engaged in multiplayer play**.

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

PRE-ARRIVAL

- 1) Coaches and athletes are required to wash their hands and forearms prior to arrival.

ARRIVAL

- 2) Athletes should arrive no more than 5 minutes before the scheduled session.
- 3) Athletes should be dropped off and enter the site from the parking lot nearest the Gymnasium doors.
- 4) Athletes who arrive by bike should park their bike on the west side of the tennis courts maintaining a distance of 10ft from other bikers parking their bikes.
- 5) Athletes will be allowed entrance onto the Bloomington Volleyball Club grounds once a director is there to greet them and direct them to a designated area to wait while maintaining proper distancing. Absolutely no entrance without a club director there.
- 6) Athletes will be notified of their assigned group and starting station prior to arrival. The athlete should proceed directly to their starting station when they are allowed onto the grounds.
- 7) Athletes will be greeted by an assigned Bloomington Volleyball Club Director or coach who will verify attendance.
- 8) Coaches and athletes will be required to have a small bag to hold hand sanitizer, disinfecting wipes, back-up shirt, water bottle, and keys.. All other items should be left at home.
- 9) Coaches will wear masks when they are within 10 feet of athletes. Players are not required to wear masks.
- 10) All drills utilized within practice will be developed by club directors to assure a cohesive training method with a strong emphasis on social distancing.

DURING

- 11) Athletes will be required to bring their own, FULL, water bottle and keep their water in their bag with their other supplies.
- 12) Athletes must bring their own ball to each session. The ball must have the athletes name on it in a manner that is easy to see. The athlete must use a ball with their name on it at all times while doing individual drills.
- 13) Athletes should disinfect their balls with disinfecting wipes or hand sanitizer when they arrive.
- 14) No handshakes, high fives, fist bumps, nor other physical interaction.
- 15) All huddles and coaching will occur with a minimum of 10' of distance between all athletes and coaches.
- 16) Athletes may participate in partner and/or multi-player drills and play, while distancing as much as possible. Athletes will disinfect their ball along with hands and arms immediately after participating in this type of play.
- 17) In emergencies only, coaches and participants will utilize the portable restroom located by the pool entrance. If emergency restroom use is required, Bloomington Volleyball Club Director(s) will disinfect after each use.

AFTER

- 18) At the conclusion of practice all athletes will be directed to sanitize their hands and arms.
- 19) Athletes should be picked up in the driveway nearest the softball fields on the East side of the building.
- 20) All players should have clothing to put on over their workout clothes for the drive home.. When they arrive home players are to drop clothes in the laundry for immediate washing and head right into the shower.

Section 1.03 Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || participating or entering the site of Bloomington Volleyball Club clinics

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 Bloomington

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Volleyball Club site. This process is not all encompassing and does not guarantee the health of any individual entering Bloomington Volleyball Club grounds.

- 1) All individuals entering the clinic site 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 a quarantine zone at the Four Square court and must be picked up by their parents immediately on the west side of grounds nearest the softball fields. Then, the station and equipment they utilized as well as anything in the quarantine zone that they came in contact with will be immediately disinfected. The sanitizing process will be implemented by Bloomington Volleyball Club Directors and will take approximately 15 minutes. Athletes that could have come into contact with the athlete displaying signs of illness will immediately sanitize their hands and arms and resume training once the station and equipment have been disinfected.
- 2) 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 Bloomington Volleyball Club 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's clinics 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 Directors and coaches are not licensed medical experts, other than in direct cases of diagnosis, Bloomington Volleyball Club's Directors and coaches 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 at the site, all individuals, coaches and athletes, are required to sanitize their hands and arms with hand sanitizer or disinfectant wipes before practice begins and again at the conclusion of practice.
- 2) Athletes are required to bring their own hand sanitizer. Athletes will be monitored to make sure they are sanitizing as required.

Section 1.06 Respiratory Etiquette

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

- 1) It is recommended that you cough or sneeze into your practice t-shirt to reduce any possible initial viral spread.

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- 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 disinfecting spray to quickly disinfect your clothing or if not comfortable doing so, a new t-shirt should be worn while the old t-shirt is placed in the quarantine zone for pick up at the conclusion of practice.
- 3) Dispose of tissues in the trash and wash or disinfect hands immediately afterward.
- 4) Tissues and trash receptacles will be available to all Bloomington Volleyball Club participants.

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.

Cleaning of all touched surfaces will be implemented by use of disinfectant spray.

- 1) We will disinfect the man made surfaces and equipment at all stations between each session.
- 2) We will keep sanitizing and cleaning logs for each station.
- 3) If you sneeze or cough into a sleeve you will have the option to utilize a disinfecting spray to quickly disinfect your clothing.

Section 1.08 Communication and Training

This COVID-19 Safety Procedures and Preparedness Plan will be communicated to all coaches and necessary training will be 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 camp and clinic 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.

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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): _____

Parent/Legal Guardian Name: _____

Signature of Parent/Legal Guardian: _____

Date: _____