



COVID-19 Safety Procedures and Preparedness Plan

The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the North Carolina Department of Health, and the federal Occupational Safety and Health Administration (OSHA) into our daily practices at the NC Volleyball Academy.

Knowing that eliminating all risk is impossible, NC Volleyball Academy 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 continuing with NC Volleyball Academy for the tryouts and entire 2020-21 club season, 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.

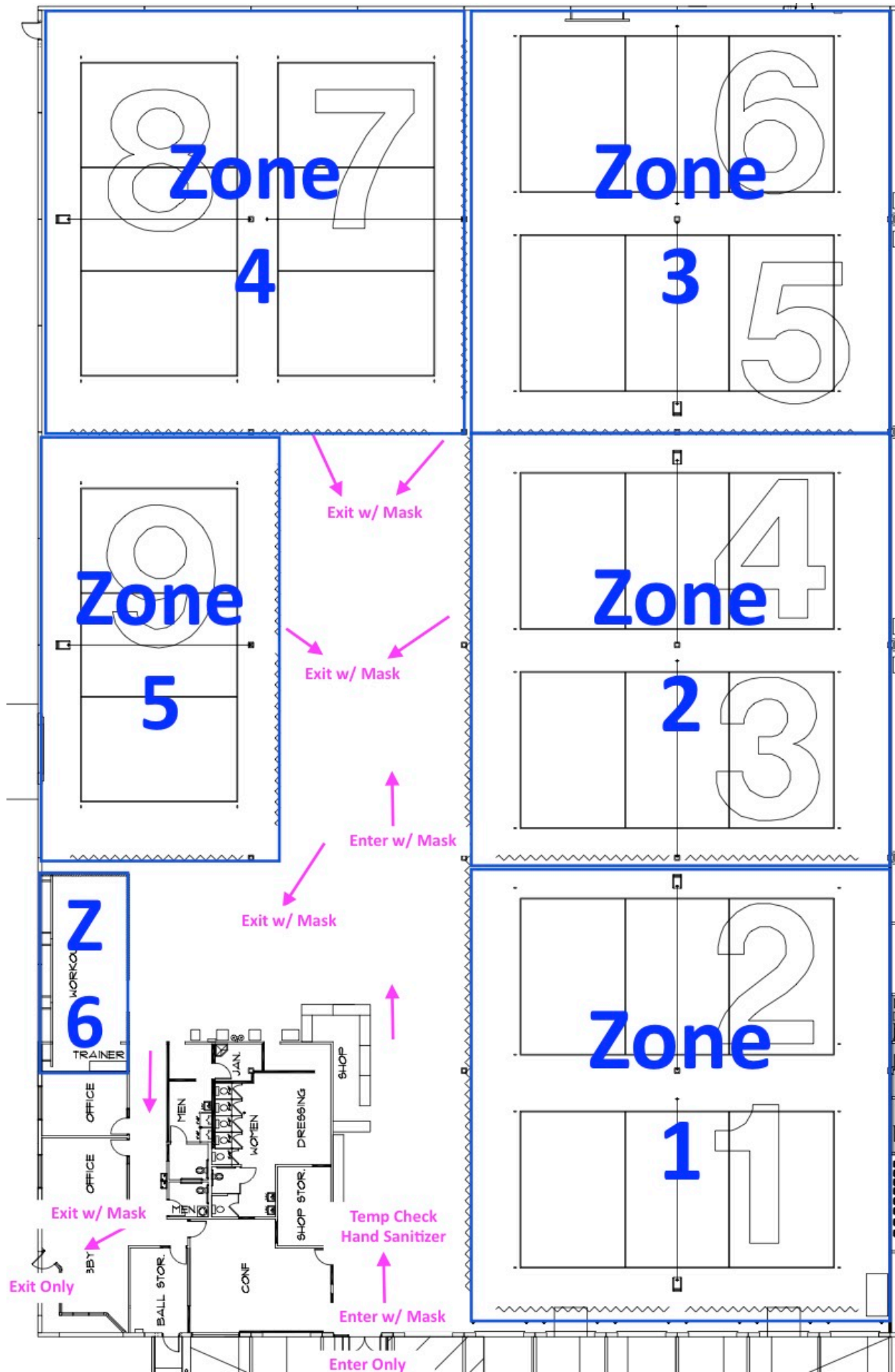
Club Directors, coaches, athletes and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our facility, and that requires full cooperation. NC Academy's staff is charged with enforcing the policies and this plan during their scheduled training times, with (insert club name)'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 the last page 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.

A. Facility Layout via Zones for Social Distancing

NC Volleyball Academy will NOT be open for public use. No parents, siblings, spectators or any additional individuals will be allowed in the building. All bleachers will not be allowed to use.

- 1) NC Volleyball Academy will be physically divided into zones. Once in the facility, individuals will not be permitted into other zones.
- 2) The below details, as well as the attached photo, will indicate zoning areas.
 - a) Zone 1 (Court 1 & 2): Approximately 6,500 square feet. Maximum 16 athletes with 2 coaches. (460 sq ft+ per person)
 - b) Zone 2 (Court 3 & 4): Approximately 6,500 square feet. Maximum 16 athletes with 2 coaches. (460 sq ft+ per person)
 - c) Zone 3 (Court 5 & 6): Approximately 6,500 square feet. Maximum 16 athletes with 2 coaches. (460 sq ft+ per person)
 - d) Zone 4 (Court 7 & 8): Approximately 6,500 square feet. Maximum 16 athletes with 2 coaches. (460 sq ft+ per person)
 - e) Zone 5 (Court 9): Approximately 4,000 square feet. Maximum 10 athletes with 2 coaches. (330 sq ft+ per person)
 - f) Zone 6 (Workout area): Quarantine area for any coach or athlete that enters with temp or begins not feeling well during practice(200sqft+)
- 3) All equipment, practice balls and surfaces in the facility will be pre-treated with [Zoono Microbe Shield](#), the most innovative surface sanitizer imported from New Zealand. This FDA-compliant technology offers 30-day germ-free protection with a single application.
- 4) Zones 1-5 will be open for scheduled 2-hour time periods. After each practices, athletes and coaches will be required to leave the facility within 10 minutes. 15-30 minutes has been scheduled between two practice periods to minimize the social contact.
- 5) Restroom use will be limited to "emergency" use only. (If you absolutely cannot wait until you get home to use the restroom it would be considered an emergency). All coaches and athletes are asked to utilize the restroom prior to arriving or after leaving the facility.
- 6) Social distancing signs will be displayed at NC Volleyball Academy.



B. Procedure for Pre-Arrival, Arrival and During and After Practice

PRE-ARRIVAL

- 1) Coaches and athletes will be required to wash their hands correctly and thoroughly.
- 2) Coaches and athletes will be encouraged to perform self-check for temperature and symptoms of COVID-19, and stay home if there are some suspected signs.

ARRIVAL

- 3) Coaches and athletes will be allowed entrance into NC Volleyball Academy through the front door only, while the side door opens for exit only, and 10-minutes prior to their scheduled session; absolutely NO earlier.
- 4) Coaches and athletes will be required to perform temperature checks at the entrance by our staff member with a no-touch forehead Thermometer. Coaches or athletes who have high temperature will not be allowed to enter and join the programs.
- 5) Coaches and athletes will be required use with [Zoono Hand Sanitizer](#), the most innovative hand sanitizer imported from New Zealand. This FDA-compliant technology offers 24-hour germ-free protection with a single application.
- 6) Coaches and athletes are required to go directly to their assigned zones/courts after they enter the front door and hand sanitizer application.
- 7) It is REQUIRED that athletes, coaches, staff, and participants wear a cloth face covering for facility entry and when not actively engaged in physical activity or when they may be near (less than 6 feet from) other people off the playing surface.
- 8) It is REQUIRED that athletes, coaches, staff and participants wear face masks as soon as they exit the volleyball courts and when they leave the facility.
- 9) All coaches and athletes will be allowed and encouraged to wear fascial masks(please bring your own) at their choice for the duration of their time on the volleyball courts.

DURING

- 10) Drinking fountains will be turned off. Athletes will be required to bring their own, FULL, water bottle.
- 11) Most doors on the interior of the facility will be propped open to reduce contact with handles.
- 12) All equipment, practice balls and surfaces in the facility will be pre-treated with [Zoono Microbe Shield](#), the most innovative surface sanitizer imported from New Zealand. This FDA-compliant technology offers 30-day germ-free protection with a single application.
- 13) Limited volleyballs up to 15 balls per court will be provided
- 14) All coaches and athletes will be allowed and encouraged to wear fascial masks(please bring your own) at their choice for the duration of their time on the volleyball courts.
- 15) No handshakes, high fives, fist bumps, nor other physical interaction.
- 16) All huddles and coaching will occur with a minimum of 6' of distance between all athletes and coaches.
- 17) All drills utilized within practice will be developed by club directors to assure a cohesive training method with a strong emphasis on social distancing.

AFTER

- 18) At the conclusion of practice all coaches and athletes will be required to leave the gym within 10 minutes, while their parents should be waiting for them in their cars at the gym parking lot.
- 19) All parents should have a towel or bath robe waiting for their daughter when they arrive home so they can change in the garage, drop clothes in the laundry for immediate washing and head right into the shower.

C. Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within NC Volleyball Academy

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 the facility. This process is not all encompassing and does not guarantee the health of any individual entering NC Volleyball Academy.

- 1) All individuals entering the facility will have their temperature checked at the front entry door and only individuals with a temperature lower than 99.5 degrees will be allowed to enter the facility.
- 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 Zone 6 (quarantine zone) and must be picked up by their parents immediately. Then, the zone of the facility they utilized as well as Zone 6 will be immediately disinfected. The sanitizing process will be implemented by our Staff 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 NC Volleyball Academy, coach or athlete, be diagnosed with COVID-19, they should immediately contact NC Academy's Club 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 NC Academy can verify their compliance with that "order" upon their return.

D. Contact Tracing

- 1) Detailed records of individual attendance at NC Volleyball Academy 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 NC Volleyball Academy's staff are not licensed medical experts, other than in direct cases of diagnosis, NC Academy's staff will not implement additional mandatory quarantine of secondary or tertiary contacts. However, athletes/families/coaches are required to notify NC Academy'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.

E. Housekeeping

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

Cleaning of all touched surfaces and floors will be implemented by use of Aqueous Ozone. This is an FDA approved product/process that removes 99.9% to 99.9999% of viruses, bacteria and mold. For most viruses, bacteria and mold, the removal ranges from instantaneous to 5 minutes. The product is safe for use on ALL surfaces including skin and clothes. The product is even safe when sprayed on food and then consumed.

F. 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.

Assumption of Risk and Waiver of Liability

NC Volleyball Academy (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): _____

Participant’s Signature: _____

Date: _____