

## Northern Impact Volleyball Club

### COVID-19 SAFETY PROCEDURES AND PREPAREDNESS PLAN

Northern Impact Volleyball Club (NIVB) is committed to ensuring the health and well-being of our staff and athletes. NIVB has established this enhanced Health and Safety Plan based on the guidelines of the Centers for Disease Control and Prevention (CDC), and the Minnesota Department of Health (MDH), as well as Executive Orders issued by the Governor's office of the state of Minnesota. This plan is designed to mitigate the risk of transmission of COVID-19 to our players, parents, coaches, and the general public at our rented practice facilities. It is the responsibility of our coaches, athletes, and parents to adhere to this plan. We are all in this together.

#### **Before practice**

We require all players to evaluate their symptoms before coming to practice. Any player with the following symptoms must stay home; the player will not be allowed to participate.

- Fever over 100.3
- sore throat
- cough, shortness of breath, or difficulty breathing
- fatigue, body aches, headache
- sudden loss of taste or smell
- congestion or runny nose
- nausea, vomiting, diarrhea

Players must be free of the symptoms listed above for the 14 days, or be symptom free for 48 hours AND have a test negative for COVID-19, prior to returning to any NIVB activity.

If a player has been exposed to someone who has tested positive for COVID-19, the player may not return to any NIVB activity for 14 days after exposure.

If a player tests positive for COVID-19, the player may not return to any NIVB activity for 14 days. The family must report this information to the NIVB Director or an NIVB Coach.

When arriving for practice we require:

- Only players (no parents, guardians, siblings, friends, etc.) may enter the building
- Masks must be worn when entering the building and while preparing to practice (changing shoes, putting on knee pads, etc.)
- players do not arrive more than 10 minutes before the start of practice time.
- players come immediately to their assigned court upon arrival
- when arriving in the gym, apply hand sanitizer (provided by coaches) or wash hands in the bathroom
- players space 6 feet apart when preparing to practice (changing shoes, putting on knee pads, etc.)
- Coaches will take temperatures of all athletes as they arrive, before they warm up, to get an accurate temperature reading
- Coaches to administer a daily health screening questionnaire which includes a COVID-19 symptom evaluation. If players do not meet the requirements for the temperature or questionnaire, they will be instructed to leave practice.

#### **During Practice**

- While actively practicing, players WILL wear masks whenever possible. (Exceptions will be made for emergencies, drinking water, and always when socially distanced.)
- When on the sidelines or leaving the gym, players must
  - wear masks
  - use their own water bottle (no sharing)
  - remain 6' from others

#### **After Practice**

When practice is over, players must

- wear a mask

- remain 6' apart while preparing to leave (changing shoes, putting on outerwear, etc.)
- leave the building immediately

We ask parents picking up their players to arrive 5 minutes early and wait outside. No other individuals are allowed in the gym except players and coaches.

### **Coaching Practices**

All NIVB coaches are required to

- WILL wear masks the entire time they are in the facility (coaches may temporarily remove their mask in emergencies, while drinking, etc. This will only occur when proper social distancing is assured.)
- have one full ball cart per court. Between practice sessions, coaches must sanitize all balls or exchange for a different ball cart (with sanitized balls).
- Administer a daily health screening (questionnaire and taking temperature) of every player upon their arrival. If any player registers a temperature of 100.3 or higher, or does not pass the health screening questionnaire, the coach will instruct the player to go home. The player must wear a mask if they are waiting for a ride, and should wait outside, weather permitting.
- Wash hands and use sanitizer between sessions and at every opportunity after touching balls or equipment.
- limit training pods to a limited number of athletes to ensure social distancing is maintained
- Design drills and activities to limit or avoid physical contact
- keep and maintain attendance records and will be provided upon request to health authorities for contact tracing if necessary.

### **Assumption of Risk**

Northern Impact Volleyball Club (NIVB) has established preventative and safety measures to reduce the spread of COVID-19. Employees and representatives of NIVB are committed to training athletes in a healthy and safe manner, and enforcement of these new standards and guidelines.

Even with these standards and practices, NIVB cannot guarantee that you or your child(ren) will not be exposed to or infected by any infectious disease, including COVID-19. By voluntarily choosing to participate in Club sponsored training, you assume the risk of infection with COVID-19 virus and other serious communicable diseases.

Therefore, in consideration for NIVB facilitating athletic opportunities for you/your child(ren) during and after this pandemic, you hereby agree to, on behalf of yourself, your child(ren), and your collective heirs, assigns and executors, assume the risk of contracting COVID-19 and other infectious diseases while participating in NIVB's programs, and you hereby waive all claims against Northern Impact Volleyball Club, its directors, officers, employees, contractors, volunteers, agents, affiliates and guests (collectively "NIVB") for any and all sickness, harm, death, damage or loss, including all related costs, associated with your (in the case of athletes) or your child(ren)'s participation in NIVB programs and you hereby release, discharge and otherwise agree to indemnify NIVB for all claims or actions of any nature whatsoever arising out of your or your child(ren)'s participation in NIVB programs. Further, you agree that you recognize there may be times that NIVB will need to evaluate the risks associated with engaging in competitive play with another player or team or competing in a particular location. In light of this understanding, you, on behalf of all of the aforementioned parties, agree to fully release, discharge and indemnify NIVB for all claims or actions associated with NIVB's decision either to participate or not to participate in competition that may give rise to an increase in risk of contracting COVID-19 or other infectious diseases.

You are confirming that you understand that if you (in the case of athletes), or your child(ren) participating in the Club's programs, have any underlying health condition that would put you/them at a higher risk than the general population for serious complications associated with COVID-19 or other infectious diseases, that the Club encourages you to stay home, and that if you or your child(ren) choose to participate despite being at higher risk, you/they do so at your/their own risk. You also hereby agree that if you, or your child(ren), exhibit any symptom consistent with the corona virus as published by the Center for Disease Control ("CDC"), that you/they will not participate in Club activities until such time as you/they are no longer contagious, per CDC guidelines. You further agree that if you, or your child(ren), test positive for COVID-19 or are in direct contact with someone who has tested positive for COVID-19, that you will immediately notify the Club so it can take appropriate action to communicate with those who may have had contact with you/them. You also consent to having an athletic trainer, or medical professional provide you (in the case of athletes), or your child(ren), with emergency medical treatment and you agree to be financially responsible for the cost of such treatment.

Finally, you understand that refunds for the Fall Season will only be issued if a governing body requires NIVB to cancel the remainder of the season. Refunds will not be issued to individuals who are no longer able to participate because of illness (COVID-19 exposure, COVID-19 contraction, or any other illness) or injury.