

Considerations for Families to consider before getting back on the court.

Source: Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Guiding Principles to Keep in Mind

There are a number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

(INTERPRETATION: EAVC will be participating in the “More Risk” category. We will have only one team on the court at one time.

Assessing Risk

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-

contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.

INTERPRETATION: (We will attempt to create social distancing between players and coaches in drills. During individual drills the players must take responsibility for social distancing from one another. There will be times players will inadvertently collide or touch one another during drills.)

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

INTERPRETATION:

- **Each team practicing will have one cart of balls to use. The balls within the cart will be disinfected before they are used by another team.**
 - **Players are not to share water bottles.**
 - **Players are not to use the water fountain. Bottled water will be available for player use. Players should bring their own water to training.**
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention should be given to maintaining [social distancing](#) by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

INTERPRETATION:

- **When getting ready to train, taking a break during training or after training all athletes will go to an area marked with an X on the wall. These X's will be at least 6 feet apart from one another.**
- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).

INTERPRETATION:

- **We will remind all players at the beginning of the training of social distancing and not to share water bottles.**
- **We will continue to remind players of social distancing and not to share water bottles.**
- **However, personal responsibility is required to be assured that social distancing and water bottles requirements are adhered too.**
- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have asthma, diabetes, or other health problems.

INTERPRETATION:

- **Families of players who are at higher risk of severe illness need to make the personal decision whether their player will train with our organization.**
- **Families of players who are at higher risk of severe illness that choose to train with our organization do so at their own risk.**
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.

INTERPRETATION:

- **We will only have one team on the court at one time. This team will always practice together with the same coach. Theoretically, this limits the contact to only those players on one team.**
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

INTERPRETATION:

- **We have always believed in “open” practices. We will continue this practice on a limited basis. Each player will be allowed one “nonessential visitor” in the gym.**
- **These nonessential visitors must wear a mask and cannot touch any sport equipment or be within 6 feet of any player or other nonessential visitor.**
- **We reserve the right to modify this policy at any time if nonessential visitors become an issue.**
- **Travel outside of the local community.** [Traveling](#) outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

INTERPRETATION:

- **We will not be competing against other communities or clubs.**
- **However, our players do come from different communities. Each family needs to make the personal decision whether they are comfortable with their player training with other players from different communities.**

Promoting Behaviors that Reduce Spread

Youth sports organizations may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

- **Staying Home when Appropriate**

- Educate staff and player families about when they should stay home and when they can return to activity
 - Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
 - [Individuals, including coaches, players, and families, should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#).
 - Individuals, including coaches, players, and families, who have recently had a [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
 - CDC's criteria can help inform return to work/school policies:
 - [If they have been sick with COVID-19](#)
 - [If they have recently had a close contact with a person with COVID-19](#)

INTERPRETATION:

- **All families, players, parents and coaches are expected to educate themselves on the symptoms of COVID-19.**
- **If a player is exhibiting any symptoms should not attend any training sessions. If a coach observes any symptoms in a player or nonessential visitor, they will not allow the player or nonessential visitor into the facility.**
- **If a player or coach has tested positive for COVID-19 they shall not come back to training until a minimum 14 days has passed and/or a negative COVID-19 test has occurred**
- **If a player or coach has had close contact with a person with COVID-19 they are to stay home for a minimum of 14 days to evaluate their health.**

- **Hand Hygiene and Respiratory Etiquette**

- Teach and reinforce [handwashing](#) with soap and water for at least 20 seconds
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.

INTERPRETATION:

- **All players and coaches while maintaining social distancing will wash their hands with soap for a minimum of 20 seconds before they enter the gymnasium.**
 - **All players shall cover their sneezes and coughs and then immediately wash their hands with soap for a minimum of 20 seconds before they resume any training.**
 - **At the conclusion of training all players while maintaining social distancing will wash their hands with soap for a minimum of 20 seconds.**
 - **All players should bring with them hand sanitizer so they can periodically disinfect their hands during training.**
- **Cloth Face Coverings**
 - Teach and reinforce the use of [cloth face coverings](#). Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
 - Wearing cloth face coverings is most important when physical distancing is difficult.

- People wearing face coverings should be reminded to not touch the face covering and to [wash their hands](#) frequently. Information should be provided to all participants on the [proper use, removal, and washing of cloth face coverings](#).
 - Note: Cloth face coverings should **not** be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

INTERPRETATION:

- **Face coverings will be brought to each training by each player and coach.**
- **When social distancing is not possible players and coaches will wear face coverings.**
- **All players, coaches and nonessential visitors shall educate themselves on the proper use, removal, and washing of face coverings as provided by the CDC.**
- **All nonessential visitors will wear a face covering at all times while in the facility.**
- **Adequate Supplies**
 - If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).

INTERPRETATION:

- **Soap and paper towels will be provided for players, coaches and nonessential visitors to use.**
- **Limited amount of sanitizer will be available when a player forgets to bring their own.**
- **Signs and Messages**

- Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that [promote everyday protective measurespdf icon](#) and describe how to [stop the spreadpdf icon](#) of germs such as by [properly washing hands](#) and [properly wearing a cloth face coveringimage icon](#).
- Broadcast [regular announcements on public announcement \(PA\) system](#)
- Include COVID-19 prevention messages (for example, [videos](#)) about behaviors that prevent spread of COVID-19 when communicating with staff, volunteers, officials, and families. This could include links, videos, and prevention messages in emails, on organization websites, and through the team and league's [social media accounts](#).
- Find freely available CDC print and digital resources on [CDC's communication resources](#) main page.

INTERPRETATION:

- **Signs will be put up reminding players, coaches and nonessential visitors to wash their hands upon entry, during training, and at the conclusion of training.**

Maintaining Healthy Environments

Youth sports organizations may consider implementing several strategies to maintain healthy environments.

• **Cleaning and Disinfection**

- [Clean and disinfect](#) frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible.
- Develop a schedule for increased, routine cleaning and disinfection.
- Ensure [safe and correct use](#) and storage of disinfectants, including storing products securely away from children. Use products that meet [EPA disinfection criteriaexternal icon](#).
- Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.

- Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- Use gloves when removing garbage bags or handling and disposing of trash. [Wash hands after removing gloves.](#)

INTERPRETATION:

- **Each team will use one cart of balls. The balls within the cart will be disinfected by the coach after their practice.**
- **The attacking machine will be disinfected by the coach after use.**
- **Shared Objects**
 - Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
 - Make sure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.
 - Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.
 - If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.

INTERPRETATION:

- **Players will not share towels, water bottles or other personal items.**
- **Only one team will practice at one time.**
- **Each team will use one cart of balls. These balls will be disinfected by the coach after use.**
- **Ventilation**
 - If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by

opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.

INTERPRETATION

- **Two fans will be utilized in the gymnasium to circulate air.**

• Water Systems

- To minimize the risk of [Legionnaires' disease](#) and other diseases associated with water, [take steps](#) to ensure that all water systems and features (e.g., drinking fountains, decorative fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and disinfected but encourage staff and players to bring their own water to minimize touching water fountains.

INTERPRETATION:

- **Players and coaches should not use the drinking fountain**
- **Players and coaches should bring their own water to training.**
- **Bottled water will be available for players and coaches.**

• Modified Layouts and Social (Physical) Distancing

- Identify adult staff members or volunteers to help maintain [social distancing](#) among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
- Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- Create distance between players when explaining drills or the rules of the game.
- If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.

- Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.

INTERPRETATION:

- **Coaches and nonessential visitors will remind athletes to social distance.**
 - **Before training, while taking breaks and after training players will socially distance by staying by their designated X which is on the wall or floor of the gym to social distance.**
 - **Hugs, high fives, handshakes and other personal touching will not be allowed.**
 - **Social distancing during drills will be emphasized. However, players and families must understand that inadvertent collisions or coming within six feet of one other is likely to happen when a player is going after a ball.**
 - **Players must wait in their vehicles before entering the facility. Players will not be allowed in until the team training before them has all left. Players from one team waiting to get into the gym or not to socialize with players from another team who are leaving the gym.**
 - **Players are not to carpool. Players should only ride with person's who reside in the same home.**
- **Physical Barriers and Guides**
 - Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6 feet apart.

INTERPRETATION:

- **X's will be marked on the walls and/or floors as guides for players to socially distance.**
- **Communal Spaces**
 - Close shared spaces such as locker rooms, if possible; otherwise, stagger use and [clean and disinfect](#) between use.
 - Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).

INTERPRETATION:

- **Lockers will not be available for use. Players should come to training ready to train.**
- **Players shall stay by the socially distancing guides (X's) before training, while taking breaks and after training.**

Maintaining Healthy Operations

Youth sports organizations may consider implementing several strategies to maintain healthy operations.

- **Identifying Small Groups and Keeping them Together (Cohorting)**
 - Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
 - Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among players and teams.

INTERPRETATION:

- **Only one team will practice at a time.**
- **The team will have the same one or two coaches.**
- **Players of one team shall not socialize with players from another team before, during or after trainings.**

- **Staggered Scheduling**

- Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.
- When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining a distance of approximately 6 feet) between employees and others, especially if social distancing is recommended by state and local health authorities.

INTERPRETATION:

- **Players from one team shall stay within their vehicles until all players from the team completing their training has left the building and entered their own vehicles.**
 - **Two teams will not be allowed in the gym at the same time.**
 - **Players from one team shall refrain from socializing with players from a different team before, during or after trainings.**
- **Gatherings, Spectators, and Travel**
 - Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.
 - Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
 - Avoid activities and events such as off-site competitions or excursions (e.g., watching a professional team compete).

INTERPRETATION:

- **Each player is allowed one nonessential visitor to observe the training.**
- **The nonessential visitor is required to wash their hands with soap for 20 seconds before entry into the gymnasium.**

- **The nonessential visitor is required to wear a face covering at all times while in the facility.**
- **The nonessential visitor is required to social distance from all other individuals in the facility, this includes all players, coaches and other nonessential visitors.**
- **Designated COVID-19 Point of Contact**
 - Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.

INTERPRETATION:

- **IF a player tests positive for COVID-19 they are to immediately notify Director Cam Corey at 605-520-0441 or at elitealliancevolleyball@gmail.com**
- **IF a player has “Close Contact” with someone who is positive for COVID-19 they are to immediately notify Director Cam Corey at 605-52-0441 or at elitealliancevolleyball@gmail.com**
- **For all other concerns the player or family is to talk to their coach. Their coach will attempt to handle the concern. If the concern is not handled, they parent, player or coach is to contact the Director.**
- **Communication Systems**
 - Put systems in place for:
 - Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with [health information sharing regulations for COVID-19](#)[external icon](#) (e.g. see “Notify Health Officials and Close Contacts” in the **Preparing for When Someone Gets Sick section below**), and other applicable laws and regulations.
 - Notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

INTERPRETATION:

- **Attendance will be taken of all players, coaches and nonessential visitors at each practice. This attendance is being taken in order to contact trace. In the event a player, coach or nonessential visitor test positive for COVID-19 we can notify the particular individuals they have had "Close Contact" with someone who is positive for COVID-19.**
- **We will cooperate with the Department of Health for the state where the positive COVID-19 athlete, coach or nonessential visitor resides.**

(NOTICE: We reserve the right to modify our interpretations at any time. The modified interpretations will be updated on our website.)