

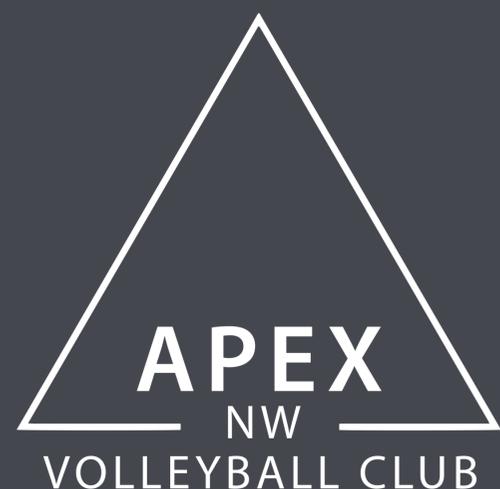
APEX NW SAFETY PROCEDURES & FACILITY PROTOCOLS

APEX NW RESPONSIBILITIES & FACILITY PROTOCOLS

- **COVID-19 Coordinator and Site Supervisors**
 - The Club Director will act as a COVID-19 Coordinator to oversee all aspects of the COVID-19 procedures and protocols including implementation, monitoring, communication, sanitization, regulatory compliance, documentation, and answering employee, athlete, and parent/guardian questions and concerns
 - Additional COVID-19 Site Supervisors, appointed, trained, and knowledgeable of the Apex NW Exposure Prevention, Preparedness, and Response Plan will monitor and enforce the overall implementation of safety procedures, facility protocols, and Governor's requirements
 - Emphasize the education of employers and participants about Coronavirus, how to prevent transmission, and Apex NW policies and procedures
- **Facility Attendance & Safety Training**
 - Maintain a continuous log of every person, including employees and athletes, who will be participating at facilities during Apex NW affiliated activities
 - Make an Apex NW Exposure Prevention, Preparedness, and Response Plan available at all facilities
 - Require all employees and participants to read, acknowledge, agree to, and sign the following prior to participation:
 - Online Safety Procedures and Facility Protocols
 - Online Apex NW Waiver and Release for Communicable Diseases Including COVID-19
- **Physical Distancing & PPE**
 - Develop training sessions that will support the implementation of drills focused on more individualized skills allowing for physical distancing, minimized contact, and maximize the use of court space
 - Limit the maximum occupancy on the court for Phase 2 to 5 athletes and 1 coach per court
 - Provide face coverings and hand sanitizer to any employees and participants who need them
 - Require employees to wear masks at all times
- **Sanitization and Cleanliness**
 - Establish a housekeeping routine/schedule that includes frequent cleaning and disinfecting
 - Low-touched surfaces will be cleaned and disinfected at the beginning, in between, and at the end of all sessions: antennas, net, and poles
 - Separate volleyballs/carts will be utilized by each group/session and properly cleaned and disinfected at the end of each session
 - Door will be kept open when possible to improve ventilation
 - Ensure that employees and participants are frequently washing their hands and/or using alcohol-based hand sanitizers
- **Exposure Prevention & Response**
 - Athletes will work with the same coach and athletes during their training session for the entire week
 - Establish policies for employees and participants to stay home if experiencing symptoms, been in close contact with a confirmed positive case, or is confirmed to have COVID-19 and report to a COVID-19 Site Coordinator/Supervisor
 - Screen employees and athletes for signs/symptoms of COVID-19 at the start of every session
 - Implement exposure procedures for when employees and participants are exposed to, develops symptoms of, and/or is confirmed to have COVID-19.

EMPLOYEE RESPONSIBILITIES

- **Facility Attendance & Safety Training**
 - Read, acknowledge, agree to, and sign the following prior to participation:
 - Online Safety Procedures and Facility Protocols
 - Support with Facility Attendance and review Safety Procedures and Facility Protocols
 - Support with the monitoring and enforcing of the overall implementation of safety procedures, facility protocols, and Governor's requirements
- **Physical Distancing & PPE**
 - Coaches will maintain physical distancing before and after activities, during breaks, and during instruction/training sessions as practical/possible
 - Monitor "High-Risk Areas" to prevent overcrowding in the following ways:
 - Allowing one person to use the bathroom at a time
 - Following scheduled entry and exit plans between activities/sessions
 - Ensure physical distancing with off-the-court areas for breaks/personal belongings
 - Facial coverings must be worn by every coach not working alone (with no chance of human interaction)
- **Sanitization and Cleanliness**
 - Coaches will wash their hands before and after sessions, during breaks, after going to the bathroom, and/or after coughing, sneezing, or blowing their nose and/or use alcohol-based hand sanitizers
 - Refrain from touching face, nose, and mouth with unwashed hands
 - Implement all housekeeping cleaning, disinfecting, and sanitizing routine/schedules
 - Low-touched surfaces will be cleaned and disinfected at the beginning, in between, and at the end of all sessions: antennas, net, and poles with provided cleaning equipment
 - Separate volleyballs/carts will be utilized by each group/session and properly cleaned and disinfected at the end of each session
 - General facility cleaning will occur in between sessions including but not limited to disinfecting door handles, light switches, and bathroom handles
- **Exposure Prevention & Response**
 - Monitor personal symptoms and temperature prior to arrival of any Apex NW activity
 - Screen all participants at the beginning of a training session with the provided questionnaire
 - Report to Site Supervisors of any development of symptoms, exposure, sick family members at home, and/or if confirmed to have COVID-19
 - Follow proper response procedures: leave a facility, stay home, self-quarantine for 14 days and/or seek medical assistance



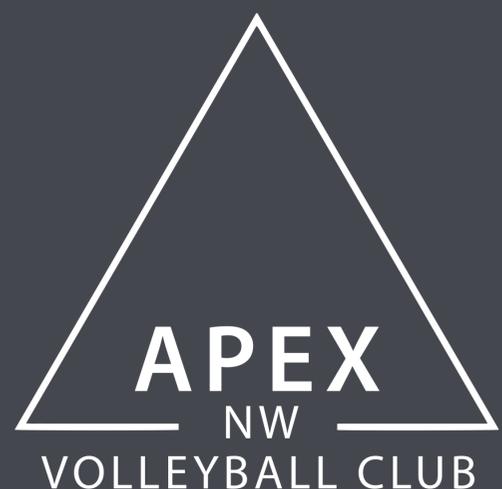
PRACTICE PROTOCOLS

Beginning of Practice:

1. Families and athletes will prescreen themselves before coming to a training session for a fever/symptoms
2. Athletes will be let into the facility by a coach at the start of the training session
 - a. Please wait in your cars or distant from the entry/exit point and 6 feet apart from others waiting
 - i. Parents/Guardians please do not enter facilities or congregate near entry/exit points
 - b. Please wear a mask as when entering the facility
3. Every athlete will be asked a COVID-19 symptoms questionnaire upon entry
 - a. If they respond, "Yes" to any of the following questions - they will be sent home
 - i. Have you been in close contact with a confirmed case of COVID-19?
 - ii. Are you experiencing a cough, a shortness of breath, or sore throat?
 - iii. Have you had a fever in the last 48 hours?
 - iv. Have you had a new loss of taste or smell?
 - v. Have you had vomiting or diarrhea in the last 24 hours?
4. Athletes will establish a "home base"
 - a. A place to keep their personal belongings (limited to 1 backpack) and to use for water breaks, etc.
 - i. There won't be a water fountain available at the facility - bring a personal water bottle
5. Athletes will wash their hands at the start of practice
 - a. Each bathroom is limited to 1 person
 - b. Athletes will refrain from touching their face, eyes, mouth, and nose as much as possible
6. Coach will then go over Safety Procedures and Facility Protocols Script at the first training session
7. Athletes will wear their mask at all times. They are allowed to lower their mask below their nose when on the court and under strenuous activity.

End of Practice:

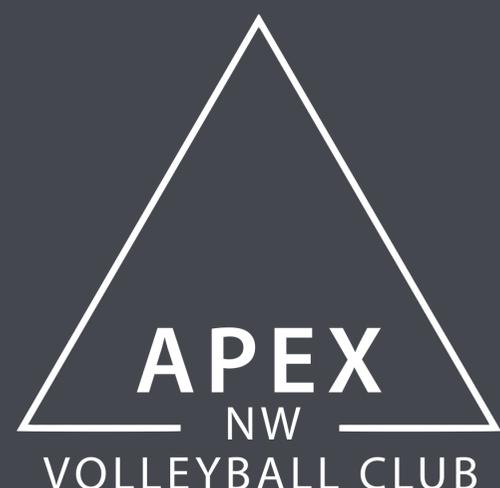
1. Practice will stop 5 minutes early to provide time for staggered exits
2. Athletes will wash their hands at the end of practice
3. Return to "home base" and get ready to go
4. Put up their mask and make a physically distanced exit



CONTACT TRACING & EXPOSURE RESPONSE PLAN

Contact Tracing

- All coaches and athletes are required to complete the COVID-19 symptoms questionnaire screening upon entry / Attendance and screenings are reported and logged
- **Exposure Response Plan**
 - What will Apex NW do if a coach or participant comes into contact with COVID-19 or tests positive?
 - If your athlete or someone they came into close contact with becomes exposed/tests positive with COVID-19, please immediately contact Director Clayton Sin at <apexnwvolleyballclub@gmail.com>
 - If a team member (coach or athlete) tests positive for COVID-19, they must notify the Club Director to enact Apex NW's Exposure Response Plan, stay home, and begin home isolation. According to the Washington State Department of Health and the Governor's guidance, *isolation is what you do if you have COVID-19 symptoms or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illnesses.*
 - Home Isolation ends when:
 - It's been at least 24 hours with no fever without using fever-reducing medication **AND**
 - Your symptoms have improved, **AND**
 - It's been at least 10 days since symptoms first appeared
 - Everyone who was in **close contact** with the team member is required to self-quarantine for 10 days before returning to play. According to the Washington State Department of Health and the Governor's guidance, *quarantine is what you do if you have been exposed to COVID-19. Quarantine means you stay home and stay away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.*
 - **Close Contact** means that you have been within 6 feet of someone with COVID-19 for 15 minutes or more.
 - Self-quarantine ends when:
 - At least 10 days have passed since the date of your last close contact with a team member with a confirmed case of COVID-19
 - You have had no subsequent illness or symptoms



ATHLETE RESPONSIBILITIES

- **Safety Training and Procedures Agreement**
 - Read, acknowledge, agree to, and sign the following prior to participation:
 - Online Safety Procedures and Facility Protocols
 - Online Apex NW Waiver and Release for Communicable Diseases Including COVID-19
- **Physical Distancing & Masks**
 - Participants will maintain physical distancing before and after activities, during breaks, and during instruction/training sessions as practical/possible
 - Avoid "High-Risk Areas" to prevent overcrowding in the following ways:
 - Ask to use the bathroom to ensure only one person goes at a time
 - Following scheduled entry and exit plans between activities/sessions
 - Refer to "Practice Protocols" for explicit instructions
 - Ensure physical distancing with off-the-court areas for breaks/personal belongings
 - Masks are required before and after a session, when using the bathroom, and for extended breaks
 - Athletes will wear their mask at all times. They are allowed to lower their mask below their nose when on the court and under strenuous activity.
- **Sanitization and Cleanliness**
 - Athletes will wash their hands before and after sessions, after going to the bathroom, and/or after coughing, sneezing, or blowing their nose and/or use alcohol-based hand sanitizers
 - Refrain from touching face, eyes, mouth, and nose with unwashed hands
 - Cover coughs and sneezes appropriately and wash hands
 - Athletes will refrain from high-fives, knuckle-bumps, or any celebratory contact
 - Athletes are only allowed to use the designated volleyballs/carts for the entire session
- **Exposure Prevention & Response**
 - Monitor personal symptoms and temperature prior to arrival of any Apex NW activity
 - Complete COVID-19 symptoms questionnaire for screening at the beginning of every training session
 - Report to Site Supervisors/coaches of any development of symptoms, exposure, sick family members at home, and/or if confirmed to have COVID-19
 - Follow proper response procedures: leave a facility, stay home, self-quarantine for 14 days and/or seek medical assistance

DO NOT ENTER THE FACILITY IF...

- You have been in close contact with a confirmed COVID-19 case, have symptoms (cough, shortness of breath, fever, etc. and can't pass the screening), within the past 48 hours or is confirmed to have COVID-19.
- You are NOT a participant or a participant that has not agreed to the following:
 - Apex NW Waiver/Release for Communicable Diseases Including COVID-19
 - Apex NW Safety Procedures and Facility Protocols