

BOLT VOLLEYBALL COVID-19 GYM GUIDELINES AND INFORMATION

BOLT Volleyball has prepared these *Covid 19 Guidelines* for our staff, members and players to provide guidance, as well as provide mandates which will be in place as volleyball activities recommence in our gym. Though many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies, BOLT has adjusted and added additional risk mitigation steps to help ensure the well-being of everyone in our gym from Covid-19.

Though we have always tried to instill a clear system of organization and process, these new and additional guidelines will be challenging for everyone. As is understood, the Covid-19 virus, its characteristics, effects, and ability to spread still poses many questions and exposes there is still much to learn. With this, there is no absolute way for BOLT or anyone to say our advanced guidelines and mandates will eliminate the risk of contracting the virus. However, we will continue to maintain and/or exceed these new steps to protect our players and staff to the best of our knowledge until an absolute remedy is provided.

In no way should these guidelines or mandates we expect be intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does BOLT Volleyball assume any liability or responsibility for the guidance provided within to be a guarantee or sole source of disease prevention.

IMPORTANT NOTICE: Some may find discomfort to the new requirements for personal or medical reasons. Also, some may have or find symptoms or reactions to new aromas or contacting chemicals. Please know our insistence of these requirements, as well as the products we use are strictly intended to be safe and symptom free. However, this may not be the case in all persons, and it is strongly suggested to know these restrictions in advance to deter any unnecessary health risks while trying to mitigate risk of the Covid-19 virus. Any circumstance in which a person may not be able to comply to expectations due to these or other circumstances, they unfortunately will not be able to participate in activities within the BOLT gym.

IMPORTANT WARNING: According to the Center for Disease Control, participating in indoor activities with other persons of who you may not be familiar with their past mitigation practices or exposures, pose the highest risk of contracting the Covid-19 virus

In the efforts of providing a complete transparency to all our members, guests, staff and players we have aligned these new expectations and requirements in a format below which takes parents and players through before, during and after activities in the gym

In Preparation – *BOLT Role*

- All staff members will have temperature scanned prior to starting their shift and will abide by the same reading requirements as players
- All staff members, trainers, coaches will practice social distancing. If distancing cannot be obtained in cases, masks will be worn
- Volleyballs will be rotated and sanitized between each session
- Gym and personal stations will be cleaned before and after each session
- In house hygienist will be in place and assigned daily to manage and have oversight over the required actions of the guidelines as written in this document

When Registering – *Parent Role*

- Complete, acknowledge and accept these general terms, guidelines and release of liability related to Covid-19 Virus

General Guidelines

- Refrain from attending any activity if displaying any COVID-19 symptoms and notify BOLT Volleyball
- Stay home if you are sick or do not feel well.
- Wash and sanitize your hands often.
- Do not touch your face, eyes, or mouth with unclean hands.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Be aware of people you have been in contact with each day.
- Comply with all permissible regulations in gym
- Sanitize your hands often.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- Disposable water bottles are not permitted in the gym
- No food is permitted in the gym
- Restroom visits by players while in the gym will be limited to one player at a time
- Any and all staff members and/or players who test positive for the Covid-19 virus will not be allowed to participate in any BOLT event until a negative result is obtained

Entering Gym – *Players and Parents*

- No more than 20 players will be allowed in the gym within each time frame of each session unless other circumstances exist and additional mitigations are in place
- No one other than players and BOLT Staff are allowed in the gym at any time unless other circumstances exist and additional mitigations are in place
- Players are required to wear a mask covering their nose and mouth while entering the gym

- All players will have their temperature scanned upon entering the gym. For players with a temperature over 100.0 degrees will not be allowed to participate for that session. Additional communication will be sent to or discussed with parent
- Players will be given instruction upon entry where to go based on distancing from other players and ongoing sessions

On the court - *Players*

- Players are currently required to wear masks during ALL activities in the gym until further notice
- All players will start from their appointed positions
- Guidance will be given from staff as to further warm up directions
- Guidance will also be given to the players of only the max of 5 players per ½ court
- Training guidance will be given by staff as to accomplish distancing requirements
- Trainings will proceed as normal
- Breaks will be given to players at 30 minute increments to sanitize their hands

End of Session / Leaving the Gym – *Players / Parents*

- Upon completion of session all players will return to their designated area
- Players are required to wear face masks until they exit the gym
- Staff member will be positioned outside entrance at the end of each session
- When multiple sessions exist back to back, players will be instructed on where to exit the gym

As referred to previously in this document, it is understood that there is no absolute way that the guidelines, mandates and procedures set forth in this document by BOLT Volleyball will eliminate the risk of contracting the Covid-19 Virus or any other illness or disease. Also, I accept and understand that these guidelines, mandates, and procedures are intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. THEREFORE, BOLT Volleyball will not be held liable or responsible for the guidance provided within to be a guarantee or sole source of disease prevention.

ACKNOWLEDGEMENT

I have thoroughly read this document in its entirety and do accept this guidance as a suitable and adequate means of mitigation from a virus or illness. I do understand and accept the risk factors which could expose my child to a virus or disease while participating in activities at BOLT Volleyball and will not hold BOLT Volleyball or its affiliates liable in the case my child contracts a virus or disease. I also understand and accept that my child will follow this guidance as presented here and follow the guidance of BOLT Staff members.

This form must be read, acknowledged and accepted by you before returning to work from the post Covid-19 period during your registration for any and all programs and prior to participating in any activities with BOLT, before your child is allowed to take part in a BOLT Volleyball program, training or lesson.