

Coastal

VOLLEYBALL ACADEMY

Coastal Volleyball Academy 2025-2026 Parent & Player Handbook

The purpose of this document is to inform Coastal Volleyball Academy Families of our club policies, rules and regulations to which all Families must adhere. This includes Travel Teams at all levels and ages, Training Programs, Summer Camps, Clinics, Private and Group Trainings, Beach Teams, Beach Clinics, Beach Camps and any other division of Coastal Volleyball Academy Incorporated.

Coastal Volleyball Academy's Mission Statement

CVA Inc. is a 501(c)(3) not for profit business created exclusively to foster national amateur sports competition and primarily to support and develop amateur athletes for that competition. We are completely dedicated to providing our athletes with the technical, tactical and physical training to reach their highest possible potential. We will strive to mentor each and every player toward mindful development and becoming the complete athlete.

Club Philosophy

For our younger players we want to develop a solid base of fundamental skills as well as a true passion for the sport of volleyball! As players get older and progress we want to provide the path to a level of excellence that allows every player to test their own limitations. Only by constantly testing our limits can we truly find our potential. This is the true measure that separates greatness from mediocrity and determines who will be the champion. Champions are not always the winner of the final match, but their effort and commitment to themselves and their teammates is the ultimate gold medal.

We want our players to understand what the term "Dedicated To Excellence" really stands for. It is not a part time endeavor to be turned on and off depending on the mood or feeling of the day. We also want them to understand what it means to be a part of a team and what the word "teammate" really stands for. A group of people who share a common goal together and the members of that group understand and agree to make the sacrifices necessary to make that goal become reality. These people learn that individual needs are put aside for the good of the team or they won't reach their goal/s. Being a part of a team and making sacrifices and commitments to help that team achieve success is possibly the greatest single lesson to be learned from athletics!

Club Costs & Payment Obligations

A schedule for season fees for all teams is posted on our website and can be downloaded and printed for your convenience. You can also view the schedule via your online Bay Area Juniors account. By committing to CVA via email, electronically and/or by signing the contract posted at the end of this document, you are entering a financial contract with the club. One that must be upheld entirely or further participation will not be allowed. In addition, failure to complete payments, resulting in a breach of contract, will force the club to take legal action.

Payment Schedule

- Payments are to be paid on time and in full by the dates posted on our website.
- Account delinquency of 1-week/7 days will result in **player ineligibility**, and a parent meeting with the Coastal Directorial Staff. Delinquencies of any length longer than 1 week will result in player ineligibility at practices and tournaments as well as the account being send to Collections and our Lawyer.
- Questions regarding payment should be directed, in writing, to the following CVA Staff Members: Director Stephen Shepherd or Director Ashley Martin.
- If you are interested in possible scholarship opportunities, advertising and/or fundraising, contact Director Stephen Shepherd.

Refund Policy

It is an understood commitment with Coastal Volleyball Academy Inc. that agreeing to participate in the club includes fulfillment of financial responsibility for the entire season. Therefore, with a possible medical exception, **NO refunds** will be given. Athletes with an outstanding balance will not be released to another club.

Player Participation, Responsibilities and Family Obligations

- Players will not tryout, commit, or participate with another club volleyball team in any capacity, including AAU, USAV, beach teams, and indoor teams.
- Players will attend every practice and tournament on time unless given permission from club director to miss or arrive late. I understand that I have been given a position on my team that someone else tried out for; therefore, I will appreciate my opportunity and make the most of my time with Coastal Volleyball Academy.
 - All practice and tournament schedules will be posted at least one month in advance. Uncontrollable last minute changes may occur and CVA will do everything possible to relay information in a timely manner.

- It is the player and family's responsibility to manage school work, tests, extra-curricular activities as well as all CVA commitments. Missing CVA events for any reason is not acceptable. Please help teach our athletes the value and importance of time-management.
- In the event of an emergency, it is the players' responsibility to contact Coastal's director and her coaches with as much advance notice as possible. Missing practices WILL affect playing time.
- I have reviewed the Tournament Schedule and will attend every tournament, even if there are unforeseen last minute changes.
 - ALL Regional and Elite Teams will participate in AAU Nationals in June and athletes are required to attend. CVA reserves the right to add additional players and make roster changes as the clubs sees fit.
 - Unless previously cleared by a Club Director, in writing, failure to attend a tournament could result in immediate dismissal from the club. Failure to attend a National Qualifier Tournament is grounds from immediate dismissal from the club.
 - If you foresee a possible conflict, you must receive permission in writing from the director at least 1 month ahead of time.
 - Should a team qualify for USAV Nationals ALL team members are REQUIRED to attend. An additional payment and participation commitment will be added to the original schedule.
- I understand the coaches are in charge of the team, and will not question their decisions, even if I do not agree. Parents will not question playing time or personnel decisions made by coaches, AT ANY TIME. Parents will NEVER approach a coach during a match, tournament duration, practice, team meeting, or any other time. The ONLY appropriate way to discuss playing time or any issues occurring with an athlete is by requesting a meeting with the CVA Directorial Staff. Failure to adhere to this process will result in immediate dismissal by the club.
 - If a PLAYER has a question, CVA encourages respectful, player/coach communication, and PLAYERS may be given an answer from the coach, should the coach decide to do so.
 - After a player has spoken with her coaches, if the issue is not resolved, we can set up a meeting with the parents, player, coaches and directors.
- I understand that I am a direct representation of Coastal Volleyball Academy and will conduct myself in a way that will bring POSITIVE recognition to my team and club. Poor behavior, attitude, language, work ethic, character, or decision-making will not be accepted at ANY TIME. If I choose to violate any of these things, I am at risk for IMMEDIATE dismissal from BAJA. This includes players, parents and family members.

Tournaments, Travel and Hotels

The tournament schedule is posted well in advance to allow families to make necessary travel arrangements. All questions regarding tournaments should be directed to Stephen Shepherd at bayareajuniors@gmail.com. Questions regarding hotels and travel should be directed to Ashley Martin at AMbayareajuniors@gmail.com.

- Players will stay with their families. A list of the coaches' hotels will be available, should you choose to stay at the same location.
- Many tournaments mandate that ALL participating clubs coordinate hotel arrangements through required housing organizations. Failure to abide by their rule will result in the club/team being dropped from the tournament without a refund. We appreciate your participation in helping us abide by these strict rules. Failure to stay at the designated hotels may result in dismissal from Coastal Volleyball Academy.
- All costs incurred while traveling will be paid for by families.
- In the event of last-minute changes to tournament schedules, CVA will make every effort possible to relay efficient communication. We appreciate your flexibility as changes are uncontrollable.
- CVA-appointed Team Parents will help with coordination of travel, team events and communication with coaches and Directors.

Dispute Policy: If you would like to dispute a decision or rule, direct all questions/ comments in writing, via email to Coastal Volleyball Academy at bayareajuniors@gmail.com. Our Directorial Staff and Board of Directors will then review the dispute separately and collectively, responding with a decision. It is always our intention to resolve issues amicably and will do our best to come up with solutions that provide a positive outcome for both the club and families involved. If the issue is still unresolved, the decision of the club director at this point is **FINAL**.

Family Participation Contract

By signing this contract, our family (player, parents, and guardian) have read the information above in its entirety and fully commit to Coastal Volleyball Academy. All payments will be made on time and in full. Failure to do so will effect further participation. If I have any questions, I will contact a Director in writing to express my concerns.

Player Name: _____

Player Signature: _____

Team Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____

This form is to be signed and turned in to Coastal Volleyball Academy upon commitment for the 2025–26 season. Participation is not allowed until this document is signed and turned into the club.

As one of the newest clubs in Tampa Bay, we continue our long running camps motto of “Dedication to Excellence” and strive to improve in all facets each year, adhering closely to our Mission Statement. We appreciate your trust in us as we embark on our 6th year for the 2025-26 club season!

Thank you, Your Coastal Volleyball Academy Staff

Coastal Volleyball Academy Club Release Policy

Club Release Policy

If an athlete/family decides to depart Coastal Volleyball Academy during the respective season, the following steps must take place:

Release Policy:

STEP 1 - The athlete/family in question must submit a written request for release to the ClubDirector, Stephen Shepherd and Ashley Martin, (at bayareajuniors@gmail.com or ambayareajuniors@gmail.com) and to the Florida Region at membership@FloridaVolleyball.org stating the reason for the request. Club may deny request for release of the athlete.

STEP 2 – If club approves release of the athlete.

1. All financial obligations agreed upon contractually must be paid in full before the athlete is approved to be released.
2. Payment Option – Cashier’s check or money order
3. Once payment is received by cashier’s check or money order the club will send an

email to the Florida Region at membership@floridavolleyball.org approving release of the named athlete.

The club may agree to waive the requirements above on a case-by-case basis.

Transfer Policy: A player can represent only one club during the Season. A change in the geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.

Once an athlete has participated in a National Qualifier Event (Regional or NQ) they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) Championship Manual on releases for athletes that participate in regional or national qualifying/bid events.

Parent Name (Print)

Parent Signature

Date:

**Coastal Volleyball Academy
Director Stephen Shepherd / Director Ashley Martin**

ORGANIZATIONAL REQUIREMENTS FOR EDUCATION & TRAINING AND PREVENTION POLICIES

All NGBs, LAOs, and the USOPC, in this case “USA Volleyball”, must implement proactive policies designed to prevent abuse. These organizational requirements are described below.

A. Organizational Requirements for Education & Training

1. USA Volleyball must track whether Adult Participants under its jurisdiction complete the

required training listed in Part II.

2. USA Volleyball must, every 12 months, offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse.

a. For training to minor athletes, USA Volleyball must track a description of the training and how the training was offered and provided to minor athletes.

b. USA Volleyball is not required to track individual course completions of minor athletes.

3. USA Volleyball must, every 12 months, offer training to parents on the prevention and reporting of child abuse.

a. For training to parents, USA Volleyball must track a description of the training and how the training was offered and provided to parents.

b. USA Volleyball is not required to track individual course completions of parents.

B. Required Prevention Policies and Implementation

1. USA Volleyball must develop minor athlete abuse prevention policies to limit one-on-one interactions between a Minor Athlete and an Adult Participant. These policies must contain the mandatory components of the Center's model policies in Part III. These model policies cover:

a. Meetings

b. Individual training sessions

c. Therapeutic and Recovery Modalities and Manual Therapy

d. Locker rooms and changing areas

e. Electronic communications

f. Transportation

g. Lodging and Residential Environments

2. The policies must be approved by the Center as described in subsection (C) below. The policies may include the recommended components

in Part III and the recommended policies in Part IV. Given the uniqueness of each sport, however, some recommended components or policies may not be feasible or appropriate. Such concerns should be addressed with the Center during the Policy Approval and Submission Process discussed below. USA Volleyball may choose to implement stricter standards than the model policies.

3. USA Volleyball must also require that its LAOs implement these policies within each LAO.

4. USA Volleyball and its LAOs must implement these policies for all In-Program Contact.

a. At sanctioned events and facilities partially or fully under its jurisdiction, the Organization must take steps to ensure the policies are implemented and followed.

b. For In-Program Contact that occurs outside USA Volleyball's and LAOs' sanctioned event or facilities, implementing these policies means:

i. Communicating the policies to individuals under its jurisdiction;

ii. Establishing a reporting mechanism for violations of the policies;

ii. Investigating and enforcing violations of the policies.

5. USA Volleyball and its LAOs must have a reporting mechanism to accept reports that an Adult Participant is violating USA Volleyball's Minor Athlete Abuse Prevention Policies.

The Organization must appropriately investigate and resolve any reports received, unless the violation is reported to the Center and it exercises jurisdiction over the report. This requirement is in addition to requirements to report abuse under the SafeSport Code.

C. Policy Approval and Submission Process

1. USA Volleyball may adopt the mandatory minimum requirements of the MAAPP as-is or adapt it to fit their needs. Regardless, USA Volleyball must submit their policies to the Center at compliance@safesport.org for review and approval by April 1, 2024. The Center will approve, approve with modifications, or deny the policies. If the Center denies the proposed policy,

the mandatory components of Part III of the Center’s Model MAAPP become the default policy until the Center approves the policy.

2. USA Volleyball must require their LAOs to incorporate the mandatory components of Part

III. USA Volleyball may require that their LAOs implement USA Volleyball policies, which may be more stringent than the policies in Part III.

3. The mandatory components of Part III will serve as the default policy for any Organization that fails to develop its own policy as required by this section.

Any changes made to USA Volleyball’s MAAPP after the policy is approved must be submitted to the Center for approval. The previously approved MAAPP will remain in effect until written approval is provided to USA Volleyball from the Center.

PART II EDUCATION & TRAINING POLICY

A. Mandatory Child Abuse Prevention Training for Adult Participants

1. Adult Participants Required to Complete Training

a. The following Adult Participants must complete the SafeSport® Trained Core Course through the Center’s online training:

- i. Adult Participants who have regular contact with any amateur athlete(s) who is a minor;**
- ii. Adult Participants who have authority over any amateur athlete(s) who is a minor;**
- iii. Adult Participants who are an employee or board member of USA Volleyball or its affiliate LAOs.**

2. Timing of Training Adult Participants must complete this training before regular contact with an amateur athlete who is a minor begins or within the first 45 days of either initial membership or upon beginning a new role subjecting the adult to this policy, whichever comes first.

3. Refresher Training The above-listed Adult Participants must complete a refresher course every 12 months, beginning the calendar year after completing the SafeSport® Trained Core Course. Every four years, Adult Participants will complete the SafeSport® Trained Core Course training. Medical providers can take the Health Professionals Course in lieu of the SafeSport® Trained Core Course and are required to take the refresher courses on an annual basis if they meet the criteria for A(1).

B. Minor Athlete Training Must Be Offered

1. USA Volleyball, every 12 months, must offer and, subject to parental consent, give training to minor athletes on the prevention and reporting of child abuse. USA Volleyball offers this training in its welcome letter to members.

2. The Center offers youth courses, located at safesporttrained.org, that meet this requirement.

C. Parent Training Must Be Offered

1. USA Volleyball, every 12 months, must offer training to parents on the prevention and reporting of child abuse. USA Volleyball offers this training in its welcome letter to members.

2. The Center offers a parent course, located at safesporttrained.org, that meets this requirement.

D. Optional Training

1. Adult Participants serving in a volunteer capacity, who will not have regular contact with or authority over any amateur athlete(s) who is a minor, should take the Center's brief Volunteer Course (or SafeSport® Trained Core Course) before engaging or interacting with any minor athlete(s).

2. USA Volleyball may provide training in addition to the SafeSport® Trained Core Course, although they cannot refer to this training as "SafeSport" training. Training other than the SafeSport Trained Core Course or Refresher does not satisfy this policy.

3. Parents of minor athletes are provided free online access to the Center's parent course and are encouraged to take the training.

E. Exemptions and Accommodations

The Center’s online training courses contain information about various forms of abuse. The courses do not include graphic descriptions of abuse or show violent images or video. The content may be uncomfortable or trigger trauma for some participants.

1. Exemptions to the online training requirement may be requested by survivors of abuse and misconduct. Survivors of abuse can request an exemption by contacting USA Volleyball or can choose to contact the Center directly to request an exemption at exemptions@safesport.org. All exemptions granted by the Center or by USA Volleyball in this category are considered indefinite. The Center will track all requests for exemptions upon notification from USA Volleyball.

2. Exemptions to the online training requirement for reasons other than survivor of abuse and misconduct are limited to cognitive or physical disability or language barrier. Requests for these exemptions must be made by the individual to USA Volleyball. USA Volleyball will determine whether to grant the exemption. If USA Volleyball grants the exemption, it must track the exemption to ensure it is appropriately applied to the individual’s membership status. USA Volleyball must preserve documentation that the exemption was granted and for what duration.

3. The Center has several options available to assist individuals in completing the online training courses, including screen reader-compatible versions and course availability in several languages, including English, Spanish, French, Mandarin, Russian, German, and Japanese. If none of the available options will fit the individual’s needs, USA Volleyball may determine whether to grant an exemption.

PART III REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse. All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances or with a documented exception.

EXCEPTIONS

There are certain relationships and situations in which one-on-one interactions may be allowed or necessary. This section identifies policy exceptions for close-in-age relationships, Personal Care Assistants, dual relationships, and emergencies. The following exceptions are applicable within all Required Prevention Policies unless otherwise noted.

A. Mandatory Components

1. A Close-in-Age Exception The purpose of this exception is to allow for continued relationships among athletes on the same team. This exception allows for one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if:

- a. The Adult Participant has no authority over the Minor Athlete; and**
- b. The Adult Participant is not more than 4 years older (determined by birth date) than the Minor Athlete.**

Note: This exception is different than the close-in-age exception in the SafeSport Code pertaining to misconduct.

2. Exceptions for Adult Participant Personal Care Assistants Working with a Minor Athlete This exception exists for Adult Participants who also assist an athlete with activities of daily living and preparation for athletic participation. This exception allows for one-on-one In-Program Contact between an Adult Participant and a Minor Athlete if the following requirements are met:

- a. the Minor Athlete's parent/guardian has provided written consent to USA Volleyball and/or its Region for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and**
- b. the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and,**

c. the Adult Participant Personal Care Assistant has complied with USA Volleyball background screening policy.

3. Exceptions for Dual Relationships

This exception allows for one-on-one In-Program Contact when the Adult Participant has a relationship with a Minor Athlete that is outside of the sport program. The exception requires written consent of the Minor Athlete's parent/guardian at least annually. The consent must identify for which Required Prevention Policies the parent/guardian is allowing the one-on-one In-Program Contact.

4. Emergency Exception

This exception applies to all Required Prevention Policies for situations where an Adult Participant must violate requirement(s) of the MAAPP due to an emergency. Adult Participants must carefully consider whether specific circumstances meet the threshold of "emergency." Adult Participants should document emergency situations in accordance with USA Volleyball's protocols. The Center recommends parents take training on child abuse prevention before providing consent to the above exceptions. The Center offers a free Parent Course at safesporttrained.org.

MEETINGS POLICY

Sexual abuse often happens when children are alone with their abusers. This section provides

policies for meetings to limit one-on-one interactions between children and adults, including

mental health care professionals and licensed health care providers.

A. Mandatory Components

1. Observable and Interruptible

a. Adult Participants must ensure that all In-Program meetings with Minor Athletes be

observable and interruptible, unless an exception exists.

2. Meetings with licensed mental health care professionals and health care providers (other

than athletic trainers)

3. F

4. If a licensed mental health care professional, licensed health care provider, or a student under the supervision of a licensed mental health care professional or licensed health care provider, meets one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USA Volleyball or its Region's jurisdiction, the meeting must be observable and interruptible except:

a. If the door remains unlocked; and

b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and

c. USA Volleyball or its Regions is notified that the professional or provider will be meeting with a Minor Athlete; and,

d. The professional or provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

B. Recommended Components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

4. Athletic trainers who are covered under these policies must follow the "Manual Therapy and Therapeutic and Recovery Modalities" policy.

TRAINING SESSIONS POLICY

Some abusers will single out athletes for special one-on-one instruction. This kind of isolation provides opportunities for abuse to occur. This section establishes rules for individual and group training sessions to protect youth athletes from uncomfortable or unsafe situations.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure all In-Program individual and group training sessions with a Minor Athlete be observable and interruptible unless an exception exists.

2. Consent The Adult Participant providing individual training sessions must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and

3. Parent Observation

Parents/guardians must be allowed to observe individual and group training sessions.

B. Recommended Components

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USA Volleyball and its Region's jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

MANUAL THERAPY AND THERAPEUTIC AND RECOVERY MODALITIES POLICY4F5

Many athletes require therapies to prevent or treat injuries. However, these treatment sessions can place children in vulnerable positions, especially if they involve physical contact with adults. This section establishes standards for therapeutic and recovery modalities and manual therapy to reduce the risk of inappropriate contact between youth and adults.

A. Mandatory Components

Note: Only the emergency exception applies within this policy.

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact during manual therapy and therapeutic modalities and recovery modalities with Minor Athletes must be observable and interruptible.

2. Manual Therapy and Therapeutic and Recovery Modalities Requirements

Adult Participants must ensure all In-Program manual therapy and therapeutic and recovery modalities meet the following requirements:

- a. Have another Adult Participant physically present for the modality or manual therapy; and**
- b. Have documented consent as explained in subsection (4) below; and**
- c. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and**
- d. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing; and**
- e. The provider must narrate the steps in the modality before taking them, seeking assent of the Minor Athlete throughout the process.**

3. Consent

a. Providers of manual therapy, therapeutic modalities, or recovery modalities or USA Volleyball and its Regions, when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any manual therapy, therapeutic modalities, or recovery modalities. Manual therapy and therapeutic and recovery modalities can be different for each sport. They can include, but are not limited to: first aid, massage, taping, cupping, stretching, cryotherapy, neuromuscular stimulations, electrical stimulation, or other modalities within the scope of a Healthcare Provider's credentials.

b. Minor Athletes or their parents/guardians can withdraw consent at any time.

B. Recommended Components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to receive a manual therapy, therapeutic modality, or recovery modality.

2. When possible, techniques should be used to reduce physical touch of Minor Athletes.

3. Only licensed providers should administer manual therapy, therapeutic modalities, or recovery modalities.

4. Coaches, regardless of whether they are licensed massage therapists, should not massage Minor Athletes.

LOCKER ROOMS AND CHANGING AREAS POLICY

Young athletes may be especially vulnerable to abuse in changing areas where they are undressing and possibly showering. Appropriate monitoring is necessary in these areas to prevent abuse and other inappropriate conduct. This section outlines policies for locker rooms and changing areas to ensure privacy and safety.

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, unless an exception exists.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.

b. Adult Participants must not remove their clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groin, or genitals to a Minor Athlete in a locker room or changing area.

c. Adult Participants must not shower with Minor Athletes unless:

i. The Adult Participant meets the Close-in-Age Exception; or

ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.

d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USA Volleyball and its LAOs and the Adult Participant(s) must abide by this request.

3. Media and Championship Celebrations in Locker Rooms

USA Volleyball and its Regions may permit recording or photography in locker rooms for the purpose of highlighting a sport or athletic accomplishment if:

a. Parent/legal guardian consent has been obtained; and

b. USA Volleyball and its Regions approves the specific instance of recording or photography; and

c. Two or more Adult Participants are present; and

d. Everyone is fully clothed.

4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements detailed on page 14.

5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

a. USA Volleyball and its LAOs must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction. USA Volleyball does not utilize changing rooms at its events. If USA Volleyball did utilize changing rooms, it would follow the above procedures.

b. IF locker rooms, changing areas, or similar spaces are used at USA Volleyball events, USA Volleyball and its LAOs must monitor their use to ensure

compliance with these policies at sanctioned events or facilities partially or fully under USA Volleyball and its Region's jurisdiction.

ELECTRONIC COMMUNICATIONS POLICY5F6

Technology has made it easier for teams to communicate and share information. Unfortunately, it also makes it easier for abusers to contact children without supervision or share inappropriate images and video. This section sets standards for appropriate electronic communications between youth and adults.

A. Mandatory Components

1. Open and Transparent

a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent, unless an exception exists.

b. "Open and Transparent" means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant on every communication.

• If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.

c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include the Minor Athletes' parents/guardians, another adult family member of the Minor Athletes, or another Adult Participant.

3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception exists.

4. Requests to Discontinue

Parents/guardians may request in writing that USA Volleyball and its LAOs or an Adult Participant not contact their Minor Athlete through any form of electronic communication. USA Volleyball, its LAOs and the Adult Participant

must abide by any request to discontinue, absent emergency circumstances. Electronic communications include, but are not limited to: email, phone calls, videoconferencing, video coaching, texting, social media, or through any other electronic medium.

B. Recommended Components

1. Hours

Electronic communications should generally be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

2. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to have private social media connections with Minor Athletes and should discontinue existing social media connections with Minor Athletes.

TRANSPORTATION POLICY

Athletes are often carpooling or traveling without the supervision of their parent/guardian to practices and competitions. This can place them in vulnerable positions where they are susceptible to abuse. This section establishes policies for adults transporting children to or from sport activities.

A. Mandatory Components

1. Observable and Interruptible

Adult participants must ensure that all In-Program Contact during Transportation is Observable and Interruptible unless an exception exists or:

a. The Adult Participant has advanced, written consent to transport the Minor Athlete one- on-one, obtained at least annually from the Minor Athlete's parent/guardian. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

b. The Adult Participant is accompanied by another Adult Participant or at least two minors who are at least 8 years of age.

2. Additional Requirements for Transportation Authorized or Funded by USA Volleyball and its

Regions

a. Written consent from a Minor Athlete's parent/guardian is required for all transportation authorized or funded by USA Volleyball and its Regions at least annually.

b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

B. Recommended Components

1. Shared or Carpool Travel Arrangement

The Organization encourages parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child abuse prevention before providing consent for their Minor Athlete to travel one-on-one with an Adult Participant.

LODGING AND RESIDENTIAL ENVIRONMENTS POLICY

Youth athletes traveling overnight face greater risk of sexual abuse if they are traveling without their parent/guardian. Abusers can take advantage of the situation by trying to have unsupervised time alone with children. This section sets rules for sleeping arrangements and room monitoring to protect athletes during overnight travel.

A. Mandatory Components

1. Observable and Interruptible

All In-Program Contact during lodging must be observable and interruptible unless an exception exists.

a. Lodging arrangements covered under this policy include, but are not limited to, hotel stays, rentals (i.e., Airbnb, VRBO, HomeToGo, etc.), and long-term residential environments, including lodging at training sites and billeting.

2. Hotel Rooms and Other Sleeping Arrangements

a. An Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), unless an exception exists and the Minor Athlete's parent/guardian has provided USA Volleyball and its Regions or Adult Participant with advance, written consent for each specific lodging arrangement.

b. Written consent from a Minor Athlete's parent/guardian must be obtained for all In- Program lodging at least annually.

c. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.

d. Adult Participants without an exception and written parent/guardian consent as stated above are not permitted to stay overnight with Minor Athlete(s) in a communal lodging space such as an Airbnb, VRBO, HomeToGo, etc.

3. Monitoring or Room Checks During In-Program Travel

If USA Volleyball and its Regions or a team performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

4. Additional Requirements for Lodging Authorized or Funded by the Organization Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over

Minor Athlete(s) and thus must comply with the Education and Training policy outlined in Part II, unless the Adult Participant meets the Close-in-Age exception.

B. Recommended Components

Parent Training

Parents/guardians receive the U.S. Center for SafeSport's education and training on child abuse prevention before providing consent for lodging arrangements under this policy.

PART IV RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

B. Gifting

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).

2. Gifts that are equally distributed to all athletes and serve a motivational or educational purpose are permitted.

C. Photography/Video

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.

2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the parent/guardian and Minor Athlete's consent.

TERMINOLOGY

Adult Participant: Any adult (18 years of age or older) who is:

- a. A member or license holder of USA Volleyball;**
 - b. An employee or board member of USA Volleyball or its LAOs;**
 - c. Within the governance or disciplinary jurisdiction of USA Volleyball or its LAOs;**
 - d. Authorized, approved, or appointed by USA Volleyball or its LAOs to have regular contact with or authority over minor athletes.**
- 6F7 Amateur Athlete: An athlete who meets the eligibility standards established by the National Governing Body for the sport in which the athlete competes.**

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. Also see the Power

Imbalance definition in the SafeSport Code. Note: NGBs and the USOPC must submit/include categories of members/individuals that fall under the definition, including specific volunteer designations.

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete and is not more than 4 years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old). Note: This exception only applies within the prevention policies and not regarding conduct defined in the SafeSport Code.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a relationship with a Minor Athlete outside of the sport program and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations,

This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition.

Award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

Local Affiliated Organization (LAO): A regional, state, or local club or organization that is directly affiliated with an NGB or that is affiliated with an NGB by its direct affiliation with a regional or state affiliate of said NGB. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of an NGB. USA Volleyball considers its LAOs to include Regions and clubs affiliated with Regions.

Minor Athlete: An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of USA Volleyball and its LAOs.7F8

Partial or Full Jurisdiction: Includes any sanctioned event (including all travel and lodging in connection with the event) by USA Volleyball and its LAOs, or any facility that USA Volleyball and/or its LAOs owns, leases, or rents for practice, training, or competition.

National Governing Body (NGB): A U.S. Olympic National Governing Body or Pan American Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. This definition shall also apply to the USOPC, or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

Adult Participant Personal Care Assistant: An Adult Participant who assists a para-sport athlete who requires help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal

Care Assistants are different for every athlete and should be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

8 This term shall also include any minor who participates in, or participated within the previous 12 months in, a nonathlete role partially or fully under the jurisdiction of an NGB, USOPC, or LAO. Examples include, but are not limited to: officials, coaches, or volunteers.

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any amateur athlete(s) who is a minor. Note: NGBs and the USOPC must submit/include categories of members/individuals that fall under the definition, including specific volunteer designations.

Residential Environment: A place in which participants live or stay temporarily. Residential environments include, but are not limited to, onsite housing at training facilities, billeting, hotel stays, or rentals (i.e., Airbnb, VRBO, HomeToGo, etc.).

Billeting: A residential environment facilitated by an Adult Participant, USA Volleyball and its LAOs, or sanctioned event staff in which a Minor Athlete is temporarily housed in a private home with an adult or family who is not related to or known by the Minor Athlete. This lodging arrangement is in conjunction with an activity related to sport. U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.