

Arizona Region of USA Volleyball Play Volleyball Protocols In the Time of COVID 19

The Arizona Region of USA Volleyball puts safety of its athletes, spectators, officials and staff as its number one priority in everything we do and every opportunity we provide.

COVID 19 has been with us for over a year and a half. With variants emerging there is little doubt that we will be living with COVID 19 in our communities for a long time. As such, there is no way to completely eliminate the risk of infection. To continue to play volleyball in these group settings, we must all do our part to be healthy and respect the health of others participating or attending. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does USAV or its forty (40) Regions assume any liability or responsibility for the recommendations provided herein.

The Arizona Region strongly encourages all participants and families to take control of their own health and safety and protect the families, teammates and friends of those that participate in our events by following these recommendations and as safety precautions. The only way to continue to play and live safely is for all to take personal responsibility for their health and the health of those around them. No one is requiring masks but all are encouraged to wear them, when appropriate, in the group settings.

The following protocols are listed in this document: Personal Guidelines, Club Practices, Indoor Tournaments, Beach Tournaments and In the Event of Player or Team Sickness

The Arizona Region will follow the recommendations of the federal, state and local authorities and USA Volleyball in regards to infectious diseases. As in all circumstances the following personal guidelines should be adhered to:

- Stay home if you are not feeling well or are sick.
- Individuals that are quarantined for exposure from school or work should also quarantine from the team and tournaments for a minimum of 7 days after exposure.
- Wash hands with soap and water often and especially after using the restroom, prior to and after handling food and/or drink.
- Use alcohol-based hand sanitizers in the absence of wash facilities.
- Refrain from touching your face – eyes, nose and mouth – with your hands.
- Cough into your elbow or a tissue – then throw the tissue away.
- Keep at least 6 feet away from others to maintain social distancing.
- All are encouraged to wear a mask when social distancing cannot be maintained or in the proximity of others.
- Those in the vulnerable age groups and/or with underlying medical conditions should understand the risk of transmission of COVID 19 at our events/practices and decide for themselves if attending an event is appropriate for them.

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- Those that have a parent or grandparent that lives with them and who has an underlying medical condition or is in the vulnerable age group, should consider the potential for transmission at an event and decide if these group settings are appropriate for them.

For Club Practices

- The club is required to be SafeSport compliant with all policies and practices regarding athlete and coach interaction. At least one non-participating adult should be present at the court to maintain SafeSport compliance for practices to be interruptible and free from any form of abuse.
- If a player or coach is not feeling well or is sick, they should stay home until they are no longer sick.
- Individuals that are quarantined for exposure from school or work should also quarantine from the team and tournaments for a minimum of 7 days after exposure.
- If a participant should become sick during a practice, they should be removed from the other players and sent home as soon as possible.
- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- All participants should bring their own water bottles, refills, towels, bags and any other items needed for personal use. All personal items should be kept separate from the personal items of others. Do not rely on public water fountains for water.
- Consider staggering practice start and end times to limit large gatherings in the facility or large groups coming and going at the same time.
- No high fives, hand-shakes, hand slaps or any other intentional body to body contact.
- Instruction should be free of physical touching.
- When not on the court, participants should distance themselves from other participants as they are able.
- During team instruction/huddles all should maintain as much distance as possible to be able to hear the instruction/discussion and not be physically touching anyone near them.
- Younger siblings should not be brought to practice sessions.

Indoor Tournaments

- Individuals that are not feeling well or are sick should stay home.
- Individuals that are quarantined for exposure from school or work should also quarantine from the team and tournaments for a minimum of 7 days after exposure.

- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- Those in the vulnerable age groups and/or with underlying medical conditions should consider the potential for transmission of COVID 19 and decide if attending an event is appropriate for them.
- All tournament personnel, coaches, officials, ref team crew and players that are not actively playing on the court are encouraged but not required to wear masks.
- Spectators will not be limited unless required to by local or state government regulations. All spectators are encouraged but not required to wear masks, should distance themselves from others as able to and not switch sides if the teams switch sides during a match.
- Teams will not switch sides during the match unless there is a distinct advantage to one side of the court. That will be determined at the start of the day by the site director.
- No hand slaps, hand-shakes, high-fives, or any other intentional body to body contact.
- Teams will come to the 10' line and wave to the other team prior to and following the match.
- Teams that are "off" are required to go outside when they are not playing or refing.
- If a player(s) become sick during the event, they should be removed from all other participants and leave the facility as soon as possible.
- Teams will be required to provide their own pencils, erasers and whistles for their score/ref assignments. Whistles should not be shared unless they are hand whistles.
- Members of the ref team will be required to distance themselves at the score table.
- Sanitizing wipes may be available at the score tables to wipe down the table, flip score boards, ref stand hand grips between matches.
- Hand sanitizers may be available at/near score tables, tournament table and outside the restrooms.
- All participants should bring their own water bottles, refills, towels, bags and any other equipment needed for personal use. All personal items should be kept separate from the personal items of others. Do not rely on public water fountains for water.
- During team instruction/huddles all should maintain as much distance as possible to be able to hear the instruction/discussion and not be physically touching anyone near them.
- At least one non-participating adult should be present at the court to maintain SafeSport compliance.

Beach Tournaments

- Individuals that are not feeling well or are sick should stay home.
- Individuals that are quarantined for exposure from school or work should also quarantine from the team and tournaments for a minimum of 7 days after exposure.
- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- Those in the vulnerable age groups and/or with underlying medical conditions should consider the potential for transmission and decide if attending an event is appropriate for them.
- Participants are encouraged but not required to wear masks when not actively playing on the court.
- Spectators are encouraged but not required to wear masks.
- Hand sanitizers may be available for use near the courts and at the tournament table.
- No handshakes, hand-slaps, high-fives or any intentional body to body contact
- All participants should bring their own water bottles, refills, towels, bags and any other equipment needed for personal use. All personal items should be kept separate from the personal items of others. Do not rely on public water fountains for water.
- Spectators should follow the facility distance protocol for spectators
- If a player becomes sick during the event, they should be removed from the event and the site as quickly as possible.

In the Event of Player or Team Sickness

- Individuals that are quarantined for exposure from school or work should also quarantine from the team and tournaments for a minimum of 7 days after exposure.
- If a member of a team becomes sick with flu-like symptoms or tests positive for COVID 19, the player will be quarantined for a minimum of 2 weeks or until all of the following are met: fever free for 72 hours without the use of any fever reducing medication, symptoms have improved AND at least 10 days have passed since any symptoms first appeared.
- If a 2nd member of the same team becomes sick with flu-like symptoms or tests positive for COVID 19, the team will be removed from the next tournament and all team members will be quarantined for a minimum of 2 weeks or until the following has been met: all players and coaches (or enough to continue participation) test negative for COVID 19 OR are fever free from 72 hours without the use of any fever reducing medication, symptoms have improved AND at least 10 days have passed since the symptoms first appeared.

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- Once a team has had exposure to a coach or player that has flu-like symptoms or has tested positive, temperature checks should be done more frequently of all players and staff until 2 weeks after the first exposure.
- Club team rosters will be more flexible to allow for continued play without quarantined players – borrowing rules will be relaxed.
- If a team is removed from a tournament(s) due to COVID 19 quarantine, the following rules will be used for team finish in successive tournaments:
 - 1st tournament missed – the team will finish last and drop a division
 - 2nd tournament missed – the team will be given the 5th place finish to avoid dropping a 2nd division
 - 3rd tournament missed – the team will finish last and drop a division.