

Empower Volleyball's Statement on COVID 19 and the 2020-2021 Club Season

As of August 15, 2020, the State of Illinois has deemed volleyball a "Medium Risk" sport and allowed ONLY the following until further notice:

Level 1 No-contact practices, and trainings only

Level 2 Intra-team scrimmages allowed, with parental consent for minors; no competitive play

In accordance with these guidelines, we will be training our athletes in the safety of our own program until restrictions are modified, allowing volleyball activity into Levels 3 and 4 as below:

Level 3 Intra-conference or Intra-EMS-region or intra-league play/meets only; state- or league-championship game/meet allowed for low-risk sports only

Level 4 Tournaments, out-of-conference/league play, out-of-state play allowed; championship games allowed

During Level 1 and 2, our athletes will be training and conditioning in a competitive environment and will be fully prepared for competition, regardless of when that might be. Our program will remain flexible and maintain its high quality standards while doing everything in our power to keep our athletes safe and healthy.

Due to the unknown factors of this particular season, families will not be charged for tournaments or competition expenses until these restrictions have been lifted and we have the capacity to participate safely.

We are maintaining an extremely flexible and open mind this season and we appreciate you trusting us with your athlete this year. We will continue to communicate with you as we receive pertinent information.

COVID 19 precautions to be taken at Empower Volleyball this upcoming club season

- 1. All athletes will check in and have their temperature taken with a no-touch thermometer daily prior to participation.**
- 2. An assigned coach or member of administration will inquire as to whether participant is currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart**
- 3. An assigned coach or staff member will maintain daily attendance for contact tracing purposes**
- 4. Participants should wash hands with soap and water or use hand sanitizer before participating**
- 5. Activity sessions will be open only to pre-registered participants. No spectators and/or visitors allowed at any time.**
- 6. Participants will sanitize hands regularly.**
- 7. All participants and spectators must wear a face covering at all times, including when on the court. Face coverings must fully cover the mouth and nose, and must fit snugly against the sides of the face with no gaps.**
- 8. Participants will avoid touching facility accessories (e.g., goal posts, flags)**
- 9. Participants will use their own equipment (e.g., knee pads, headbands, shoes) as much as practical. Volleyballs are an exception and will be sanitized before and after each session.**
- 10. Participants will place personal belongings at least 6 feet away from others' personal belongings.**
- 11. Participants should bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug)**

Empower Volleyball has been a family oriented organization since early 2017 and we are prepared to continue our commitment to the sport of volleyball and to our families through this pandemic.

We can understand that this is a lot of information to digest. Please know that we are here for you and that if you should have any additional questions or concerns we will be more than happy to discuss these with you.

Sincerely,

Claudia Baxendale, President
Dean Baxendale, Vice President
Courtney Huffman, Secretary
Nicole McNeil, Treasurer
Erika Teo, Board Member
Jason McNeil, Board Member

Empower Volleyball Board of Directors