

Inspire Covid-19 Guidelines

We will be following our National Governing Body's Guidelines, as well as both City and State mandates. We recognize this is a fluid situation and circumstances may evolve, but we are proceeding forward cautiously optimistic.

For those athletes returning to play:

a. BEFORE
PLAY:

ATHLETES MUST:

- Be symptom free for at least 14 days prior to any activity
 - Stay home if they are sick or do not feel well
 - Be aware of and disclose any potential contacts with affected individuals
 - Wash and sanitize hands often
 - Do not touch your face, eyes or mouth with unclean hands
 - Practice social distancing regularly
 - Wear a face mask to reduce exposure to airborne particles
 - Cover your mouth and nose with tissue or your elbow if you cough or sneeze
- *Notify Inspire of all out of state travel and follow all MOA guidelines

b. DURING PLAY:

- Refrain from attending any activity if displaying Covid-19 symptoms

- Comply with all permissible regulations approved for Kings Way Gym
- Wash and sanitize hands often
- Do not touch your face, eyes, or mouth with unclean hands
- Refrain from contacting other participants and attendees (high fives and huddles)
- Practice social distancing as often as possible. (USAV)
- Social distancing while exercising (State/City) Recommended 6 feet
- Wear a mask while at the venue. (when not playing on the court)
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze
- Each athletes should have their own sanitizer and santizing wipes (Inspire will also be providing additional sanitizing stations)
- A list will be kept of all athletes in the gym

c. AFTER ACTIVITY

- Wash hands while maintaining proper social distance
- Exit Kings Way facility and wait outside for your ride
- Monitor your health leading up to the next practice

GUIDELINES TO BE FOLLOWED BY INSPIRE VOLLEYBALL CLUB AND STAFF

a. BEFORE ACTIVITY

- Disinfect all equipment, including volleyballs
- Verify that venue staff, club staff, and athletes are symptoms free before participating in any activities.

A. Coaches will greet athletes outside of Kings way gym with a mask on. They will ask if they are symptom free before allowing athletes into the facility

B. Coaches will direct athletes to only bring in water bottle, shoes, and knees pads.

C. Coaches will keep a log of athletes that arrived for their pre-assigned group.

D. Coaches will direct athletes to enter facility and have athletes immediately wash their hands

E. Coaches will make sure athletes use designated water bottle stations for the entire practice.

b. DURING ACTIVITY

- Coaches will continue to clean and disinfect venue and equipment, including volleyballs
- Enforce social distancing requirements.
- Remove anyone if they are exhibiting signs of COVID-19.
- Limit the number of people in Kings Way.

A. MOA capacity guidelines state that we “may operate at a capacity that allows 6 feet of physical distancing for customers and staff”. (Max occupancy is 180)

B. Spectators are not allowed into the gym per request of gym management

- Modify drills to reduce potential violations of social distancing requirements. (high fives, huddles, and team meetings)

- Use hand whistles in lieu of regular whistles when possible.

c. AFTER ACTIVITY

- Sanitize all surfaces and volleyballs that were used during activities.

Highlighted Important Information

- Athletes are only allowed to bring a water bottle, shoes, knee pads, and hand sanitizer. Athletes will not be permitted to refill their water bottles.
- Athletes must arrive at Kings Way wearing a mask
- Athletes are required to: verify lack of symptoms, and have a completed waiver
- Athletes are expected to maintain proper social distancing and leave their street shoes and water bottle at their assigned stations.
- No spectators will be allowed in the gym
- Athletes are expected to sanitize their hands frequently during their practice session
- At the end of practice: Athletes must sanitize/wash their hands and exit the facility
- Coaches will sanitize the equipment at the completion of each session.

Assumption of the Risk and Waiver of Liability Relating to COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Inspire Volleyball Club has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending Club activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending Club events and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand the risk of omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance/participation at Club events. On behalf of myself, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Inspirevolleyball Club or King's Way Facility, its employees, and its representatives from claims; including all liabilities, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs, before, during, or after participation in any Club program.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Date