



Miami Hype Volleyball

RETURN TO PLAY PLAN FOR CHAMPIONS COMPLEX

OVERVIEW

Miami Hype Volleyball Club has prepared a Return to Play Plan for parents, players, coaches, and staff to provide guidance as we begin to recommence volleyball activities after being suspended since March 2020 due to COVID-19. The following Return to Play requirements are based upon current guidelines and recommendations set forth by the Centers for Disease Control and Prevention (CDC), as well as mandates set forth by Miami-Dade County. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result we require all participants to follow these policies and procedures as safety precautions.

RETURN TO PLAY SAFETY MEASURES FOR FACILITIES

- Enhance sanitizing by disinfecting all common areas and frequent touch points before and after each session.
- Automatic Dispensing Non-Contact Hand Sanitizer will be staged at entry points and at different points within the gym.
- Place visual markers (sign, cones, etc.) to assure and maximize physical distance requirements during check-in and training (6 ft distance).
- Eliminate the use of water fountains.
- Use of volleyball net to ensure that there are separate spaces for each group of no greater than 6 players per group / per coach.

RETURN TO PLAY REQUIREMENTS FOR COACHES/STAFF

- Train coaches/staff in new operating protocols and modifications to existing codes of conduct to deal with COVID-19 issues, including information on everyone's responsibilities as they relate to COVID-19.
- Staff will be trained on the proper use of cleaning and disinfecting products.
- Coaches/Staff will be asked the following health screening questions before each shift to help identify any symptoms of COVID-19:
 - Have you experienced a fever ≥ 100.4 °F (38°C), cough (any kind dry or productive), sore throat, shortness of breath or breathing difficulties, fatigue, chills, muscle pain, headache, or loss of taste or smell within the past 14 days?
 - Have you come into contact with anyone who has at least two of the symptoms listed above within the past 14 days?
 - Have you come into contact with anyone who has tested positive for COVID-19 within the past 14 days?
- Implement daily screenings for coaches/staff consisting of entry temperature checks using non-contact thermometers.
- Coaches/staff with body temperatures of greater than 100.4, those who exhibit other symptoms, or those who say yes to any of the health screening questions above, will be prohibited from entering the facility.
- Wear facial coverings at all times.
- Maintain 6 ft distancing, as much as possible.
- Use hand sanitizer at time of arrival, departure, and any time the coach/staff touches his/her face, coughs, sneezes, uses the restroom, and when the coach feels it is necessary.
- Encourage coaches/staff to use the restroom at home before and after sessions, to minimize restroom use in the facility.

RETURN TO PLAY REQUIREMENTS FOR PARENTS

- Parents will be required to answer the following health screening questions upon entry:
 - Has your child experienced a fever ≥ 100.4 °F (38°C), cough (any kind dry or productive), sore throat, shortness of breath or breathing difficulties, fatigue, chills, muscle pain, headache, or loss of taste or smell within the past 14 days?
 - Has your child come into contact with anyone who has at least two of the symptoms listed above within the past 14 days?
 - Has your child come into contact with anyone who has tested positive for COVID-19 within the past 14 days?
- Communicate with parents prior to arrival to confirm attendance and review policies and procedures.
- Encourage parents to have players use the restroom at home before and after sessions, to minimize restroom use in the facility.
- Parents must walk their child to the front entrance to answer health screening questions. Parents are permitted in the complex, but will need to answer health screening questions, have temperature taken, must wear face masks at all times, and must social distance (at least 6 ft) from other parents in the venue.

RETURN TO PLAY REQUIREMENTS FOR PLAYERS

- Players will be required to bring the following items to each session: small personal bag or backpack, a small face towel, a LABELED water bottle, small bottle of hand sanitizer, and a face mask. **CELLPHONE USE WILL NOT BE ALLOWED DURING THE ENTIRE SESSION (EVEN DURING WATER BREAKS)!** Players must ask coaches for permission to use or check cellphones if needed.
- Conduct daily wellness checks and health screenings for players consisting of entry temperature checks using non-contact thermometers. Players with body temperatures of greater than 100.4, those who exhibit other symptoms, or those who say yes to any of the health screening questions above, will be prohibited from entering the facility.
- Players/parents must maintain 6 ft distance from other players/parents during check-in.
- Wear facial coverings AT ALL TIMES (even during training).
- Wear long sleeve shirts to minimize skin contact (optional, but highly encouraged).
- Maintain 6 ft distancing, as much as possible.
- Use hand sanitizer at time of arrival, departure, and any time the player touches face, coughs, sneezes, uses the restroom, and when the player or coach feel it is necessary.
- Encourage players to use the restroom at home before and after sessions, to minimize restroom use in the facility.
- Place personal belongings in marked designated areas (6 ft apart).
- Players will not be allowed to have any intentional contact with coaches/staff or players. Contact will be avoided by eliminating handshakes, fist-bumps, high fives, and group huddles.
- At the conclusion of each session, players must go directly to their parents and **MUST** maintain social distance from other players and families at all times.

PROCEDURE FOR SHOWING SYMPTOMS OR CONTRACTING COVID19

- If a coach/staff/player who has participated in a skills training session tests positive for COVID-19, he/she will not be allowed to return until cleared by a medical professional as being COVID-19 free or 14 days from the positive test result. All individuals who participated in the session will be contacted to be made aware.
- As per the Florida Department of Health, those who participated in the session and followed all protocols properly, would not need to isolate due to the necessary precautions being taken during the session (adequate spacing, face masks, sanitizing, etc.).
- If a coach/staff/player came into "close contact" (within 6 ft for longer than a consecutive 15 minutes) with a coach/staff/player that has tested positive for COVID-19, they will not be allowed to return for 14 days after the date the positive individual was last on-site or medical proof of being COVID-19 free is provided.
- Players/coaches/staff who demonstrate any COVID-19 symptoms will be sent home and advised to follow the CDC's Guidance for Community-Related Exposure, the CDC's Criteria to Discontinue Home Isolation, and will need to follow up with Miami Hype before returning to the facility.

SAMPLE PLAN OF OPERATIONS FOR SKILLS TRAINING SESSIONS AT CHAMPIONS COMPLEX

(5:30 PM – 7:00 PM)*

*** Please refer to clinic flyer for specific time.

5:00 pm – 5:15 pm

- Coaches/staff will arrive wearing face coverings at all times and maintaining 6 ft. distance from each other, as much as possible.
- Coaches/staff will enhance sanitizing by disinfecting common areas, frequent touch points, and equipment before the first session begins.
- Coaches and staff will sanitize hands prior to beginning check-in procedures.
- One coach will remain inside to welcome players, as one coach will check-in players/parents at the front entrance while Champions Complex conducts health screening and temperature checks.

5:15 pm – 5:30 pm

- Players must wait in their cars until 15 minutes before their session (no socializing in parking lot).
- Fifteen minutes prior to the session start time, players/parents may begin entering the facility (wearing face masks), maintaining 6 ft distance from other players/parents during check-in.
- Parents MUST walk their child into the facility to answer health screening questions, but may choose to stay or come back at the conclusion of the session.
- Conduct daily wellness checks and health screenings for players (and parents who choose to stay) consisting of entry temperature checks using non-contact thermometers.
- As temperatures are taken, players will sanitize hands before entering the gym.
- Upon court entry, players will place personal belongings in marked designated areas (6 ft apart) and wait for coaches to welcome them onto the court. Players must wear face masks AT ALL TIMES!
- Parents are NOT allowed in the court area, but may sit at a Champions Complex table or seating area, as long as they maintain 6 ft distancing from other parents and wear face masks at all times.

5:30 pm – 7:00 pm

- Max 6 players per group. The court will have no more than 6 players and one coach on each side of the net.
- Sessions will consist of non-contact strength & conditioning and skill & drill training. Accidental contact may occur, but no deliberate body contact drills.
- There will be adequate supplies of volleyballs to minimize sharing of equipment to the extent possible, then clean and disinfect at the conclusion of each session.
- Player contact will be avoided by eliminating handshakes, fist-bumps, and high fives. Group huddles will also be avoided. Coaches will instruct players, while trying to maintain a 6-10 ft distance. Coaches will be wearing face masks at all times.

7:00 pm

- At the conclusion of the session, players must go directly to their parents and MUST maintain social distance from other players and families at all times. If parents are waiting in the parking lot, players must go directly to their parents. NO SOCIALIZING INSIDE THE FACILITY OR IN THE PARKING LOT.
- If multiple sessions occur, there will be staggered arrival and drop-off times between sessions (at least 15 minutes). This will allow one group to depart before the next group enters, proper sanitation of facility and equipment, and preparation for the next session.