

## COVID-19 PREPAREDNESS PLAN

North Country Region-USA Volleyball (NCR) is committed to providing a safe and healthy environment for all of our employees, members, and guests. To ensure we have a safe and healthy environment, NCR has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Employees are responsible for implementing this plan, and members and guests are responsible for adhering to this plan. Our goal is to mitigate the potential for transmission of COVID-19 in places where we live, work and play, and that effort requires the full cooperation of all of our constituents. In addition, we strive to ensure that our policies and plans are considerate of individuals at the highest risk of complications from COVID-19.

NCR's COVID-19 Preparedness Plan follows the "Organized Sports" industry guidance developed by the state of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health guidelines for COVID-19, Minnesota and Federal Occupational Safety and Health Administration (OSHA) statutes, rules and standards, and relevant current Minnesota and local government executive orders. In addition, guidance from the United States Olympic & Paralympic Committee and the USA Volleyball "Return to Play" Guidelines are also incorporated into this plan.

The plan addresses five (5) fundamental and critical areas:

- Prompt identification and isolation of sick persons;
- Proper personal hygiene and respiratory etiquette including the use of personal protective equipment (PPE);
- Operational, administrative and engineering controls for social distancing;
- Cleaning, disinfecting, decontamination and ventilation of the facility or area of activity as well as applicable equipment;
- Communications and training that will be provided to employees, members and guests to ensure effective implementation of the plan.

A detailed "checklist" version of this Preparedness Plan is available in **Exhibit A**. The checklist includes the "mandatory requirements" instituted by NCR as well as other "best practices" that may be implemented.

### Prompt Identification and Isolation of Sick Persons

Members, employees and guests are asked to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess individuals' health status prior to entering the facility/activity and for individuals to report when they are sick or experiencing symptoms.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**.

People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list does not include all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, diarrhea, and more.

### ***Employees***

All NCR employees are required to use the [CDC Self-Checker](#) daily for advice on when to seek medical attention or testing if they feel they may have the disease.

NCR has also implemented a policy for informing employees if it is known that they may have been exposed to a person with COVID-19 at their workplace. If an employee was discovered to have been exposed to a person with COVID-19 they will be contacted by phone immediately and asked to work from home for 14 Days (if applicable).

Should any NCR employee be officially diagnosed with COVID-19 he or she agrees to contact NCR by phone and by email to notify the company of their diagnosis. **The employee is also required to contact the appropriate health department directly to notify them of their illness diagnosis.**

In addition, a policy has been implemented to protect the privacy of employees' health status and health information. The identity of anyone being officially diagnosed with COVID-19 will be kept private under penalty of HIPAA law and loss of employment.

### ***Members and Guests***

All NCR members and guests are asked to use the [CDC Self-Checker](#) on the day of but prior to attending at a company related activity. This resource is for advice on when to seek medical attention or testing if the individual feels they may have the disease. **In addition, forehead temperature checks and/or written or verbal health surveys may be instituted.**

NCR has also implemented a policy for informing members or guests if it is known that they may have been exposed to a person with COVID-19 while in attendance at a company related activity. Attendance lists will be kept for all activities. Identification of general "guests" or "spectators" may require tracking assistance from known attendees.

## Proper Personal Hygiene and Respiratory Etiquette

Basic infection prevention measures are being implemented at company activities at all times. The preventative measures communicated to all employees, members and guests include:

- Instructions to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift/event, prior to any mealtimes and after using the restroom.
- Hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) will be located at entrances and throughout the facility so they can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.
- Source controls are being implemented at our facilities and events at all times.
- Currently, all individuals are required to wear face coverings while in attendance (except for athletes who are actively training/playing).
- All individuals are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands.
  - All individuals are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.
- Respiratory etiquette will be demonstrated on signage throughout the facility.
- Every effort will be made to minimize the use of on-site payments/currency exchange whenever possible.

## Operational, Administrative and Engineering Controls for Social Distancing

Social distancing of at least six feet between individuals will be implemented and maintained between employees, members and guests at the facility/activity through a combination of the following operational, administrative and engineering controls:

- Guest/spectator seating will be spread out - individuals may be asked to bring their own chairs.
- Certain doors will be designated by signage as “Entry Only” or “Exit Only”.
- Drop off/pick up locations will be designated
- Occupancy of the facility may be limited.
- Face to face interaction will be limited - team check-in protocols will be revised.

## **Cleaning, Disinfecting, Decontamination and Ventilation of Facility**

Regular practices of cleaning and disinfecting will be required for all NCR activities. Activities may or may not take place in a company owned facility. Regardless of facility ownership, these required practices will take place including a schedule for routine cleaning and disinfecting of surfaces, equipment, tools and machinery, areas including restrooms, break rooms, lunch rooms, meeting rooms, checkout stations, and drop-off and pick-up locations. Frequent cleaning and disinfecting will be conducted on high-touch areas, including door handles, elevator panels, railings, etc.

In addition, appropriate and effective cleaning and disinfecting supplies will be required and available for use in accordance with product labels, safety data sheets and manufacturer specifications, and will be used with required personal protective equipment for the product.

Operation of the building in which the activity in question is located, includes necessary sanitation, assessment and maintenance of building systems, including water, plumbing, electrical, and heating, ventilation and air conditioning (HVAC) systems. The maximum amount of fresh air is being brought into the workplace, air recirculation is being limited, and ventilation systems are being properly used and maintained. Steps may also be taken to minimize air flow blowing across people whenever possible.

If the hosting facility is not owned or managed by NCR, the facility will be required to provide NCR with a Preparedness Plan addressing all of these requirements.

## **Communications and Training Practices and Protocol**

This COVID-19 Preparedness Plan was communicated to all NCR employees on today's date, and necessary training was provided. Additional communication and training will be ongoing by updating practices on a regular basis. Training will be provided to any employees who did not receive the initial training and prior to initial assignment or reassignment.

Instructions will be communicated to all employees, temporary workers, staffing and labor-pools, independent contractors, subcontractors, vendors, outside technicians, members, guests and visitors about protections in place, including: 1) social distancing protocols and practices; 2) drop-off, pick-up, delivery and general business; 3) practices for hygiene and respiratory etiquette; 4) recommendations or requirements regarding the use of masks, face-coverings and/or face-shields by all groups listed above. All listed groups will also be advised not to enter the facility/activity if they are experiencing symptoms or have contracted COVID-19.

These practices and protocols will be communicated and reinforced through the use of various tools including, but not limited to, direct emails and/or direct mail, signage at the facility/activity, and person to person phone calls if necessary.



NCR managers are expected to monitor how effective the program has been implemented. All management, employees, members and guests are to take an active role and collaborate in carrying out the various aspects of this plan, communicate any observations or suggestions, and update the protections, protocols, work-practices and training as necessary. This COVID-19 Preparedness Plan has been certified by NCR management and the plan was posted throughout the workplace and made readily available to employees as of today's date. It will be updated as necessary by NCR plan administrator, Sandy Sweetser.

**CERTIFIED BY:**

Laura Bush  
North Country Region-USA Volleyball  
Executive Director/Commissioner  
July 21, 2020

---

**NORTH COUNTRY REGION - USA VOLLEYBALL**

**4445 West 77th Street, Suite 211, Edina, MN 55435 - [www.ncrusav.org](http://www.ncrusav.org)**

**OUR COMMITMENT - SAFETY | SERVICE | EDUCATION | OPPORTUNITY | GROWTH**

*Rev 7/21/20*



# NorthCountry

## REGION VOLLEYBALL

 <b>COVID-19 PREPAREDNESS PLAN</b>		Exhibit A(1)	
		<b>REQUIREMENTS &amp; BEST PRACTICES</b>	
	MANDATORY REQUIREMENTS	RECOMMENDED BEST PRACTICES	OTHER USEFUL INFO & IDEAS
<b>EVENT MANAGEMENT</b>	<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <a href="#">CDC COVID-19 Website Click Here</a> <input type="checkbox"/> All participants, spectators, volunteers and employees must adhere to physical distancing practices  <input type="checkbox"/> Develop a formal Event Operations Plan including a 1) medical plan, 2) healthcare resource list for participants, 3) facility ingress/egress plan, 4) venue capacity allowance and corresponding implementation plan, 5) signage plan, 6) authority notification if required and 7) vendor safety plans  <input type="checkbox"/> Establish an Event Management Team  <input type="checkbox"/> Match times should be staggered to allow for space between team arrivals All individuals must be "surveyed" as they enter the facility - they should be asked if they, or anyone in their family, are experiencing, or have recently experienced, any COVID-19 symptoms including coughing, sneezing, shortness of breath  <input type="checkbox"/> Determine event admission/ticket sales procedures  <input type="checkbox"/> Eliminate team and officials check-in on site if possible  <input type="checkbox"/> Limit overall number of vendors/exhibitors allowed on site Develop an emergency communication plan and secure necessary "tools" including a list of "textable" numbers in case an outbreak occurs during an event  <input type="checkbox"/> All requirements must be shared with all players, coaches, spectators, officials, volunteers, employees, partners prior to their arrival at the venue	<input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Be familiar with county and city information as well <input type="checkbox"/> Put special focus on vulnerable groups including seniors and children  <input type="checkbox"/> Make sure to designate an isolated room at the site in case someone becomes ill; have medical personnel on site  <input type="checkbox"/> Include a licensed medical doctor who can assist with developing the medical plan  <input type="checkbox"/> In addition, try to allow for time between matches so teams can disperse when their match is complete prior to other teams taking the court  <input type="checkbox"/> Temperature checks at entry are also an option; however, please weigh risk vs. reward  <input type="checkbox"/> Eliminate on-site admission sales if possible  <input type="checkbox"/> Teams must be registered in advance with rosters submitted no later than the deadline set <input type="checkbox"/> Make sure to coordinate with facility and their vendors as well  <input type="checkbox"/> Utilize the information collected from the online waiver  <input type="checkbox"/> Communicate important information several times PRIOR to the event and reiterate it during the event.	<input type="checkbox"/> <a href="#">MN Dept of Health COVID-19</a>  <input type="checkbox"/> <a href="#">MI Dept of Health and Human Services COVID-19</a> <input type="checkbox"/> <a href="#">ND Dept of Health COVID-19</a> <input type="checkbox"/> <a href="#">SD Dept of Health COVID-19</a>  <input type="checkbox"/> Provide this information to participants well in advance of the tournament or activity  <input type="checkbox"/> There are many health care professionals in the volleyball community - ask for volunteers  <input type="checkbox"/> The AES Tournament Scheduling software is a useful tool to assist with match timing  <input type="checkbox"/> Create a "waiver" document given to participants and guests as they enter the event stating that they have represented at entrance that they are virus and symptom free to the best of their knowledge  <input type="checkbox"/> On-line sales options like Square Up may be of interest  <input type="checkbox"/> If officials receive team schedules and rosters in advance electronically, they could check in teams (players/coaches) on the court prior to the match <input type="checkbox"/> Vendors must provide their own safety plan in advance of the event <input type="checkbox"/> Coaches should proactively track who is in attendance with an athlete at an activity in case contact tracing is required  <input type="checkbox"/> Social media is a good tool to communicate during an event - make sure individuals know how to follow you
<b>FACILITY</b>	<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area  <input type="checkbox"/> All participants, spectators, volunteers and employees must adhere to physical distancing practices  <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Sanitize the site prior to the start of the tournament, between tournament days and following the event <input type="checkbox"/> Do not provide communal water stations for participants or attendees <input type="checkbox"/> Eliminate unnecessary equipment  <input type="checkbox"/> Courts should be spaced out - at least 25 feet between <input type="checkbox"/> Provide sanitary stations (including hand sanitizer) throughout site <input type="checkbox"/> No coolers allowed <input type="checkbox"/> Create/post COVID-19 signage including required federal, state and local regulations, guidelines and best practices	<input type="checkbox"/> Know your current allowable venue capacity (e.g. 10 people or less per indoor court currently in MN)  <input type="checkbox"/> Develop a plan for spacing of spectator seating (including court level and bleachers) and standing space - mark with tape  <input type="checkbox"/> Over communicate this information to all participants.  <input type="checkbox"/> Request the facility's cleaning plan prior to the event  <input type="checkbox"/> Disable any public water fountains  <input type="checkbox"/> Remove tables and chairs that are not needed  <input type="checkbox"/> Use air walls or dividers when possible  <input type="checkbox"/> Designate specific restrooms for use - locker rooms should remain closed if possible <input type="checkbox"/> Have concessions available for purchase  <input type="checkbox"/> Post signage throughout the venue but also provide participants with this information prior to the event	<input type="checkbox"/> Post signage throughout the venue stating this capacity information  <input type="checkbox"/> Ask spectators to bring their own small chairs (e.g. soccer) - if the chair is left, it will be disposed of immediately following the event  <input type="checkbox"/> Have some masks on hand to sell for a nominal fee if someone insists they don't have their own mask <input type="checkbox"/> All commonly touched surfaces should be REGULARLY cleaned and sanitized throughout the event <input type="checkbox"/> Make sure bottled water is available for purchase <input type="checkbox"/> Team camps could be created with tape markings on the floor but no tables/chairs <input type="checkbox"/> If possible, prop gym doors open in order to provide better air circulation <input type="checkbox"/> Make sure to assign someone to oversee these stations during the event <input type="checkbox"/> Best case is to catch the coolers at the door before they enter the event <input type="checkbox"/> <a href="#">NCR COVID 19 Printable Signage Art</a>
<b>PLAY/COURT</b>	<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area  <input type="checkbox"/> All participants, spectators, volunteers and employees must adhere to physical distancing practices <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Eliminate or modify certain volleyball rules, procedures and protocol  (See a list of modification suggestions to the right)  <input type="checkbox"/> No Lost and Found  <input type="checkbox"/> Sanitize courts, volleyballs, official stands, scorer's tables, rakes (outdoors) after each match and supply each court with its own "sanitation" kit <input type="checkbox"/> A clean, disinfected game ball must be rotated in after each match  <input type="checkbox"/> Game balls will be provided for each tournament match; practice balls are not provided  <input type="checkbox"/> Restructure work team assignments, scorer's table layout and scoring materials to minimize close interaction and sharing of items	<input type="checkbox"/> Know your current "risk" scenario (e.g. at the present time, MN does not allow for volleyball competitions to take place; outdoor practices can be 25 or less, indoor practices can be 10 or less - but still no contact)  <input type="checkbox"/> Establish maximum number of players/coaches allowed on the "bench" <input type="checkbox"/> Coaches, officials, scorers, spectators and non-playing athletes must wear masks <input type="checkbox"/> Discontinue protocol for teams switching sides for indoor play <input type="checkbox"/> Implement modified coin toss <input type="checkbox"/> No handshakes, high fives, huddles, etc. <input type="checkbox"/> Implement "no touch" procedures for awards <input type="checkbox"/> Modify warm-up times <input type="checkbox"/> Collect and dispose of all trash or left over items at each court directly following match <input type="checkbox"/> The sanitation kit should include trash bags, cleaning supplies, hand sanitizer, paper towels (not cloth)  <input type="checkbox"/> Develop disinfecting protocol and procedures and make sure participants are aware of the process <input type="checkbox"/> Teams should plan to provide their own practice/warm-up balls  <input type="checkbox"/> Utilize a larger table, eliminate certain documents, R1 keeps track of score from ref stand; research scoring apps that can be used electronically	<input type="checkbox"/> See your local health department website for current guidelines  <input type="checkbox"/> Consider removing actual chairs/benches and taping off space for the teams on the court <input type="checkbox"/> Notify participating teams well in advance <input type="checkbox"/> Exception is if by not changing, one team has a competitive advantage or disadvantage <input type="checkbox"/> Refer to current USAV Indoor Volleyball Rules Book <input type="checkbox"/> One option would be to mail the awards to clubs/teams <input type="checkbox"/> Challenge your team to create a fun and "contact free" greeting/ending gesture <input type="checkbox"/> Officials will need to oversee this modification on court <input type="checkbox"/> Reusable water bottles left at the court will be thrown away immediately <input type="checkbox"/> Work with your facility manager to implement  <input type="checkbox"/> <a href="#">Molten USA Advice on Cleaning Volleyballs</a>  <input type="checkbox"/> Coaches (or another team representative) are responsible for sanitizing their practice/warm-up balls after each use  <input type="checkbox"/> Make sure to communicate this information IN ADVANCE to coaches/teams and officials!

\* Per the CDC, symptoms may include cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle pain, headaches, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.  
 DISCLAIMER - These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, North Country Region, their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. North Country Region makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.



# NorthCountry

## REGION VOLLEYBALL

 <b>COVID-19 PREPAREDNESS PLAN</b>		<b>REQUIREMENTS &amp; BEST PRACTICES</b>		Exhibit A(2)
<b>MANDATORY REQUIREMENTS</b>		<b>RECOMMENDED BEST PRACTICES</b>	<b>OTHER USEFUL INFO &amp; IDEAS</b>	
<b>ATHLETES</b>				
<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All players must adhere to physical distancing practices Must have a daily symptom assessment - if player is under 18, the assessment should be administered by a parent or guardian - anyone experiencing symptoms must stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Players must provide their own water containers and hand sanitizer <input type="checkbox"/> Bring the least amount of equipment and smallest bag possible <input type="checkbox"/> Work Team members must wear masks <input type="checkbox"/> Specific restrictions requirements will be shared with all players prior to the event <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver		<input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Non-playing athletes must wear masks even when on the bench <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> Bring shoes, water bottle, hand sanitizer, knee and elbow pads, 2 face masks, sweatshirt or jacket <input type="checkbox"/> Gloves are also suggested <input type="checkbox"/> Make sure to review information prior to the day of the activity This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe	<input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Have fun, but make sure you are being responsible not only for your safety, but for the safety of your teammates and family! <input type="checkbox"/> <a href="#">CDC Self-Checker</a> <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Wear your uniform to the activity so you don't need to use a locker room <input type="checkbox"/> Make sure to wash your hand immediately after your shift <input type="checkbox"/> If your coach has not communicated information to you in advance, please contact him/her immediately! <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20	
<b>COACHES</b>				
<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All coaches must adhere to physical distancing practices Must conduct daily symptom assessment of self prior to any organized activity - if experiencing symptoms, please stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Coaches must provide their own water bottles and hand sanitizer <input type="checkbox"/> Bring the least amount of equipment possible <input type="checkbox"/> Officials will implement certain modifications to the match - e.g. coin toss, substitutions, switching sides, no gift exchanges <input type="checkbox"/> Specific event requirements will be shared with all coaches prior to the event <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver		<input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Coaches should wear masks at all times <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> You will need to provide your own team practice balls and implement a sanitizing plan after each use <input type="checkbox"/> Please follow all modifications; refer to current USAV Indoor Volleyball Rules Book <input type="checkbox"/> Make sure to review information in advance and share with your team members/families This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe	<input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> It is not advised to transport players if at all possible <input type="checkbox"/> <a href="#">CDC Self-Checker</a> <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Please bring your own sanitizing materials <input type="checkbox"/> Make sure to share all this information with your team <input type="checkbox"/> Communication of any specific requirements or restrictions is critical to the experience your team and their guests will have at an event <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20	
<b>OFFICIALS</b>				
<input type="checkbox"/> Adhere to the most stringent federal, state or local guidelines in your area <input type="checkbox"/> All officials must adhere to physical distancing practices Must conduct daily symptom assessment of self prior to any organized activity - anyone experiencing symptoms must stay home* <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Implement certain modifications to the match - e.g. coin toss, substitutions, no switching sides, no gift exchanges <input type="checkbox"/> Modify whistle procedures by using hand whistles instead of mouth whistles <input type="checkbox"/> Officials must provide their own water bottles and hand sanitizer <input type="checkbox"/> Paid officials should remain on the same court in their same position with their same equipment throughout the day if possible <input type="checkbox"/> R1 officials will receive rosters electronically and will check in players/coaches on court prior to the start of a match <input type="checkbox"/> Utilize a tournament scheduling system (e.g. AES) to report and post match scores if possible - a smartphone/device is required <input type="checkbox"/> Officials should email their pay request forms/timesheets to NCR (or their current employer) immediately following their last worked event/activity <input type="checkbox"/> As part of the 2020-21 NCR-USAV membership registration process, individuals are required to sign a COVID-19 waiver		<input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> If an "officials" room" is provided at an event, make sure there is enough space to social distance When working an event, you will be asked questions about your health prior to entering - entrance is dependent upon the outcome of this survey <input type="checkbox"/> Officials should wear masks at all times <input type="checkbox"/> Refer to current USAV Volleyball Rule Books for modification information <input type="checkbox"/> Officials should only use their own whistle regardless of the type <input type="checkbox"/> Water fountains will not be available; some hand sanitizer will be provided, but please have your own as well <input type="checkbox"/> If a new official is taking over the R1 position on a particular court, the referee stand should be sanitized prior to the next match; if a new R2 or line official is being introduced, flags must be disinfected before the staff change Event officials will provide current roster information electronically in advance - make sure to have your smartphone/device available at the event R1s should make sure to have access to their own notepad and pencil/pen in order to keep track of information - roster issues, final match scores, etc. <input type="checkbox"/> For NCR - email to <a href="mailto:beth@ncrusav.org">beth@ncrusav.org</a> This waiver states that the member agrees to comply with all COVID-19-related restrictions and requirements put into place with the goal of keeping everyone safe	<input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> <a href="#">CDC Self-Checker</a> <input type="checkbox"/> Make sure you have at least 2 masks in your equipment bag prior to leaving home <input type="checkbox"/> <a href="#">USA Volleyball Rule Books</a> <input type="checkbox"/> Make sure to have a backup whistle available <input type="checkbox"/> Remember to check that you have your water bottle after each match - containers left at courts will be disposed of immediately following the completion of a match <input type="checkbox"/> Make sure the court sanitation kit is easily accessible <input type="checkbox"/> Make notes of any issues - contact event manager immediately if there is concern about the eligibility of a coach or player <input type="checkbox"/> Officials can also text or email information to tournament officials as a form of electronic communication - make sure to confirm method in advance <input type="checkbox"/> No need to exchange paper! <input type="checkbox"/> A copy of this waiver will be available on the NCR website beginning 9/1/20	
<b>SPECTATORS</b>				
<input type="checkbox"/> Follow all CDC, federal, state and local guidelines <input type="checkbox"/> All spectators must adhere to physical distancing practices Must conduct daily symptom assessment of self and any minor wards prior to attending or participating in any organized activity - anyone experiencing symptoms must stay home* <input type="checkbox"/> On-site ticket sales may not be offered <input type="checkbox"/> Masks required for all individuals in the facility (except for athletes on the court playing) <input type="checkbox"/> Coolers and large bags are NOT allowed		<input type="checkbox"/> Know current level of virus spread in the community where the activity is taking place <input type="checkbox"/> Make sure to check in advance for specific guidelines for each individual event or activity When attending an event, you will be asked questions about your health - entrance is dependent upon the outcome of this survey - if allowed to enter, spectators are representing that they are virus and symptom free to the best of their knowledge <input type="checkbox"/> Check with the event/tournament manager in advance to see what admission sales options will be available <input type="checkbox"/> Spectators must wear masks at all times <input type="checkbox"/> If you have a medical need that requires the use of a cooler, please contact the activity manager in advance	<input type="checkbox"/> If you don't feel safe, please stay home <input type="checkbox"/> Ride to and from the activity and stay at hotels only with members of your immediate family if possible <input type="checkbox"/> <a href="#">CDC Self-Checker</a> <input type="checkbox"/> <a href="#">A list of USAV tournaments can be found on the Advanced Event Systems website</a> <input type="checkbox"/> Make sure you have at least 2 masks with you prior to leaving home <input type="checkbox"/> This policy is in place to reduce the potential for the spread of the virus and to provide for better tracing should an attendee be diagnosed	
<small>* Per the CDC, symptoms may include cough, shortness of breath or difficulty breathing, fever, chills, fatigue, muscle pain, headaches, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.                      DISCLAIMER - These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, North Country Region, their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. North Country Region makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.</small>				

### NORTH COUNTRY REGION - USA VOLLEYBALL

4445 West 77th Street, Suite 211, Edina, MN 55435 - [www.ncrusav.org](http://www.ncrusav.org)

OUR COMMITMENT - SAFETY | SERVICE | EDUCATION | OPPORTUNITY | GROWTH

## Appendix B COVID-19 Preparedness Plan Resources

### General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

CDC: Covid-19 Self-Checker  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Minnesota Department of Health (MDH): [www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

State of Minnesota (MN): COVID-19 response – <https://mn.gov/covid19>

State of Michigan (MI): <https://www.michigan.gov/coronavirus>

North Dakota Department of Health (ND):  
<https://www.health.nd.gov/diseases-conditions/coronavirus>

South Dakota Department of Health (SD): <https://doh.sd.gov/news/Coronavirus.aspx>

### People Exhibiting Signs and Symptoms of COVID-19

CDC: [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: [www.health.state.mn.us/diseases/coronavirus/returntowork.pdf](http://www.health.state.mn.us/diseases/coronavirus/returntowork.pdf)

MN: <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

### Handwashing

MDH: Handwashing video translated into multiple languages – [www.youtube.com/watch?v=LdQuPGVcceg](http://www.youtube.com/watch?v=LdQuPGVcceg)



### **Respiratory Etiquette: Cover Your Cough or Sneeze**

CDC: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

CDC: [www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

### **Social Distancing**

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

MDH: [www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)

### **Businesses**

CDC: Resources for businesses and employers –  
[www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html)

CDC: General business frequently asked questions –  
[www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html](http://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html)

CDC: Building/business ventilation –  
[www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)

Federal OSHA (OSHA) – [www.osha.gov](http://www.osha.gov)

MDH: Businesses and employers: COVID-19 –  
[www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)

MDH: Health screening checklist –  
[www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

MDH: Materials for businesses and employers –  
[www.health.state.mn.us/diseases/coronavirus/materials](http://www.health.state.mn.us/diseases/coronavirus/materials)

Minnesota Department of Employment and Economic Development (DEED): COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 –  
[www.dli.mn.gov/updates](http://www.dli.mn.gov/updates)

## Housekeeping

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html](http://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)

Environmental Protection Agency (EPA):

[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

Molten USA Volleyball Cleaning Recommendations:

[https://cdn4.sportngin.com/attachments/document/1517-2210132/Molten\\_Cleaning.jpg#\\_ga=2.34626599.763063091.1594677712-1120497201.1592247408](https://cdn4.sportngin.com/attachments/document/1517-2210132/Molten_Cleaning.jpg#_ga=2.34626599.763063091.1594677712-1120497201.1592247408)

## Training

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)

OSHA: [www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)

MDH: [www.health.state.mn.us/diseases/coronavirus/about.pdf](http://www.health.state.mn.us/diseases/coronavirus/about.pdf)