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SAFE RETURN TO PLAY PLAN Youth Volleyball 2020 Fall Season

General Information

The Community Recreation Association has determined the following policies/procedure and modifications be made to volleyball in order to compete in the 2020 Fall Season. This document highlights the information from EEA guidance, been reviewed by the local health agent and will be amended as needed throughout the season. Each participant in the program must have a valid CRA General Membership that indicates that they understand participating in youth sports comes with a risk of injury and illness, including but not limited to COVID-19.

Any player that travels outside the approved travel restrictions with have to produce a negative COVID test or quarantine for 14 days before they can return to participate in the league/program. Players and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Players and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

Important Information

Cohorts and/or Participants: A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

Training- CRA Staff will train coaches, officials, and staff on all safety protocols.

Practice – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

Benches – Players' items should be separated as below for personal items, at least 6 feet apart. These will be marked with "X" on the wall 6 feet apart.

Huddles – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.

Team Handshakes – Players shall NOT exchange handshakes before, during or following practices and competitions.

Spectators – There will be no spectators for the 2020 Fall Volleyball Season

Masks/Face Coverings – Athletes are required to wear cloth face coverings/masks and Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks. Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a "break" at any point during play when they are socially distanced greater than 6 feet.

Hand sanitizer and/or sanitizing wipes – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the court and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.

Post-Game Procedures – There is no post-game handshake

General Equipment – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).

Balls – Each player should use their own ball during skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls must be sanitized before and after each practice/game.

Water Bottles- Water refill stations will be available but we will not provide cups, you must bring your own water bottle.

Volleyball Specific Modifications

- Tape will be applied to the floor 3 feet from the centerline on each side of the net
 - To reduce intermittent contact with opponents, front row plays will be restricted from traditionally attacking the ball while the ball is above or in front of the 3-foot line
- Teams will remain on the same side of court throughout the match.
- Substitutions will take place at the attack line
- Player entering the match will stand at the extension of the attack line (approximately 6'). Players leaving the match will stand near the sideline. There is to be no contact during substitution exchange.
- There are to be no team huddles or any physical contact (high fives, fist bumps)
- Time outs require social distancing of 6 feet.
- In order to keep the gathering size UNDER 25 people we will have the following policies in place
 - One official will be used for all games/contests/scrimmages
 - One scorekeeper will be used for all games and contested
 - No roster will exceed 9 players and 2 coaches
- Officials wear a mask and shall use electronic whistles.