

## Arizona Region Reopening Guidelines – May 15, 2020

### Overview –

The Arizona Region of USA Volleyball puts safety of its athletes, spectators, officials and staff as its number one priority in everything we do and every opportunity we provide.

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 such the Arizona Region strongly encourages all participants to follow these recommendations and the USAV guidelines as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does USAV or its forty (40) Regions assume any liability or responsibility for the recommendations provided herein.

If an individual does not agree to comply with these guidelines for participation, then we ask that they not enter the event or the facility. The Arizona Region asks each person to understand the risk of contracting COVID 19 and take responsibility for their own personal care by following these guidelines and social distancing for the safety of themselves, their family, their teammates and all those participating in the event.

The Arizona Region will follow the recommendations of the CDC, federal, state and local authorities and USA Volleyball in regards to infectious diseases. As in all circumstances the following should be adhered to:

- Wash hands with soap and water often and especially after using the restroom, prior to and after handling food and/or drink
- Use alcohol-based hand sanitizers in the absence of wash facilities
- Refrain from touching face – eyes, nose and mouth – with hands
- Cough into your elbow or a tissue – then throw the tissue away
- If you are not feeling well or are sick, stay home
- Keep at least 3 feet away from others to maintain social distance
- Those in the vulnerable age groups or with underlying medical conditions should protect themselves and not attend an event until the COVID 19 threat has passed.

### Club Practices

- The club is required to be SafeSport compliant with all policies and practices regarding athlete and coach interaction.
- The club is required to disinfect the venue and equipment, including volleyballs, where the club activities will take place.
- If a player or coach is not feeling well or is sick, they should stay home until they are no longer sick

- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- If a player or coach has an underlying medical condition, they should refrain from club participation until the immediate threat of COVID 19 is past.
- If a player or coach has a parent or grandparent that lives with them that has an underlying medical condition, they should refrain from club participation until the immediate threat of COVID 19 has passed.
- Anyone that begins to feel sick should be removed from the facility
- The occupancy of the facility should be limited to comply with local guidelines
- The floor, white boards, markers and balls should be wiped with sanitizing wipes prior to and following practice.
- Hand sanitizers should be present for use during practices
- Hands should be washed with soap and water following bathroom breaks
- Player bags should not be placed on top of one another – each bag should have its own space.
- Players should bring their own water bottles and not rely on drinking fountains for hydration.
- Players should bring their own towels to absorb perspiration and keep them separate from others.
- Instruction should be free of physical touching
- When not on the court, participants should distance themselves from other participants.
- During team instruction/huddles all should maintain as much distance as possible to be able to hear the instruction/discussion and not be physically touching anyone near them.
- No handshakes, hand slaps, physical touching with another player or coach.
- Spectators should wear facial coverings whenever possible and be removed from the players and coaches that are unmasked.
- Younger siblings should not be brought to practice sessions

### Indoor Tournaments

- Individuals that are not feeling well or are sick should stay home.
- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- Those in the vulnerable age groups and with underlying medical conditions should not attend tournaments until this threat is past
- Those that have a parent or grandparent that lives with them that has an underlying medical condition or is in the vulnerable age groups, they should refrain from club participation until the immediate threat of COVID 19 is past.
- Tournament personnel should wear facial coverings whenever possible
- Score tables, flip score boards, tournament table, ref stand hand grips and balls should be wiped down with sanitizing wipes between matches

- Sanitizing wipes should be available near bleachers for individuals to wipe down their seating area.
- Team ref crews should bring their own pencils and whistles for each individual that will be part of the ref crew.
- Officials should consider hand held whistles for use during the pandemic
- Hand sanitizers should be available at score tables, tournament table and outside of restrooms.
- Athletes should bring their own water bottles and refill water from their own source. All water bottles should be removed by the individual bringing it to the court and facility.
- No handshakes prior to or after matches
- No hand slaps for teams
- In team huddles, team members should separate as much as possible to be able to be free of touching but be able to hear instruction or discussion.
- Spectators should maintain social distancing and wear facial coverings
- Those not active on the court should wear facial covering and social distance as much as possible.
- Those not on the court or part of the ref crew should go outside.

#### Beach Tournaments

- Individuals that are not feeling well or are sick, should stay home
- Individuals should take their own temperature at home prior to attending an event. If the individual has any fever, they should stay home.
- Those in the vulnerable age groups or with underlying conditions should not attend tournaments until this threat is past
- Tournament personnel should wear facial coverings whenever possible
- Tournament table, score boards, clip boards should be wiped with sanitizing wipes between matches.
- Two balls per court should be used; 1 ball is in use per match, the other ball is being wiped down with sanitizing wipes. The balls are alternated every other match on the court.
- Hand sanitizers should be available for use near courts and at the tournament table.
- No handshakes prior to or after matches
- No hand slaps when switching sides or between points.
- Players should bring their own towels for use and keep them separate from others
- Groups of no more than 6 should gather off the court.
- Spectators should wear facial coverings and be removed from the players without masks.
- Players should practice social distancing between matches.
- Players should wear facial coverings when not on the court.