

Xplosion Volleyball Club
COVID – 19 Protocols for Contact Tracing and Quarantining
(eff: 12/31/2021)

Xplosion Volleyball Club LLC is committed to the health and safety of our players and coaches. Separate protocols have been developed and distributed regarding protocols for personal health assessments, mask wearing, social distancing, sanitizing, etc. Please adhere to those protocols to help us reduce the likelihood of spreading the COVID-19 virus. The remainder of this document will focus on our expectations for contact tracing and quarantining.

Please know that Xplosion Volleyball Club LLC will be following the guidelines of the Centers for Disease Control, the Ohio Department of Health and our local health department. Should their recommendations and guidance change, we will likely change our protocols as well.

If you are sick (you suspect or know you had COVID-19 and had symptoms):

You can be around others after:

- 5 days since symptoms first appeared* **and**
- Fever Free **and**
- Other symptoms of COVID-19 are improving

* *Masks should be worn for an additional 5 days when around others*

Those that have been identified as a close contact to an individual diagnosed with COVID-19:

- If not vaccinated or vaccine is not current (current means within last 6 months or has been boosted), quarantine can end after 5 days (5 days from date of last contact) without a test for people who have not had any symptoms during those 5 days.
- If current on vaccination status (current means within last 6 months or has been boosted), no quarantine is necessary. Just monitor symptoms for a minimum of 5 days

You are a “close contact” if (with or without a mask):**

- You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- You had unprotected contact with the body fluids and/or secretions from someone with COVID-19.

***The timeline includes close contact 48 hours prior to symptoms first appearing*

For club purposes, if a player on a team is diagnosed as positive for COVID-19, we will go back 48 hours from when symptoms began and determine if she was at a practice or tournament with her team. If she was at a practice or tournament within that 48-hour window, we will consider all players on the team who were present to be close contacts. It will be too problematic to determine actual close contact time when players are moving on the court.

Coaches will be instructed to maintain 6 foot or more social distance throughout the practice from players and other coaches. If there is a reason for a coach to get within 6 feet of a player (i.e. private conversation or injury treatment), we will instruct our coaches to minimize that time. This way, if a coach tests positive, it will not lead to any contact tracing or mandatory quarantining.

We will also ask coaches to minimize scrimmages with other teams during practice. They are a valuable practice tool, so we are not going to ban them. However, we will restrict them to 30 minutes or less. With this restriction, it should not be necessary to quarantine the “opposing” team if one team does end up with a confirmed positive. We will ask coaches to also have players properly space during team huddles, avoid high fives, not share water bottles, sanitize regularly, etc.