

Xplosion Volleyball Club
2020 -201 Season
COVID – 19 Protocols for Contact Tracing and Quarantining
(eff: 12/29/2020)

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:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

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

- Quarantine can end after 10 days (10 days from date of last contact) without a test for people who have not had any symptoms during those 10 days.
- The test alternative allows quarantine to end after 7 days (7 days from last contact) when people have a negative test result and have had no symptoms during those seven days. The test should be within 48 hours of when the quarantine is planned to end (i.e., testing no earlier than the fifth day).

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. This will shut down practice and tournaments for that team for 10 days following the contact.

Coaches will be instructed to wear masks at all times and 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 the 10-day quarantine for the entire team.

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. All players will be instructed to wear masks when not participating in physical activity or on a water break, properly space during team huddles, avoid high fives, not share water bottles, sanitize regularly, etc.