

Atlantic Volleyball Academy  
COVID Guidelines  
Fall 2020

*The Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency* were published and updated by the NYS Department of Health on June 26, 2020. We have developed our policies and protocols based on these guidelines. Our policies are listed below, along with a few highlights from the NYS Guidance. The entire document from NYS can be found here:

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

### **Coaches/Employees - Mandatory Health Screening**

Employees must document answers to following 4 questions and answers and provide to Coach Paulo, prior to every work shift:

- (a) Have you been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19 in the past 14 days;
- (b) Have you tested positive for COVID-19 in the past 14 days; and/or
- (c) Have you experienced any symptoms of COVID-19 in the past 14 days
- (d) 3) Have you traveled to any country or state designated by NYS to have significant community spread within the last 14 days? Click here to view current affected regions:

<https://coronavirus.health.ny.gov/covid-19-travel-advisory>

In addition, employees will be temperature checked prior to each shift.

Employees will be required to wear a mask for the duration of the work shift.

FROM NYS: An employee who screens positive for coronavirus (by answering yes to any of the above questions or has a temperature above 99.5) will not be allowed to enter the worksite and will be sent home with instructions to contact their healthcare provider for assessment and testing. Responsible Parties will provide the employee with information on healthcare and testing resources. Responsible Parties will immediately notify the state and local health department about any positive case.

### **Participants/Spectators**

#### Prior to Participation:

- Parents will be asked to complete a health screening for each player prior to the start of practice each day through the TeamSnap app:
  - (a) Has the player been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19 in the past 14 days;

- (b) Has the player tested positive for COVID-19 in the past 14 days; and/or
- (c) Has the player you experienced any symptoms of COVID-19 in the past 14 days
- (d) Has the player traveled to any country or state designated by NYS to have significant community spread within the last 14 days? Click here to view current affected regions: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

**Parents are required to immediately inform a club director if any of these circumstances change.**

- Parents must keep players home if they are exhibiting any of the following symptoms:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
  - Any other signs of illness

**Parents, please err on the side of caution, if there is any doubt about the health of your child, please keep your child home.** Club Directors reserve the right to send players and staff members home should they exhibit any of the above symptoms

Upon Arrival/Dismissal

- Spectators and Players must be aware of their proximity to others, maintaining 6 feet of social distance at all times ,from arrival through dismissal. Players should not congregate at any time.
- Upon arrival, players will be temperature checked prior to getting on the court; those players whose temperatures are 100.0% or higher will be sent home, and parents will be asked to consult with their medical professionals. Any player exhibiting COVID-19 symptoms, either upon arrival, or at any point during the day, will be sent home, and will need to be symptom free and test negative for the virus before returning.
- **Players must wear a mask upon arrival, and until they have been assigned to a court, have placed their personal belongings down, and can safely maintain 6 feet of social distance from others. See NYS Guidelines about Social Distancing below.**
- Players will place personal belongings separate from others, away from the court to avoid creating common areas, or clustered belongings.
- Parents/Spectators may not enter the gym.

During Practice

- **Players, please bring**

- Plenty of water
  - Hand sanitizer
  - Disinfecting Wipes or Spray Cleanser (like lysol) for your volleyball
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- Courts are limited to 14 players and total number of people in the gym including coaches of 50, according to NYS group guidelines.
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- Water/Hygiene/Cleaning Breaks
    - Players will be given frequent water breaks
    - During the water breaks, players will apply hand sanitizer
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- Important cultural change for volleyball players
    - **Hand-to-hand contact between players and/or coaches, including fist bumps, handshakes, high fives, hugs, etc. will not be allowed.**
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- Spectators are not allowed in the gym.
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- Coaches must wear masks for the entirety of their shifts

See NYS GUIDELINES BELOW

**Important Excerpts from NYS Guidance  
As of June 26, 2020**

**Effective Date/Activity Allowed: NYS has deemed for COVID-19 purposes that Volleyball is considered a “higher risk sport”.**

FROM NYS: Effective July 6, 2020 in regions that have reached or surpassed Phase 3 of the State’s reopening and in accordance with this guidance, participants in lower and moderate risk sports and recreation activities may partake in all types of play, except competitive tournaments requiring travel. Participants in higher risk sports and recreation activities may only partake in individual or distanced group training and **organized no/low-contact group training.**

**Social Distancing**

Responsible Parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.

Responsible Parties should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.

Responsible Parties must ensure that employees use face coverings when interacting with patrons/players/spectators, regardless of physical distance.

**Hygiene/Cleaning**

Responsible Parties must provide and maintain hand hygiene stations on site, as follows:

- For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.

- Hand sanitizer must be placed throughout the site for use by employees and patrons/players/spectators. It should be placed in convenient locations such as points of entrance/exit.
- Responsible Parties must provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, before and after use of these surfaces, followed by hand hygiene.