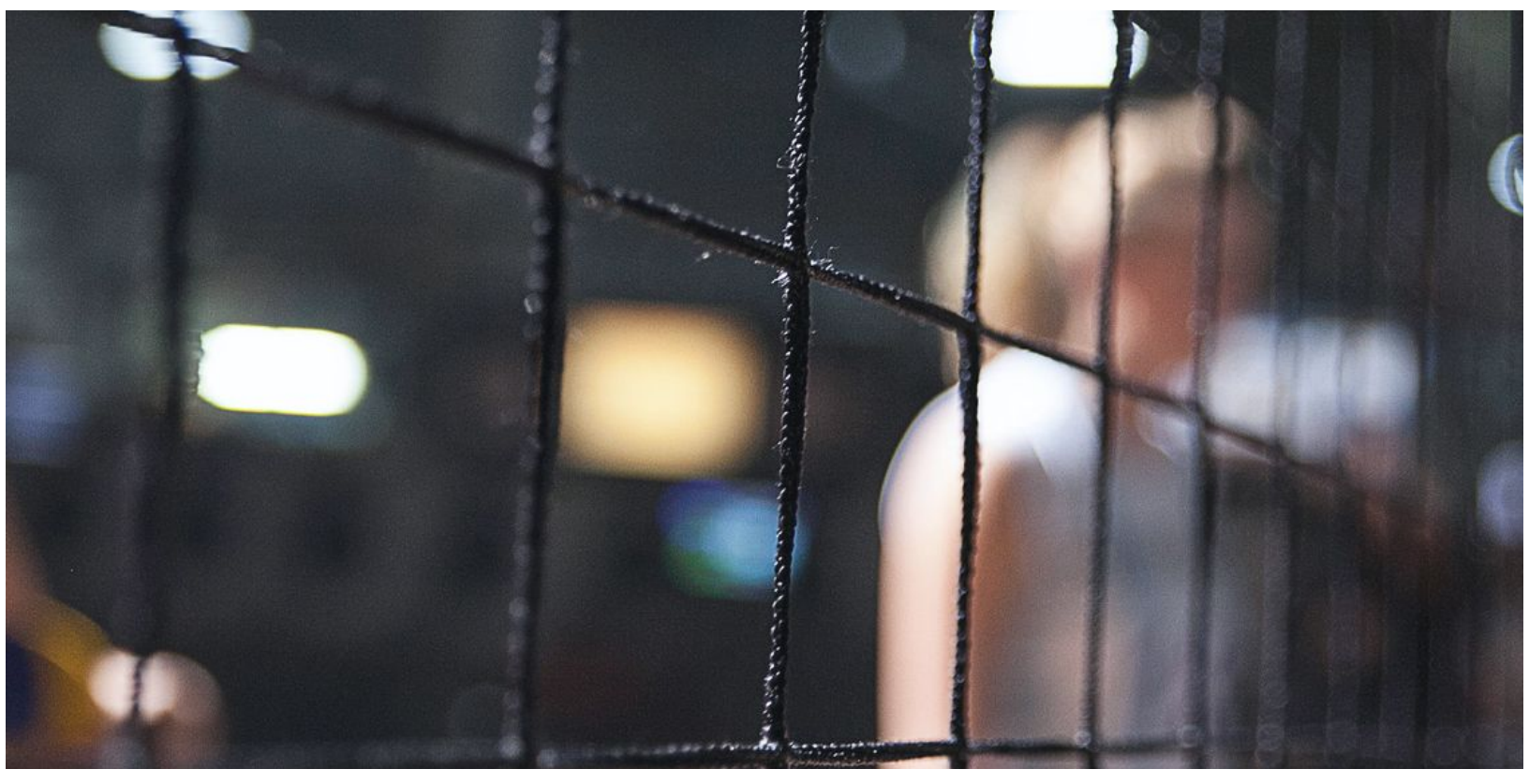




BACK TO VOLLEYBALL

MIAMI WAVE COVID-19 PLAYBOOK



OVERVIEW

The purpose of these guidelines is to create a comprehensive return to play plan for Miami Wave Volleyball Club activities that are compliant with CDC, federal, state and local regulations.

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 a result, Miami Wave Volleyball Club strongly encourages all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.



RISK CATEGORIES

Current volleyball activities are segmented into three types of risk categories:

- **Low Risk** – Individual skill development (passing drills, blocking, hitting, setting, serving, general fitness, strength training) at home (backyard, driveway, in-home), alone or with household members and with owned and sanitized equipment.
- **Medium Risk** – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical



Lowest Risk

Perform individual skill development activities (passing drills, blocking, hitting, setting, serving, general fitness, strength training), at home (backyard, driveway, in-home), alone or with household members; use personal net at home to play with household members.



Medium Risk

The above individual skill development activities in public spaces alone or with household members or individual skill development with non-household members following recommended physical distancing; sanitize volleyballs.



Highest Risk

Participate in any team or group play; not maintaining recommended physical distancing guidelines; not sanitizing volleyballs.

Sources and resources: [USA Volleyball](#)

distancing and sanitizing volleyballs.

- **High Risk** – Individual skill development with non-household members not following the recommended physical distancing & not sanitizing volleyballs.

Participating in any team or group play.

PRE-PRACTICE OPERATING GUIDELINES

SCREENING

- **Stay Home When Appropriate:** Players and staff are instructed in communications to stay home when they are showing symptoms of COVID-19, have a temperature over 100.4 Fahrenheit, have tested positive for COVID-19, or have had close contact with a person with COVID-19.
- **Symptom Checking:** All players' parents and staff have to fill a questionnaire about the existence of any COVID symptoms including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19. (see Attachment)
- **Temperature Check:** Players and staff are asked to take their own temperature before leaving the house and they should stay at home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses for contagious disease. A Miami Wave Volleyball Club manager uses an infrared non-contact forehead thermometer to take the temperature of all players and staff before they enter the field/facility. Any reading of 100.4 or higher should result in a denial of entry.
- **Attendances Records:** A record of all individuals present is kept on a digital file for 30 days.

SOCIAL DISTANCING

- **No Congregation:** Players and staff are not allowed to congregate prior to a practice until right before warm ups for the practice or until the time communicated by the club to avoid contacts with other groups as well.
 - **Check In Process:**
 - Staff and players need to continue social distancing during the check in process.
 - Distance signs on the floor (6ft) at the check in point indicate the minimum distance between athletes.
 - Check-In stations are set up outdoors when possible.
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- **Car Pools:** Miami Wave Volleyball Club discourages the use of carpools to transport participants who do not live in the same household.
 - **Waiting In Cars:** Players should wait in their cars with parents/guardians until just before the beginning of a practice, warm-up or game instead of assembling in groups.
 - **No spectators allowed:** parents are allowed to drop off kids and check in with them but they are not allowed to enter the gym
 - **Foot Traffic Control:** Miami Wave Volleyball Club reinforce social distancing by designing multiple foot traffic pathways and personal equipment points.

DISINFECTION AND PPE

- **Disinfect Hard Surfaces:** before the event, Miami Wave team staff disinfect all hard surfaces such as benches, railings, net poles, volleyballs and equipment racks.
- **Face Coverings For Coaches And Staff:** All staff wear PPE such as face coverings and gloves whenever applicable.
- **Player Face Coverings:** Players should wear face coverings in close contact areas and situations where applicable.
- **Hand sanitizing Requirement:** Individuals are asked to hand sanitize their hands before entering the venue.
- **Hand Sanitizing Stations:** Miami Wave will set up multiple hand sanitizing stations in the venue and at the check in point.

EDUCATE

- **Check-Point:** At Check-in Point, our staff reinforce the use of wearing cloth face coverings and hand sanitizing rules during the session.
- **Don't Touch Face:** All persons wearing face coverings are reminded to not touch their face covering and to wash their hands and/or use hand sanitizer (60% alcohol) frequently.
- **Coronavirus Warning Signage:** Miami Wave Volleyball Club posts conspicuous signage at sports facility in highly visible locations (ex: entry, exit, and rest rooms) warning of coronavirus risks and what steps can be taken to reduce such risks.

DURING PRACTICE OPERATING GUIDELINES

SOCIAL DISTANCING

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- Miami Wave **limit the number of people** in the facility to be compliant with local guidance
 - **Restructure Practices:** Practices are restructured to the greatest extent possible to concentrate on conditioning, drills, skill building and limit close contact to a specified number of minutes during simulation drills.
 - **6 Ft. Rule:** All players, staff, and spectators practice social distancing of 6 ft. whenever possible.
 - **Social Distancing Monitors:** Miami Wave adult staff members are identified to help maintain social distancing between players, staff.
 - **No Handshakes/Celebrations:** Players and staff refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
 - **Rest Rooms:** rest rooms limit occupancy to one person at a time

PLAYING EQUIPMENT

- **Spacing Of Player Equipment:** Player equipment is spaced accordingly to prevent close contact.
- **Player Provided Equipment:** Players are encouraged to bring their own equipment and to not share with others. Player provided equipment should be kept separate and in individual bags or containers.
- **Limit Team Shared Equipment:** The use of team shared equipment is limited whenever possible and is sanitized after each use. Otherwise, limit use of team shared supplies and equipment to one group of players at a time and sanitize between use.

DISINFECTION AND PPE

- **Disinfect Hard Surfaces:** during practice, Miami Wave team staff disinfect periodically all hard surfaces such as benches, railings, net poles, volleyballs and equipment racks.
 - **Face Coverings For Coaches And Staff:** All staff wear PPE such as face coverings during the whole practice.
 - **Don't Touch Face:** All persons wearing face coverings are reminded to not touch their face covering and to wash their hands and/or use hand sanitizer (60% alcohol) frequently.
 - **Player Provided Hand Sanitizer And Wipes:** Parents should provide all players with hand sanitizer for use between play periods as well as antibacterial wipes for disinfecting player provided equipment.
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- **Player Face Coverings:** Players should wear face coverings in close contact areas and situations where applicable. Players will be allowed to wear face covering for the entire practice if they choose to do so.
 - **Hand sanitizing Requirement:** Individuals are asked to hand sanitize their hands during practice (every 20 minutes).
 - **Hand Sanitizing Stations:** Miami Wave set up multiple hand sanitizing stations in the venue and at the check in point.

HYDRATATION

- All individuals bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.

POST-PRACTICE OPERATING GUIDELINES

DISINFECTION AND PPE

- **Hand sanitizing Requirement:** Individuals are asked to hand sanitize their hands before leaving the venue.
- Team staff clean and dispose of all trash from player seating when departing practice.
- **Team staff sanitize** all hard surfaces, shared equipment and volleyballs that were used during club activity.
- A **cleaning register** is filled with details on sanitizing procedures and staff members who take care of them.

SOCIAL DISTANCING

- **6 Ft. Rule:** All players, staff, and spectators practice social distancing of 6 ft. whenever possible.
 - **No Congregation:** Players and staff are not allowed to congregate after practice.
 - Parents are asked to wait for their kids in their own cars and to be on time at the pick up point.
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- **Team Check Out Process:** Team staff and players need to continue social distancing during the players check out process. Staff members bring players to the check-out point where parents wait for their kids.

EDUCATE

- Miami Wave Staff recommend all players to **wash and sanitize all gear** and apparel used during the activity and to shower immediately once at home
- Miami Wave Staff recommend all players to **monitor their health and report any symptoms** after every activity.

EMERGENCY PROTOCOL: COVID-19 SYMPTOMS OR CLOSE CONTACT

- **Educate:** Miami Wave Volleyball Club make sure that staff and family members understand that any sick person should not attend any activities and that they should notify the COVID coordinator if they or any other staff member or player becomes sick with COVID-19 symptoms, tests positive, or has had close contact with someone who has COVID-19 symptoms or has tested positive.
 - **If COVID Symptoms Exhibited During Event:** If a player or staff member exhibits symptoms during an event, they are immediately separated and sent home or to a health care facility depending on the severity of the symptoms. They are not allowed to return to activity until they have met the CDC criteria to discontinue home isolation.
 - **Player Or Staff Member Return To Sports Activity:** See **CDC guidelines on When You Can Be Around Others After You Had Or Likely Had COVID-19**. Here is a summary:
 - **They think or know they had COVID-19, and had symptoms:** Players and staff can be with others after: 3 days with no fever, and symptoms improved, and 10 days since symptoms first appeared. Depending on healthcare provider's advice and availability of testing, player or staff member might get tested to see if they still have COVID-19. If they are be tested, they can be around others when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.
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- **They tested positive for COVID-19 but had no symptoms:** Players and staff can be with others if they continue to have no symptoms after 10 days have passed since the test. Depending on healthcare provider's advice and availability of testing, they may get tested to see if they still have COVID-19. If they have been tested, they can be around others after they receive two negative test results in a row, at least 24 hours apart. If they develop symptoms after testing positive, they must follow guidance above for "They think or know that they had COVID-19, and had symptoms."
 - **They have been around a person with COVID-19:** Players and staff who have had close contact with someone with COVID-19 have to stay home for 14 days after exposure based on the time it takes to develop illness. It is possible that someone could be able to spread COVID-19 for up to 14 days even if they do not have symptoms. According to CDC, "...factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), whether the individual has symptoms (e.g., coughing likely increases exposure risk) and whether the individual was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment). Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure but 15 min of close exposure can be used as an operational definition. In healthcare settings, it is reasonable to define a prolonged exposure as any exposure greater than a few minutes because the contact is someone who is ill. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the person cough directly into the face of the individual) remain important."
 - **Player Or Staff Has Close Contact:** Anyone with close contact with a person exhibiting symptoms is separated and sent home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.
 - **Cleaning / Disinfecting Surfaces:** Any areas, surfaces, or shared objects used by a sick person will be closed off and not used until after cleaning and disinfecting.
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- **Notification:** Miami Wave Volleyball Club has to notify local health officials, staff, and family members immediately of any lab confirmed case of COVID-19 while complying with local state and privacy and confidentiality laws as well as with the Americans With Disabilities Act.
 - **Multiple Infections:** If 3 or more Miami Wave players and/or staff members test positive for COVID-19, Miami Wave Volleyball Club will work with state and local health care officials about continued operation of the club activities.
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CORONAVIRUS RISK WARNING (to share with parents)

- It is suggested that individuals with compromised immune systems not participate in or attend this event due to risk of infection.
 - Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have fever, or don't feel well.
 - Do not enter if you have recently tested positive for COVID-19 and have not been cleared or if you have had close contact with someone who has.
 - If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises.
 - All players, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible.
 - All players, staff, and spectators should wear face coverings whenever applicable.
 - Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided.
 - Avoid touching your face including your eyes, nose, and mouth.
 - Public restrooms should limit occupancy to one person at a time.
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LIABILITY WAIVER COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. The state of medical knowledge is evolving, but the virus is believed to spread from person-to-person contact and/or by contact with contaminated surfaces and objects, and even possibly in the air. People reportedly can be infected and show no symptoms and therefore spread the disease. The exact methods of spread and contraction are unknown, and there is no known treatment, cure, or vaccine for COVID-19. Evidence has shown that COVID-19 can cause serious and potentially life threatening illness and even death.

Miami Wave Volleyball Club LLC cannot prevent your child(ren) from becoming exposed to, contracting, or spreading COVID-19 while utilizing Miami Wave Volleyball Club LLC's services or premises. It is not possible to prevent against the presence of the disease. Therefore, if you choose to utilize Miami Wave Volleyball Club LLC's services and/or enter onto Miami Wave Volleyball Club LLC's premises you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ASSUMPTION OF RISK: I have read and understood the above warning concerning COVID-19. I hereby choose to accept the risk of contracting COVID-19 for myself and/or my children in order to utilize Miami Wave Volleyball Club LLC's services and enter Miami Wave Volleyball Club LLC's premises. These services are of such value to me and/or to my children, that I accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order to utilize Miami Wave Volleyball Club LLC's services and premises in person.

WAIVER OF LAWSUIT/LIABILITY: I hereby forever release and waive my right to bring suit against Miami Wave Volleyball Club LLC and its owners, officers, directors, managers, officials, trustees, agents, employees, or other representatives in connection with exposure, infection, and/or spread of COVID-19 related to utilizing Miami Wave Volleyball Club LLC's services and premises. I understand that this waiver means I give up my right to bring any claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claim I may have to seek damages, whether known or unknown, foreseen or unforeseen.

CHOICE OF LAW: I understand and agree that the law of the State of Florida will apply to this contract.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE, AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIABILITY AS DESCRIBED ABOVE:

Signature: _____

Date: _____

Name (printed): _____

I am the parent or legal guardian of the minor named above. I have the legal right to consent to and, by signing below, I hereby do consent to the terms and conditions of this Release.

Signature: _____

Date: _____

Name (printed): _____

MIAMI WAVE PRE-PRACTICE QUESTIONNAIRE

Athlete's Full Name	
Parent's Full Name	
Parent's Phone Number	
Date	

Pre-Access (Part A)

Complete the below questions **prior to accessing any** Miami Wave Volleyball Club camp, clinic or practice. You will need to bring this form with you to site.

NOTE: Failure to respond truthfully to any of the questions on this form is grounds for removal from any Miami Wave Volleyball Club activity.

	Yes	No
1. Has your child been outside of the United States in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Has your child been in close contact in the past 14 days with someone currently in the queue for COVID-19 testing?	<input type="checkbox"/>	<input type="checkbox"/>
3. Has your child been in close contact in the past 14 days with someone with a confirmed case of COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
4. Has your child been in close contact with someone who currently has a respiratory illness?	<input type="checkbox"/>	<input type="checkbox"/>
5. Has your child experienced cold or flu symptoms (cough, runny nose, fever or sore throat, but not seasonal allergies) in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your child CURRENTLY have any cold or flu symptoms (cough, runny nose, fever, or sore throat, but not seasonal allergies)?	<input type="checkbox"/>	<input type="checkbox"/>

If the response is **YES** to any of the above questions, you will **not be permitted** access to any Miami Wave Volleyball Club activity.

On-Site Assessment (Part B – CLUB USE ONLY)

Must be completed by Miami Wave Manager

NOTE: Obtaining temperature readings aligns with the CDC COVID-19 Screening Criteria and applicable Government recommendations.

	Yes	No
BodyTemp. ° C		
1. Based on confirmation of responses to the above Pre-Access questions and the individual's body temperature, are they cleared to participate in Miami Wave Volleyball Club activities?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is an assessment at a medical center required?	<input type="checkbox"/>	<input type="checkbox"/>

Miami Wave Club Manager Name (please print):

Signature:

Date:

Florida Region of USA Volleyball
Return to Play Risk Analysis
 May 15, 2020 (SB)



	LOW RISK	MEDIUM RISK	HIGH RISK
Factor 1: Type of Training	Individual	Individual	Team/Group
Factor 2: Relationship of the People Involved	Household Members	Non-Household Members	Non-Household Members
Factor 3: Spacing of the People Involved	Social Distancing	Social Distancing	Not Social Distancing
Factor 4: Location of the Activity	At Home	Public Spaces	Public Spaces
Factor 5: Equipment Being Used	Owned	Owned	Not Owned
Factor 6: Sanitization Practices Being Followed	Sanitizing	Sanitizing	Not Sanitizing

Notes:

- A) All permissible and allowable activities are governed by federal, state and local regulations.
- B) If referenced in federal, state and local regulations, CDC guidelines will also govern permissible and allowable activities.
- C) The lowest level and/or strictest version of applicable regulations must be followed for sanctioning approval.
- D) Only permissible and allowable activities will be covered by USAV sanctioning and insurance coverage.
- E) The 6 factors listed above are meant to help our members understand the risks associated with returning to play.
- F) Please remember that safety should be the guiding principle when determining what activities should take place.

"The safety of our members is paramount! Let's move forward with caution, respect and optimism." -Steve Bishop, President