

COVID Protocols

Arizona Power League

Play Volleyball Protocols During the Time of COVID-19 (2020-2021)

The **Arizona Power League** 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 and readily available, or a cure is found, there is no way to completely eliminate the risk of infection and as such the **Arizona Power League** 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.

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

The following protocols are listed in this document: Personal Guidelines, Club Practices, Indoor Tournaments, Beach Tournaments and In the Event of Player or Team Sickness

The Arizona Power League will follow the recommendations of the CDC, federal, state, and local authorities, regarding infectious diseases. As in all circumstances the following personal guidelines should be adhered to:

- Stay home if you are not feeling well or are sick.
- 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 your face – eyes, nose, and mouth – with your hands.
- Cough into your elbow or a tissue – then throw the tissue away.
- Keep at least 6 feet away from others to maintain social distancing.

- Wear a mask when social distancing cannot be maintained or in the proximity of others.
- Those in the vulnerable age groups and/or with underlying medical conditions should protect themselves and not attend an event until the COVID-19 threat has passed.
- Those that have a parent or grandparent that lives with them and who has an underlying medical condition or is in the vulnerable age group, should consider refraining from club participation until the immediate threat of COVID 19 is passed.

Club Practices

Prior to leaving the house

- 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 is not feeling well or is sick, they should stay home until they are no longer sick.
 - All participants should bring their own water bottles, refills, towels, bags, and any other items needed for personal use. All personal items should be kept separate from the personal items of others. Do not rely on public water fountains for water.
 - Younger siblings should not be brought to practice sessions.

The Club

- The club is required to be in SafeSport compliant with all policies and practices regarding athlete and coach interaction. At least one non-participating adult should be present at the court to maintain SafeSport compliance for practices to be interruptible and free from any form of abuse.
 - The club is required to disinfect the venue and equipment where club activities will take place.
 - The occupancy of the facility should be limited to comply with local guidelines for mitigation of the virus.
 - Consider staggering practice start and end times to limit large gatherings in the facility or large groups coming and going at the same time.

Coaches

- Coaches should conduct check-in and record attendance and temperature of each athlete and coach for contact tracing purposes.
 - Coaches should always wear masks.
 - Instruction should be free of physical touching.
 - If a participant should become sick during a practice, they should be removed from the other players and sent home as soon as possible.

Players

- No high fives, handshakes, hand slaps or any other intentional body to body contact.
 - When not on the court, participants should distance themselves from other participants as they are able.
 - 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.

Spectators

- Any non-participating adults allowed in the facility should be masked and be removed from players that are not masked.

Indoor Tournaments

Prior to leaving the house

- 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/or with underlying medical conditions should not attend events until the COVID 19 threat has passed.
- All participants should bring their own water bottles, refills, towels, bags, and any other equipment needed for personal use. All personal items should be kept separate from the personal items of others. Do not rely on public water fountains for water.

Facility/Tournament Personnel

- The occupancy of the facility should be limited to comply with local guidelines for mitigation of the virus.
- All tournament personnel, coaches, officials, ref team crew and players that are not actively playing on the court should always wear masks.
- Sanitizing wipes should be available at the score tables to wipe down the table, flip score boards and ref stand hand grips between matches.
- Hand sanitizers should be available at/near score tables, tournament table and outside the restrooms.
- High touch areas should be wiped down often during the tournament day and between waves.
- If the floor does not have good traction, a damp towel should be placed at each court for the players to “wet” their shoes to keep them from spitting on the floor.

Coaches

- Coaches will be required to take and record the temperature of each person on the roster each tournament prior to check in. Designated spectators should be written on the roster and temperature taken and recorded on the roster.
- Coaches are always required to be masked in the facility and on the court.
- If a player(s) or coach become sick during the event, they should be removed from all other participants and leave the facility as soon as possible. The site director should be notified if a player or coach becomes sick during the tournament day.
- A team ref packet will be given to each team by the Arizona Power League. The packet is the responsibility of the coach. The packet will contain three mechanical pencils, one pen, several sanitation-wipes, a hand whistle, and wrist bands for a determined number of spectators (if spectators are allowed and limited). It will be up to the coach to refill anything in the packet that runs out. Nothing in the packet will be replaced by the Arizona Power League if lost, stolen or needs supplies – including wrist bands for designated spectators. NO PENS OR PENCILS will be provided by the site for use at the score table.
- At least one non-participating adult should be present at the court to maintain SafeSport compliance.

Players

- When not on the court, participants should distance themselves from other participants as they are able.
- Bench players should wear a mask if they are injured and will not be entering the game. Any player that could be entering the match is not required to wear a mask during the match while on the bench.

- 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.
- Players should not spit on the floor to increase traction for their feet. If the floor does not have good traction, a damp towel should be used.

Officials

- Officials should wear masks and social distance when not on the stand.
- Officials should use hand whistles.
- Officials should provide their own pen/pencil for use at the score table. No pens/pencils will be provided.
- Officials should wipe down the handrails of the ref stand if they are leaving the court and at the end of each wave.

Spectators, if allowed and depending on occupancy guidelines

- A maximum of 12 spectators per team will be allowed per tournament, until further notice.
- Spectators shall be designated by the coach and written on the roster for each tournament. A wrist band will be given to the designated spectator(s) for use for the day. The spectators should give the wrist bands back to the coach at the end of the day. If a wrist band is lost or stolen, no replacements will be given – the number of designated spectators will be reduced for that team.
- Spectators shall always be required to wear masks, distance themselves from unmasked participants, not switch sides if the teams switch sides during a

match, shall wear the designated spectator wrist band at all times during the event, shall not share the designated spectator wrist band with anyone else for the entire tournament day, shall give the designated wrist band back to the coach at the end of the tournament day.

- Spectators will be required to bring their own chairs. None will be provided by the facility. The chairs will need to be removed when the team is not actively playing on the court.

Team Camps

- Team Camps are restricted to those on the roster and designated spectators only.
- Social distancing and masks are required for all in the team camps.

Check-In Procedures

- Site director, coaches and officials are to be masked at check-in.
- Coaches should social-distance from others while waiting to check-in.
- Temperatures are to be taken for everyone listed on the roster, are to be recorded on the roster and the roster turned in at check-in.
- Rosters are to be signed and dated prior to approaching check-in. No pens or pencils will be provided at check-in for signing.
- All players and/or coaches that are not in attendance that tournament day are to be crossed off the roster. The names of the designated spectators are to be written on the roster and temperature recorded.
- Medical release forms are to be shown to the site director and checked off on the roster.
- Information normally disseminated at the coach's meeting should be put in writing and handed out at check in.
- All check-in should be completed ½ hour prior to first match start time.

Match Modifications

- Coin toss will take place at the net with all participants masked. The coin toss will be to determine serve/receive or side.
- Teams will not switch sides during the match unless there is a distinct advantage to one side of the court – for example: short service area on one side, glare from windows or open doors, etc.
- During the warmup period, the opposing teams will not shag the balls of the team warming up. With the lack of spectators, the warmup team will be required to shag the balls of their own team and keep the balls from affecting the play on adjacent courts.
- During substitutions, players should enter the substitution zone, stand side by side until recognized and should distance themselves as they are able.
- No hand slaps, handshakes, high-fives, or any other intentional body to body contact.
- Spectators should not switch sides between sets regardless of whether the teams do.
- Players will not be allowed to spit on the floor for traction.
- Teams will come to the 3-meter line and wave to or acknowledge the other team prior to and following the match. This is not to be neglected.

- Teams that are “off” are required to go outside.
- Members of the ref team will always be required to distance themselves at the score table and wear masks.