



## 2021 Covid-19 Youth Volleyball Guidelines

### I. Introduction

This document outlines the Covid-19 guidelines for participation in First Friends Sports' Youth Volleyball Leagues. The guidelines outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, and allowing for appropriate protection equipment.

*Note: This is not an exhaustive list and there might be additional steps in each league to help prevent the spread of virus.*

Even when taking all precautions, there will still be risk of transmitting illnesses. Lastly, the situation with Covid-19 is rapidly changing. These guidelines may quickly become outdated or subject to change. Please bear with us as we do our best to follow state guidelines and to keep everyone as safe as possible.

### II. General Code of Conduct

As a reminder, returning to play is a personal choice, and you should feel comfortable determining for yourself if you would like to resume activities with safety precautions in place. We recommend all participants (coaches, parents and players) communicate with First Friends Sports to better understand the safety policies in place and work together to protect against the spread of COVID-19.

We require everyone to conduct a daily symptom assessment before attending or participating. If you have any of the following symptoms, **PLEASE STAY HOME**.

- If you are sick or have symptoms of an illness, please stay home. Stay home regardless of what is causing your illness. According to the CDC, Covid-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. The CDC will continue to update symptoms and as we learn more about Covid-19. The CDC's list of symptoms and a "self-checker" is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19 within two weeks of a practice/game, please stay home and self-quarantine.



### III. General Requirements

1. Coaches will take attendance before each practice and game. They will also be required to ask each participant a select number of questions related to Covid-19.
2. Players must conduct a symptom self-assessment before each practice or game.
3. Players will NOT be required to wear masks while participating in practice or a game.
4. Due to the current mask requirement in the State of Ohio, we will be requiring masks to be worn in all common spaces (i.e., hallway, restroom, entering and exiting building).
5. Do not share equipment, towels, masks, water bottles or other personal equipment. Equipment that has to be shared will be sanitized as often as possible.
6. All those on the bench will be spaced out to observe social distancing.

#### Spectators

1. **Practice:** Spectators will not be permitted in the gym during practice times.
2. **Games:** Each participant will be permitted two spectators per game (2 family members).
3. Parents/guardians may wait in the hall while wearing a mask and/or maintaining 6ft social distance from other individuals or groups.

#### Physical Interaction

1. Maintain “social distancing” of at least six feet when possible.
2. Coaches and players will avoid activities involving high levels of group interaction (ex: team huddles).
3. Coaches will limit time spent on activities where players are in close proximity for extended periods of time.
4. Avoid general physical interaction including hugging, “high fives” or passing objects by hand.
5. Participants and any additional persons on site (employee, volunteer, parent) should avoid close contacts and follow all social-distancing guidelines.

#### Equipment & Training Gear

1. Do not share personal equipment or gear (e.g. water bottles, food, towels or facial coverings)
2. We will disinfect equipment after each practice session or game.
3. Water fountains will be closed for public use. However, the “touchless” bottle filler will be available for public use.
4. There will be a limit of 2 people in the restrooms at a time.
5. Participants will not be permitted to use the showers in the restrooms.

## General Hygiene

1. Avoid touching your eyes/mouth/nose as much as possible.
2. Wash or sanitize your hands often.
  - a. Use soap and water for a minimum of 20 seconds.
  - b. When soap and water is not available, use hand sanitizer.
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
  - a. Follow with washing or sanitizing your hands.
  - b. Dispose of tissues in a sealed trash can.
4. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) when possible.

#### **IV. Cancellations and refunds due to Covid-19**

We realize that moving forward with this league assumes risk of cancellation due to Covid-19. Therefore, if we do have to cancel this season due to Covid-19, we will issue refunds based on the following scale.

Number of Games Played	Percentage of Refund	Processing Fee	Low Impact Refund	Jr./H.S. Refund
0-1	100%	-	\$45	\$50
2-3	75%	-	\$33.75	\$37.50
4-6	50%	\$5	\$17.50	\$20
7-8	25%	-	\$11.25	\$12.50

### **Disclosure**

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such,

First Friends Sports and First Friends Church makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to sports.