

2021 Adult Volleyball Guidelines

I. Introduction

This document outlines the Covid-19 guidelines for participation in First Friends Sports' Adult Volleyball League.

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.

- 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.

III. General Requirements

Players

1. Players must conduct a daily symptom assessment before each game.
2. Players will NOT be required to wear masks while participating in a game.
3. 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).
4. 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.
5. All those on the bench will be spaced out to observe social distancing.

IV. Games

Facial coverings

1. 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).
2. Athletes will NOT be required to wear masks while participating in practice or a game. However, players must wear a facial covering while on the sidelines or not actively playing in the game.
3. Coaches and officials will be required to wear a facial covering at all times.

Spectators

1. There will be no spectators permitted in the gym for the duration of the season.
2. A limited number of spectators will be permitted in the hallway outside of the gym for approved reasons (i.e., carpooling). They will be required to wear a facial covering at all times or maintain 6ft social distancing.

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 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.

V. 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 how many games have already been played.

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.