



COVID-19 Phase 4 Protocols for Indoor Athletics

General Protocols for ALL Participants and Spectators (if allowed)

Must Be Symptom-Free

- Any participant or spectator (if allowed) must stay home, or they will be sent home if they have: 99.9 degrees or above temperature, cough, sore throat, nausea, vomiting, diarrhea, chills, muscle aches, headache, new loss of taste or smell, shortness of breath, fatigue, congestion, or runny nose or known close contact with a person who has been diagnosed with COVID 19. This list of symptoms is subject to change based on CDC guidance.

Face-Coverings (Masks)

- ATHLETES: Face coverings over the nose and mouth must be worn at all times. Players should bring multiple masks to replace sweat-soaked masks.
- COACHES: Face coverings over the nose and mouth must be worn at all times.
- SPECTATORS (if allowed): Face coverings over the nose and mouth must be worn.
- GAME PERSONNEL: Table personnel and officials are required to wear face coverings over the nose and mouth.

Daily Protocols for Coaches/Players

Daily Certification

- Parents of each player must complete the VB COVID-19 Self-Certification and Verification Form (one per player) prior to daily participation.
- Coaches are to complete the Daily Employee Certification form.

Temperature and Symptoms Check

- Coaches will check each participant's temperature and ask whether the participant is currently exhibiting COVID-19 symptoms before allowing participation in sporting activities.

If the participant does have symptoms, they must wait to enter premises or participate in any sporting activity for a minimum of 10 days after symptom onset AND for 24 hours with no fever (without fever-reducing medication) AND improvement of symptoms. After the ten-day exclusion, a note from parent/guardian documenting that the ill student and/or household contacts are afebrile without fever-reducing medication and symptoms have improved.

- Any individual who has had close contact (within 6-feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/ most recent contact with the infected individual and should seek a COVID-19 test at a state or local government testing center,

healthcare center or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.

- **Coaches are to notify the AD if a player has symptoms or has reported either a positive COVID test or a close contact (within 6-feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period).**

Social Distancing

- Participants must adhere to strict social distancing guidelines of six (6) feet between people unless actively exercising or participating (coaching) in practices or competitions. Players must be at least 6-feet apart on the bench.
- Participants must place personal belongings at least 6 feet away from other's personal belongings.
- No handshakes, high fives, fist bumps, hugs, touching "go-team" hand raises, etc. can occur.

Sanitation

- Frequently use the hand sanitizer provided in the Sanitation Bag.
- Participants must bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug).
- Participants must use their own equipment. Shared equipment is NOT allowed.
- Volleyballs/Basketballs must be cleaned frequently during practice and competitions.
- There must be no shared athletic towels, clothing, or shoes between participants.
- No spitting or blowing of the nose without the use of a tissue is allowed.

Attendance Log

- Keep an attendance log of coaches/players for each day for contact tracing purposes.

Locker Rooms | Restrooms

- Locker Rooms are NOT available for use.

Spectator Limitations (if allowed)

- ***Spectators (if allowed) may or may not be allowed depending on the facility and Restore Illinois Region. Be aware that away contests may not allow visiting spectators.***
- If allowed, the maximum number of spectators may vary on the location, but not to exceed 50 people.
- May NOT attend practices.
- Register attendance via the spectator sign-in at the game/event for contact tracing purposes.
- Must maintain a social distance of 6-feet from other spectators that do not live in the same household.

NO CONCESSIONS

**LOCKER ROOMS ARE NOT AVAILABLE FOR USE
RESTROOMS ARE A 2 PERSON CAPACITY MAXIMUM**

PROTOCOLS ARE SUBJECT TO CHANGE BASED ON UPDATED GUIDANCE FROM IESA, IDPH, AND CDC