

Dynamite Volleyball Club Tampa

COVID-19 Safety Procedures and Preparedness Plan Updated 8/5/2020

The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the (insert state) Department of Health (MDH), and the federal Occupational Safety and Health Administration (OSHA) into our daily practices at the (insert facility name).

Knowing that eliminating all risk is impossible, **Dynamite Volleyball Club Tampa** is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, athletes and families. To that end, we have developed the following Safety Procedures and Preparedness Plan in response to the COVID-19 pandemic. We will continually monitor the COVID-19 pandemic; and as it evolves the below policies and procedures will be modified. Any changes to the policies and procedures will be sent in writing to all coaches and families.

By continuing with **Dynamite Volleyball Club Tampa** for the 2020-2021 season all adults and guardians of minors assume ALL risks associated with participation including but not limited to exposure to COVID-19.

Club directors, coaches, athletes and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to eliminate the potential for transmission of COVID-19 in our facility, and that requires full cooperation. Dynamite Volleyball Club Tampa's staff is charged with enforcing the policies and this plan during their scheduled training times, with Dynamite Volleyball Club Tampa's director responsible for further disciplinary actions.

All coaches, athletes and guardians will be required to sign the "Assumption of Risk and Liability Waiver" at the end of this document as assumption of risk, waiver of liability, understanding of, and agreement to comply with all aspects of the below Safety Procedures and Preparedness Plan. Any violations by athletes can result in revocation of facility usage privileges with no refunds given. Any violations by coaches can result in termination.

Section I.1 Facility Layout via Zones for Social Distancing

- 1) Dynamite Volleyball Club Tampa will NOT be open for public use. No parents, siblings, spectators or any additional individuals will be allowed in the building until further notice or information from the CDC.
- 2) Dynamite Volleyball Club Tampa will be physically divided into zones with a separate entrance. Once in the facility, individuals will not be permitted into other zones.
- 3) The below details, will indicate zoning areas.
 - a) Zone 1 (Court 1): Approximately 2,500 square feet. Maximum 12 athletes with 2 coaches
 - b) Zone 2 (Court 2): Approximately 2,500 square feet. Maximum 12 athletes with 2 coaches
 - c) Zone 3 (Court 3): Approximately 2,500 square feet. Maximum 12 athletes with 2 coaches
 - d) Zone 4 (Outside): No players or coaches are allowed to go outside the building once they entered into the zones.
- 4) Zones 1, 2, and 3 will be open for scheduled 2 hour practice time periods. After each time period, the space will be emptied and all volleyballs and touched surfaces will be cleaned prior to allowing coaches and athletes to enter for the next scheduled practice.
- 5) Restroom use will be limited to "emergency" use only. All coaches and athletes are advised to utilize the restroom prior to arriving or after leaving the facility. If emergency restroom use is required, Dynamite Volleyball Club Tampa's staff will clean after each use.
- 6) Social distancing signs will be displayed at **Dynamite Volleyball Club Tampa** along with appropriately labeled zones.

PRE-ARRIVAL

- 1) Coaches, athletes and families will be required to wash their hands at home before heading to practice.
- 2) Have a bag with additional pair of shoes for players

ARRIVAL

- 3) Players have to switch pair of shoes at facility entrance.
- 4) Coaches and athletes will be allowed entrance into Dynamite Volleyball Club Tampa 5-minutes prior to their scheduled session; absolutely NO earlier.
- 5) Coaches and athletes are required to enter at their assigned zone .
- 6) All coaches will be asked to wear masks for the duration of their time at Dynamite Volleyball Club Tampa Facility. Only approach your assigned zoned door when you have been directed to do so by Dynamite Volleyball Club Tampa director or staff member AND when your mask is securely in place. If you do not have a mask, one will be made available to you. DO NOT congregate outside your zoned area. Stay in your car until you are asked to enter.
- 7) Coaches and athletes will be greeted by an assigned Dynamite Volleyball Club Tampa staff member who will document attendance and temperatures of all athletes and coaches. 8) Coaches and athletes entering Dynamite Volleyball Club Tampa facility will be required to leave all extra items including bags, purses, additional clothes, shoes and all other personal items locked in their car. Be sure to take normal precautions including locking valuables in the trunk or out of sight in a vehicle that does not have a trunk. It is recommended to leave all items of value at home. Exit your vehicle ready to practice or train.
- 9) Once in the gym all coaches and athletes will be directed sanitize their hands.
- 10) Athletes attending practice will enter through the door located on the northeast side of the building.
 - a) If an athlete will be attending practices Dynamite Volleyball Club Tampa is not responsible for supervision after practice time.
- 11) All drills utilized within practice will be developed to assure a cohesive training method with a strong emphasis on social distancing.

DURING

- 12) Drinking fountains will be turned off. Athletes will be required to bring their own, FULL, water bottle and keep their water in a socially distanced on the gym floor against the wall.
- 13) All volleyballs will be disinfected before each practice.
- 14) Ball carts will be sanitized before and after practice
- 15) All Coaches and Staff are required to wear a face mask at all times while in the facility.
- 16) No handshakes, high fives, fist bumps, nor other physical interaction.
- 17) All huddles and coaching will occur with a minimum of 6' of distance between all athletes and coaches.
- 18) If emergency restroom use is required, Dynamite Volleyball Club Tampa's staff/Coach will clean after each use.

AFTER

- 19) Switch again pair shoes at facility Exit.
- 20) At the conclusion of practice all coaches and athletes will be directed to their appropriated zoned restroom to wash hands and arms or to sanitize their hand in case restroom use is limited

Section I.3 Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within Dynamite Volleyball Club Tampa Facility

1) All coaches, athletes and families are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status, of all, prior to entering Dynamite Volleyball Club Tampa Facility. This process is not all encompassing and does not guarantee the health of any individual entering (insert club name). 1) All individuals entering the facility will have their temperature checked at the door and only individuals with a temperature lower than 99.0 degrees will be allowed to enter the facility. The thermometer will emit a sound and turn yellow if the temperature is higher than that.

2) All individuals entering the facility will be required to be cold/flu/COVID-19 symptom free for three days prior to entrance. If anyone is displaying any symptoms of the above, they must be kept home. If, upon their arrival or during their training time they display any of the above symptoms they will be immediately moved to Zone 2 and must be picked up by their parents immediately on the east side of the building. 3) Should anyone participating with Dynamite Volleyball Club Tampa, coach or athlete, be diagnosed with COVID-19, they should immediately contact Dynamite Volleyball Club Tampa's Director and follow proper healthcare procedures as laid out by their health care professional, including quarantining. Athletes, coaches, and staff must have, in writing, signed, clearance from their health care professional to resume activity after a COVID-19 diagnosis OR the original, dated, "order" to quarantine with the specified duration from their health care professional so Dynamite Volleyball Club Tampa can verify their compliance with that "order" upon their return.

Section I.4 Contact Tracing

1) Detailed records of individual attendance at Dynamite Volleyball Club Tampa will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary. Upon official request, parent contact information will be provided. 2) Information will ONLY be provided to government/health authorities, it will not be shared with coaches, staff, athletes or families.

Government/health authorities will contact individuals to relay any additional actions that must be taken. Because Dynamite Volleyball Club Tampa's staff are not licensed medical experts, other than in direct cases of diagnosis, Dynamite Volleyball Club Tampa's staff will not implement additional mandatory quarantine of secondary or tertiary contacts. However, athletes/families/coaches are required to notify Dynamite Volleyball Club Tampa Director if they are ordered to quarantine by a government or health authority; and that order must be adhered to by the athlete or coach.

Section I.5 Handwashing

Basic infection prevention measures are being implemented at Dynamite at all times.

- 1) Upon arrival to the facility, all individuals, coaches and athletes, are required to sanitize their hands before practice begins and again at the conclusion of practice.
- 2) Hand sanitizer will be available at the facility.

Section I.6 Respiratory Etiquette

Just a reminder of basic respiratory etiquette while attending activities inside of (insert club name).

- 1) Mask should be worn at all times when at the facility. It is still recommended, however, that you cough or sneeze into your practice t-shirt to reduce any possible initial viral spread.
- 2) Avoid touching your face, in particular mouth, nose and eyes, with your hands. If you do touch your face, cough or sneeze into your arm or shoulder you are required to immediately leave the space and re-wash your hands/arms.
- 3) Dispose of tissues in the trash and wash or disinfect hands immediately afterward.

Section I.7 Housekeeping

Housekeeping practices are being implemented, including routine cleaning and disinfecting of surfaces, training equipment, and practice areas, including restrooms. Frequent cleaning and disinfecting will be conducted in high-touch areas.

- 1) We will disinfect all volleyballs before each practice.
- 2) We will disinfect the volleyballs and touching areas in zones 1, 2, and 3 between each practice / training session.
- 3) We will keep sanitizing and cleaning logs for each zone.

Section I.8 Communication and Training

This COVID-19 Safety Procedures and Preparedness Plan was communicated to all coaches and necessary training was provided. Additional communication and training will be ongoing, and updates provided to all coaches, and where necessary relayed to all athletes and families.

Section I.9 Assumption of Risk and Waiver of Liability

Dynamite Volleyball Club Tampa (hereafter referred to as the "Club") has put in place numerous preventative measures and enhanced cleaning protocols to reduce the likelihood of spreading COVID-19 in Club's gym environment; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending sponsored activities at the Club could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily agree to the participation terms described above and assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club Directors, Coaches, Athletes and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Club or participation in Club programming ("Claims").

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club activity.

Participant's Name(s): _____

Team(s): _____

Participant's Signature (if 18 or older): _____

Parent/Legal Guardian Name(s) (for participants under 18):

Signature of Parent/Legal Guardian: _____

Date: _____