

# TOP FLIGHT GEORGIA GUIDELINES

## 1. Purpose

The purpose of these guidelines is to create a comprehensive return to play plan for Top Flight Volleyball sanctioned activities in the United States which are compliant with CDC, federal, state, and local regulations. Volleyball sanctioned activities include but are not limited to: tryouts, lessons, practices, scrimmages, camps, clinics, combines, showcases, or tournaments. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result Top Flight Volleyball strongly encourages all participants (including players, their families, staff, and coaches) 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, nor does Top Flight Volleyball and their directors, officers, employees, volunteers, and agents assume any liability or responsibility for the recommendations provided herein.

## 2. Return to Play Guidelines for Individuals

Adhere to the most stringent federal, state, or local guidelines when participating in any activity.

### Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes, or mouth with unclean hands.
- Practice social distancing regularly.
- Follow guidelines for entering building.
- All personal belongings to be kept at practice court.
- Cover your mouth and nose with a tissue or inside of your shirt if you cough or sneeze.

## Return to Play Guidelines for Individuals cont...

### During Activities

- Continue to clean and disinfect the venue and equipment, including volleyballs, where the club activities will take place.
- Enforce social distancing requirements.
- Regularly sanitize commonly touched surfaces during the club activity.
- Remove anyone from a club activity if they exhibit any COVID-19 symptoms.
- Limit the number of people in the facility to be compliant with local guidance.
- Only athletes and staff allowed into the building.
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- Use hand whistles as opposed to regular whistles when possible.

### After Activities

- Wash and sanitize your hands often.
- Do not touch your face, eyes, or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- Cover your mouth and nose with a tissue or inside of your shirt if you cough or sneeze.
- Follow guidelines for exiting building
- Wash and sanitize all gear, uniforms, and apparel used during the activity.
- Use hand whistles as opposed to regular whistles when possible.

### 3. Return to Play Guidelines for Clubs & Club Facilities

Adhere to the most stringent federal, state, or local guidelines when participating in any activity.

#### Before Activities

- Disinfect the venue and all equipment, including volleyballs, where the club activities will take place.
- Verify that venue staff, club staff, and participants are symptom-free before participating in any activities.
- Provide hand washing or sanitizing stations throughout the venue.
- Turn off water fountains at the venue.
- Establish social distancing protocols – these include guidelines for entering and exiting of building.
- Create and display signage clearly outlining the venue's COVID-19 policies.
- Use hand whistles as opposed to regular whistles when possible.

#### During Activities

- Continue to clean and disinfect the venue and equipment, including volleyballs, where the club activities will take place.
- Enforce social distancing requirements.
- Regularly sanitize commonly touched surfaces during the club activity.
- Remove anyone from a club activity if they exhibit any COVID-19 symptoms.
- Limit the number of people in the facility to be compliant with local guidance.
- Only athletes and staff allowed into the building.
- Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- Use hand whistles as opposed to regular whistles when possible.

#### After Activities

- Sanitize all surfaces and volleyballs that were used during club activities.

## 4. Return to Play Guidelines for Competition Venues & Events

Adhere to the most stringent federal, state, or local guidelines when participating in any activity.

### Before Activities

- Designate an event management team and include a licensed Medical Director. This group has the authority to modify, restrict, postpone, or cancel the event based on public health risk or other factors. The Medical Director shall make the final decision if a player can return to play, should be sent to self-quarantine or should be sent for further examination (when COVID-19 related).
- Create a Medical Plan for the event. Identify local healthcare resources (e.g., urgent cares, emergency rooms, ambulance services) and notify them of the event logistics. Create a flyer with the names, addresses, and contact numbers for local healthcare resources that can be given to all attendees.
- Create and display COVID-19 information signage throughout the venues.
- Ensure the facility has a comprehensive ingress and egress plan.
- Designate a separate area such as a first-aid office/tent or EMT office/tent to take potentially sick patients to be evaluated.
- Limit overall number of exhibitors/vendors and require them to submit their safety protocol plan prior to the event for review and approval.
- Create a mechanism to be able to text all participants/spectators in the venue should an emergency notification (contact tracing) be necessary.
- Inquire about the use of air walls between groups of courts, where practical, as it relates to the facilities' air circulation/filter system.
- Establish sanitary stations throughout the playing venue.
- Provide sanitizing materials for scoring tables, official's stands, etc.
- Eliminate on-site team check-in if possible.
- Remove water stations and require participants to bring their own water.
- Eliminate player benches and create player/coach boxes with tape.
- Eliminate unnecessary equipment (chairs, tables, libero/line ups, etc.)
- Space the courts a minimum of 25 feet apart and refrain from using adjacent courts at the same time when possible.

## Return to Play Guidelines for Competition Venues & Events cont...

### During Activities

- Disinfect volleyballs between all matches.
- Eliminate cash ticket sales.
- Require officials to post all scores electronically to eliminate unnecessary face to face contact.
- Limit officiating teams to one R1 per match who shall keep the visual score on the stand.
- Require officials to use hand whistles in lieu of traditional ones.
- Emphasize court time management by officials to reduce the instance of courts getting behind schedule and contributing to crowds waiting by the court.
- Stagger match start times to space out participant's entry.
- Require all attendees to wear face masks except for athletes on the court playing.
- Establish volleyball specific social distancing match protocols including the elimination of handshakes, high fives, and huddles. Also, the modified coin toss, warm-up, and substitution procedures should be used.
- Suspend the protocol of teams switching sides in indoor play. In the event there is a clear and distinct disadvantage then teams will switch sides, observing all social distancing protocols.

### After Activities

- Sanitize courts, volleyballs, rakes, and all equipment after each match.
- Create no-touch procedures for trophy, medal & award distribution.

## 5. Notifications

Club directors and venue owners/operators are required to abide by all federal, state, and local regulations regarding the posting of notifications, guidelines, or information to participants.

## 6. Glossary

The following definitions are provided to help readers understand how these terms are to be applied under the Return to Play Guidelines:

- a. Activity** – This reference addresses any sanctioned activity (i.e. tryout, practice, scrimmage, camp, clinic, combine, showcase, or event).
- b. Area** – This geographical reference addresses the State, County, or City where the venue is located. The lowest level of government in your area that has issued a formal reopening plan will govern what phase your venue is in, which will dictate which sanctioned activities are permissible.
- c. Household Member** – This is defined as someone living with you.
- d. Medical Director** – Chief medical staff member working at a sanctioned event.
- e. Participant** – This references any registered member (athlete, coach, chaperone or official).
- f. Physical Distancing** – This is currently defined by the CDC as 6 feet away (or more) from a non-household member.
- g. Sanction** – This references the authority granted by a Region for insurance coverage.
- h. Shared Equipment** – This is defined as equipment owned or shared with nonhousehold members (including volleyballs).
- i. Venue** – This references any facility or site where a sanctioned activity may take place.

## 7. Additional Resources

- a. Latest Information from the White House on COVID-19: <https://www.coronavirus.gov/>
- b. Link to the President's Opening Up American Again Guidelines - <https://www.whitehouse.gov/openingamerica/>
- c. CDC Guidance for Large Community Events and Mass Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html>
- d. CDC Guidance for Cleaning and Disinfection of Community Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- e. CDC Guidance for Cleaning and Disinfecting Your Facility: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- f. CDC Guidance for Visiting Parks and Recreational Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>
- g. CDC Guidance on Coronavirus and Travel in the US: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>
- h. IL Guidance and up to date information regarding phases: <https://coronavirus.illinois.gov/s/>
- i. IL Phase 3 specific information: <https://www2.illinois.gov/dceo/Pages/RestoreILP3.aspx>

## 8. Disclaimer

These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also, consult with federal, state, and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, Top Flight Volleyball, and their directors, officers, employees, volunteers, and agents in connection with your use of the enclosed guidelines. Top Flight makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.



# YOUTH SPORTS GUIDELINES

## RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

This document is applicable to businesses that meet the following criteria:

- Organizations operating recreational sports activities for youth:
  - ◆ Examples of youth sports include (non-exhaustive): competitive sports games or matches, group sports lessons, team or group sports practices
- In Phase III, youth sports activities are limited to:
  - ◆ Drills, practices, and lessons (no competitive games allowed) Uniform guidelines across businesses, industries, and nonprofits within the State of Illinois:

## PHYSICAL WORKSPACE - Minimum guidelines

1. As applicable, sport organizer should display signage at entry with face-covering Minimum guidelines, social distancing guidelines, and cleaning protocols, in multiple languages as needed
2. Activities (e.g. practices, drills, lessons) should be set up to allow for 6-ft. of distancing between participants/teams.
3. If a sporting facility has stations for individual recreation activities, the operator should ensure at least 10-ft. between stations. If stations cannot be moved, the operator should limit the number of open stations to ensure social distancing
4. Water fountains, except for touchless water bottle refill stations, should be made unavailable for use (e.g. turned off, covered, area blocked) a. If no touchless fountain is available, water may be served in sealed, single-use water bottles
5. Sport organizer should close facility concession stands

### Encouraged best practices

1. Display visual markers 6-ft. apart at any queue points (e.g. check-in, along sidelines)
2. Designate an area separate from others for anyone who exhibits COVID-like symptoms during the activity session to isolate from others before being picked up to leave
3. Where building management practices allow, increase air turnover rates in occupied spaces and increase outside make-up air to the maximum extent practical



## DISINFECTING / CLEANING PROCEDURES

### Minimum guidelines

1. Cleaning and disinfecting of premises should be conducted in compliance with CDC protocols on a weekly basis
2. For outdoor activities, instructors or league employees should make hand sanitizer or hand washing stations available to participants
3. Clean and disinfect common areas (e.g., restrooms, cafeterias) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently; every 2 hours recommended for high-traffic areas
4. Minimize the sharing of high-touch equipment between non-household individuals. If the equipment should be shared, instructors or league employees should sanitize equipment before and after use (see EPA approved list of disinfectants)
5. Sport organizer should sanitize any individual recreation stations before and after participants use ii.

### Encouraged best practices

1. If practical, sanitize shared equipment during use (e.g., between drills) and encourage frequent hand sanitizing or hand washing
2. If practical, assign shared equipment to one household for the duration of the sports season and increase outside make-up air to the maximum extent practical



## STAFFING AND ATTENDANCE - Minimum guidelines

1. For indoor facilities, maximum occupancy of 50% of facility capacity
2. Group sizes should be limited to 50 total participants (i.e. excludes spectators)
3. Any additional team members not participating in gameplay should sit on the sidelines 6-ft. apart from one another
4. Multiple groups permitted at once as long as 1) facilities allow for social distancing of participants, employees, and spectators, 2) 30-ft of distancing is maintained between groups, and 3) areas for each group are clearly marked to discourage interaction between groups
5. Teams/groups should be static, with no mixing of employees or participants between groups for the duration of the season
6. Sport organizer should design a plan to allow for social distancing within the workplace and if needed, designate employee(s) or volunteer(s) to monitor capacity limits and social distancing during all activities.

### Encouraged best practices

1. Teams/groups do not add new participants once the season has started
2. If practical, assign participants from the same household to the same team or group
3. If practical, stagger activity start and end times to minimize contact between teams or groups
4. Designate an area for spectators if capacity and social distancing allow

## CUSTOMER BEHAVIORS - Minimum guidelines

1. Activity sessions held by appointment only (e.g. no walk-ins, no pick-up games)
2. Before participating in the sport, instructors should ask whether participant is currently exhibiting COVID-19 symptoms. If a participant does have symptoms, they should wait to enter premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, and after afebrile and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. Sport organizer should maintain an attendance log of participants
4. Participants should wash hands with soap and water or use hand sanitizer before participating
5. Spectators are not permitted unless required for parental supervision or non-household members are able to social distance from participants and from one another and maximum guidelines (For indoor facilities, maximum occupancy of 50% of facility capacity) are not exceeded.
6. Participants should bring their own source of water
7. No handshakes at the beginning or end of practice

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