



Indoor Volleyball

“Return to Play” Plan

Updated: August 30, 2020

Purpose:

The following parameters are set forth by Lakota Sports Organization (LSO) to resume volleyball activities for the Fall 2020 season. The following “Return to Play” plan is intended to, at minimum, incorporate all current mandatory State guidance, as well as guidance from OHSAA. Documents referenced include:

- Responsible Restart Ohio - Youth, Collegiate, Amateur, Club and Professional Sports - Revised 8/20/20
- OHIO HIGH SCHOOL ATHLETIC ASSOCIATION (ohsaa.org) Covid-19 Correspondence
- OHSAA 2020-21 Volleyball Requirements, Rule Modifications and General Recommendations
- Lakota Schools Safety Protocols and Guidelines

If additional or overriding information becomes available from the State, OHSAA, or local authorities this document will be revised accordingly at that time to remain compliant.

Failure to follow these requirements will be considered a violation of the LSO Code of Conduct and will be referred to the appropriate LSO body for review.

Participation Requirements (all events):

- Coaches, players, game officials (umpires, referees, etc.), organization representatives, and spectators need to perform daily COVID symptom assessments prior to arriving at the facility. (Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.) Anyone experiencing symptoms **MUST** stay home. In addition, anyone who has been in close contact (per CDC definition) with someone diagnosed with COVID-19 in the last 14 days must not participate in LSO activities and must stay home. See **Suspected or Confirmed COVID-19 Cases** section at the end of this document for return-to-play requirements
- **All coaches will do temperature and symptom checks on players prior to ALL games and practices and record in COVID binder.**
- All coaches, players, refs and spectators are required to maintain six-foot physical distancing while at the facility and not on the court. This includes travel to/from cars and while in parking lots.
- Spectators must maintain six-foot physical spacing between individual family groups inside and outside the facility. This means no large group gatherings of any kind.
- Only players, coaches, and assigned team assistants are permitted on sidelines.
- Coaches and organization representatives must wear face coverings at all times. The only exceptions are:
 - A coach may temporarily remove his/her mask to provide verbal instructions to players during a practice or game
 - A coach may temporarily remove his/her mask during a practice when they are engaged in an active drill such as tossing, serving, or hitting as long as they are maintaining 6 feet of social distance from all other players.
- Athletes must wear face coverings at all times upon entering and exiting the building and when not participating on the court of play. Players under the age of 10 are not required to wear a mask per Ohio requirements, but masks are strongly recommended for players under the age of 10.
- Refs must wear face coverings at all times. They will be using the hand held whistles.
- Spectators are required to wear face coverings at all times.

- Coaches, players, refs, and spectators must provide his/her own face covering.
- Players should not share personal equipment such as knee pads or water bottles.
- All coaches and players must supply their own water bottles labeled with their name.
 - No team water coolers or shared drinking stations.
 - All water fountains have been turned off and will not be available or provided by the schools.
- No personal volleyballs are to be brought to events.
 - All team equipment will be sanitized before and after games.
 - A small bag is permitted to carry items needed for training. All personal items must be taken home and cleaned every day. This includes knee pads.
- Players are to sanitize his/her hands upon entry and exit from the gym facility. LSO will supply coaches with hand sanitizer to utilize as needed. Each player is encouraged to have a personal container of hand sanitizer for his/her use.
- No team snacks are permitted, or food of any kind will be permitted in the facility. Including gum, or other similar products.

Practice Requirements:

- Coaches, players, umpires, organization representatives, and spectators must abide by the “Participation Requirements (all events)” section of this document.
- Attempt to minimize the number of individuals entering and remaining in the gym during practice time. Drop your child at the door. If needed, one parent/guardian can accompany the child into the building and shall maintain six-foot physical spacing to all persons except his/her family member. The parent/guardian must wear a face covering. **It is strongly recommended that no siblings attend player practices unless absolutely necessary.**
- Coaches and players maintain six-foot physical distancing except when the ball is in play.
- Coaches are strongly encouraged to split players into multiple smaller groups during practice and have a series of “stations”, to minimize waiting in lines and idle time. Intent is for the players that make up a smaller “station” group to remain the same throughout the duration of a practice (but could be modified from practice to practice).
- Players should refrain from touching others. Activities to avoid include: high fives, handshake lines, and any other physical contact with players, coaches, or refs. Players are encouraged to congratulate teammates via air high fives, or other non-contact means of celebration.
- Players and spectators must remain in their vehicles until any preceding events are complete and the court is cleared.
- Players and spectators must exit the facility immediately after completing practice.
- Coach must take attendance and be able to supply an attendance roster for each practice upon request.
- All coaches will sanitize the equipment after use for the next team! There will be sanitizing wipes and spray at the location for balls, poles, pads and any other equipment that was used/touched.

Game Requirements:

- Coaches, players, umpires, organization representatives, and spectators must abide by “Participation Requirements (all events)” section of this document.
- Only players, coaches, and refs are permitted access onto the court.
- Coaches and players maintain six-foot physical distancing except when the ball is in play.
- Players should refrain from touching others. Activities to avoid include: high fives, handshake lines, and any other physical contact with players, coaches, or refs. Players are encouraged to congratulate teammates and/or opposing players via air high fives, or other non-contact means of celebration. Teams are encouraged to line up

on the 10 foot line to show good sportsmanship to the opposing team after games, as a replacement for the traditional handshake line.

- Refs will maintain as much distance as possible from players.
- Refs are required to use hand held whistles.
- Players, refs, and spectators must remain in their vehicles until any preceding events are complete and the court is cleared.
- Warm-up activities will not begin more than 30 minutes prior to scheduled game time.
- Players, refs, and spectators must exit the facility within **5 minutes** of game completion.
- No sharing of team snacks or drinks before, during, or after games.
- Each coach must take attendance of his/her team and be able to supply an attendance roster for each game upon request. The Home coach is also required to capture the name of the ref(s) on the roster for his/her team.
- Coaches are responsible to know any modified rules for his/her age division. These rules will be distributed as any changes are incorporated. Please reach out to your coordinator if there are questions regarding rules or rule changes.
- **For the match, only 2 out of the 3 sets will be played unless a third set is needed for a tie breaker.**
- **Only 2 family spectators can attend per player to watch games (this does not include siblings).**

Facility Guidelines:

- General cleaning and disinfecting will take place daily and in between practices and games.
- Sanitation stations will be available at the entry to each facility. Stations will include hand sanitizer and wipes.
- Traffic patterns for entry, exit and during events will be established to ensure that social distancing can take place.
- Only 2 parents are permitted to attend games and may be subject to temperature screenings upon arrival. Parents are required to wear a mask and follow other safety protocols that are in place.
- Only LSO players, coaches, and trainers are permitted to participate on the court at this time.
- Game start times to be staggered at all facilities.
- Time between games to be extended to prevent games from overlapping with warm-up activities for the following game.

Suspected or Confirmed COVID-19 Cases:

- People with a NEW ONSET of cough, shortness of breath, loss of taste or smell, or at least two (2) of the symptoms listed below may have COVID-19:
 - Fever of 100.0 or above or chills
 - Fatigue
 - New loss of taste or smell
 - Cough
 - Sore throat
 - Congestion or runny nose
 - Headache
 - Shortness of breath
 - Muscle or body aches
 - Nausea, vomiting and/or diarrhea
- Anyone showing a NEW ONSET of at least two symptoms must stay home for at least 10 days OR provide a negative test from a physician OR provide a note from your healthcare provider stating an alternate diagnosis before returning to activities
- Immediately isolate and seek medical care for any individual who develops COVID-19 symptoms.

- Any coach, player, or league official with a **suspected or confirmed case of Covid-19** must immediately notify the local board of health. In addition, they must also immediately notify their coach (who must immediately notify the LSO Compliance Officer) or directly notify the LSO Compliance Officer.
- If your child or family member in the same household has been tested for COVID-19, **ALL FAMILY MEMBERS MUST REMAIN HOME UNTIL YOU RECEIVE THE RESULTS.**
- Any coach, player, ref, organization representative, or **spectator suspected of contracting COVID-19 or having tested positive for COVID-19** MUST follow the guidelines below for returning to work/activity prior to participating in any event. (The process below is taken from the Lakota Schools protocols, so substitute “Call school attendance line” with “Contact your coach or the LSO Compliance Officer.”)

What MUST I do if

1	2	3	4
<p>Has COVID-19 Symptoms, But Has NOT Had a Test or Has Not Received Test Results</p> <ol style="list-style-type: none"> 1. Stay home; 2. Call school attendance line and leave a message detailing your child's symptoms; 3. Contact your doctor for possible test; 4. Isolate for at least 10 days <u>or as directed by the Butler County Health Department</u>; and 5. If symptoms last longer than 10 days, stay isolated until fever is gone without medicine and other symptoms have improved for <u>at least 24 hours</u>. 	<p>Tests Positive</p> <ol style="list-style-type: none"> 1. Stay at home; 2. Call school attendance line and leave a message about the positive result; 3. Isolate for at least 10 days or as directed by the <u>Butler County Health Department</u>; and 4. If symptoms last longer than 10 days, stay isolated until fever is gone without medicine and other symptoms have improved for <u>at least 24 hours</u>. 	<p>Comes in Contact with a Family Member or Person Positive for COVID-19</p> <ol style="list-style-type: none"> 1. Stay home; 2. Call school attendance line and leave a message explaining the need for quarantine and if your child has any symptoms; 3. Quarantine for 14 days from the last date of contact with the person <u>or as directed by the Butler County Health Department</u>; 4. Monitor your child for symptoms for 14 days; and 5. If your child develops symptoms, follow directions in column 1. 	<p>Comes in Contact with a Suspected Case or a Person with Symptoms</p> <ol style="list-style-type: none"> 1. Self-monitor for symptoms by taking your child's temperature morning and night; 2. Perform daily wellness check before leaving home; 3. If your child develops symptoms, follow directions in column 1; and 4. If the suspected person receives a positive result, follow directions in column 3.