



STURGE **VOLLEYBALL**

INFECTIOUS DISEASE HANDBOOK

A SAFE RETURN TO VOLLEYBALL

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As our state begins to loosen the restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting the COVID-19 and other infectious viruses. The following has been created to help inform all who are part of our organization. Each area below will be laid out in detail throughout this document. Returning to volleyball will only be considered when the county and state's public health restrictions and physical distancing measures allow for it. Public health restrictions will always guide what is allowable by our organization. Please consult with your provincial health authority before engaging in volleyball activities.

FACILITY CONSIDERATIONS:

- Outdoor activities have been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball at this time and therefore outdoor is the preferred training environment.
- Minimize the total amount of users in one space at any given time. The more users in the space the higher the risk, this is especially true for indoor spaces with increased contact surfaces and less air circulation.
- Only required seating, tables, etc should be made available. Access to water fountains, meeting spaces, etc should be carefully considered and likely discouraged.
- All common contact surfaces within the facility should be cleaned and disinfected regularly.

PARTICIPANTS

- Group sizes should always be minimized and must abide by regional public health restrictions.
- People over 65 years of age or people with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged.
- Participants should know of the common symptoms of COVID-19 and other infectious diseases and stay at home if displaying symptoms.
- Participants must stay home if they have been in contact with a known case in the previous 14 days.

CONTACT MINIMIZATION

- Physical distancing will always be practiced by a maximal number of participants
- This may require adjustments to scheduling activities and minimizing inter team/group play.
- Coaching should be completed while practicing physical distancing guidelines.
- Spectators should be discouraged and if present must also abide by physical distancing guidelines.
- Participants should not be sharing water-bottles, towels, or other equipment.
- Use of minimal amount of volleyballs and keep them designated for specific groups of participants
- Use a sanitizing spray on balls at frequent intervals and especially between different user groups.
- Unnecessary contact between participants, handshakes, high fives, hugs etc. should be discouraged.

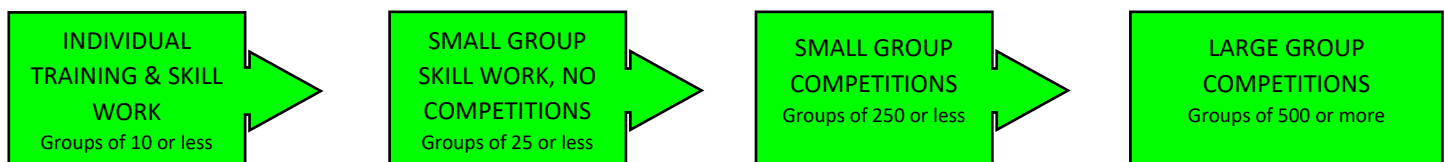
PRACTICE GOOD HYGIENE

- Participants should wash their hands before and immediately following participation
- Hand washing or sanitizing at intervals throughout should be encouraged.
- Participants should avoid touching ones face throughout.
- Participants should consider wearing a mask

RETURN TO VOLLEYBALL SAFE REOPENING PHASES

CDC guidelines for gym - Phased plan based on CDC and state guidelines.

The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



SAFE REOPENING PHASES

FOCUS ON EACH GROUP FOR A SAFE REOPENING

GYM

Surge gym will take reasonable precautions to limit our participants' exposure to COVID-19 while at their premises. Surge will follow all CDC guidelines by using reasonable mitigation strategies which include, but are not limited to:

- Separating sick people. Anyone showing signs of COVID-19 will have to stay out of the gym for 14 days until they come up with active testing
- Using proper building ventilation, filtration and humidity control. Doors will remain open during practices when possible and exhaust fans on to keep air moving through the gym. Fans will be used if weather is bad.
- Practicing proper hand hygiene (i.e., providing sufficient hand sanitizer and soap); We will have hand sanitizer stations and will make it a regular habit to overuse it. Arms and hands.
- Limiting number of people in the gym to less than 25. May restrict spectators if needed.
- Encouraging everyone to stay at least six feet apart while at the gym especially during downtimes and water breaks
- Routine daily cleaning and disinfection
 - Thorough cleaning at the end of each day of all floors and equipment
- Between practice cleaning
 - Each practice will be controlled in its entirety by support staff and coaches.
 - Cleaning logs will be kept by gym monitor
 - All equipment and balls will be sprayed with disinfectant between practices and let to dry
 - Floors will be mopped between each practice
 - New equipment will be used for each practice

COACHES

- Coach temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- Sign in and out for contact tracing
- Assist with control measures and entry limitations set

PARENTS/SPECTATORS

- Parent/Spectator temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- No/Limited spectators depending on the number of players in the gym
- Sign in and out for contact tracing

ATHLETES

- Player temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- Sign in and out for contact tracing
- Limited bathroom breaks
- Must bring own water
- Assigned equipment and water break area for each player
- All players must secure all gear and leave gym immediately after their practice
- Come dressed ready to play
- Sanitize on and off court

What are the guidelines if someone has COVID-19 from your club?

- Players and coaches must stay out of the gym for 14 days.
- All equipment must be cleaned and gym vacated for 24 hours.
- All people who came in contact with that person must be notified via text msg. No names will be shared.

STEPS OF EACH GROUP – ARRIVAL/DEPARTURE STEPS

All personnel:

GYM	PARK
<ul style="list-style-type: none"> • Use restroom before arriving-limit need during events • Wash hands/arms 20 secs before entering gym • Practice social distancing when in the building • Facemask required when not involved in practice • Everyone will have a non contact temp check. Temps of 100.4 or more will be refused entry. • Everyone will be logged for contact tracing to include time in/out, phone, & name • Everyone will be logged out upon departure 	<ul style="list-style-type: none"> • Use restroom before arriving-limit need during events • Wash hands/arms 20 secs before beginning play • Practice social distancing when in the park • All participants will have a non contact temp check. Temps of 100.4 or more will be refused play • All participants will be logged for contact tracing to include time in/out, phone, & name • Everyone will be logged out upon departure

Coaches - All personnel steps above plus:

GYM	PARK
<ul style="list-style-type: none"> • Bags and gear placed in assigned coaches area • Bring a personal towel to wipe off with when needed • Wear facemask when not coaching • Use hand sanitizer often – set the example and have players follow suit • Secure clean equipment for practice, limiting contact with other equipment • Collect/Clean equipment – players no longer put equipment away. Store equipment in appropriate areas for drying 	<ul style="list-style-type: none"> • Bags and gear placed in assigned coaches area • Bring a personal towel to wipe off with when needed • Use hand sanitizer often – set the example and have players follow suit • Secure clean equipment for practice, limiting contact with other equipment • Collect/Clean equipment – players no longer put equipment away. Store equipment in appropriate areas for drying

Players – All personnel steps above plus:

GYM	PARK
<ul style="list-style-type: none"> • Bags/gear in assigned player area in the gym • Bring personal towel to wipe off with during breaks • Wear facemask when not practicing • No physical contact (i.e. handshakes, hugs, high fives, etc) • Use hand sanitizer before entering and leaving the court to include water breaks • Limit bathroom breaks • Collect personal belongings quickly/depart facility in a timely manner to allow the next group to enter • Come dressed ready to play 	<ul style="list-style-type: none"> • Bags/gear in assigned player area by the court • Bring personal towel to wipe off with during breaks • Practice social distancing when in the park • No physical contact (i.e. handshakes, hugs, high fives, etc) • Use hand sanitizer before entering and leaving the court to include water breaks • Limit bathroom breaks • Collect personal belongings quickly/depart play area in a timely manner to allow the next group to start • Come dressed ready to play

Spectators – All personnel steps above plus:

GYM	PARK
<ul style="list-style-type: none"> • Sit in assigned areas of the stage ONLY! • Wear facemask at all times • Do not use the back door of the stage • Depart in a timely manner to allow the next group to enter 	<ul style="list-style-type: none"> • Sit in or by your cars to watch. Stay away from the playing area • Depart in a timely manner to allow the next group to begin

Assumption of the Risk and Waiver of Liability for Communicable Diseases including the Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. Communicable diseases and especially COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The health and well-being of our staff and athletes remains our top priority. In order to minimize the risk of COVID-19 and other communicable diseases entering our environment and spreading amongst our community, we will only allow staff assigned to work and athletes scheduled to participate to be on our gym floor. Parents wishing to remain on site can use outdoor common areas, the parking lot to wait for their athlete(s) or may enter the stage through a separate entrance and be seated in assigned areas. All non-athletes will need to wear a mask when inside of the building. Athletes waiting to attend a session will need to wait outside while maintaining social distance from others.

Furthermore, all participants in sponsored activities at Surge Volleyball Club must agree to and abide by the following:

- All players, coaches, spectators and parents must submit to a temperature check prior to entering the gym area.
- Anyone showing symptoms of COVID-19 should stay home.
- All players, coaches, spectators and parents must adhere to new strict sanitizing protocols as outlined in attached Surge COVID-19 Handbook
- All guidelines may change without notice and will be posted and distributed immediately.

Surge Volleyball and the Fleetwood Borough ("the Club") has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending 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 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 employees, volunteers, and program participants 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 to all guidelines set forth and stated here by the Club and that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, officers, agents, and representatives, whether a COVID-19 infection or other infectious disease occurs before, during, or after participation in any Club program.

Participant's Name(s): _____ Team(s): _____

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

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

Signature(s) of Parent/Legal Guardian: _____ Date: _____



BOROUGH OF FLEETWOOD - RELEASE AND WAIVER OF LIABILITY

I/we, the Undersigned, desire to participate in, or desire that my/our minor child/children, _____
_____ (name of child / children), participate in, the activities listed below (collectively, the "Activities"), which Activities may involve the use of certain fields and facilities and apparatus (collectively, the "Facilities") owned, leased or utilized by the **BOROUGH OF FLEETWOOD, BERKS COUNTY, PENNSYLVANIA** (the "Borough") for recreational or other purposes. I acknowledge, understand and agree that:

(1) I/we are the legal parent(s) and/or legal custodian(s) of the minor child/children listed above and have full power and authority to execute this Release and Waiver of Liability on behalf of such minor child/children.

(2) The Activities may involve certain risks that may result in bodily injury, emotional injury, personal injury, accident, injury, illness, death, property damage and/or loss.

(3) I/we, in my/our own right and/or on behalf of my/our minor child/children listed above, and our heirs, representatives, agents and assigns (collectively, the "Releasors"), in consideration for participation in the Activities, or any of them, and the Facilities, or any of them, hereby jointly and severally **RELEASE, INDEMNIFY, SAVE, HOLD HARMLESS, WAIVE, FOREVER DISCHARGE** and **DEFEND** the Borough, its Council, its Mayor, officers, employees, committee/board members, licensees, contractors, agents, attorneys, engineers, representatives, related organizations and members, successors and assigns (collectively, the "Released Parties") against any and all damages, claims, liabilities, demands, actions, causes of action and suits of every kind and nature which the Releasors, or any of them, may have, or may in the future have, against the Released Parties for any bodily injury, emotional injury, personal injury, accident, injury, illness, death, property damage or loss resulting from any circumstances including but not limited to COVID-19, which the Releasors, or any of them, may sustain while participating in any of the Activities, or in any activities, programs and/or trips associated with the Activities, and/or use of the Facilities, including but not limited to any and all claims which arise on account of any first aid, treatment or service rendered in connection with the Activities and/or use of the Facilities or which result from negligence on the part of the Released Parties, or any of them.

(4) Except as otherwise agreed to by the Released Parties in writing, the Released Parties do not carry or maintain insurance coverage for the Releasors, or any of them. Each Releasor is expected and encouraged to obtain his or her own insurance coverages.

(5) To the extent that the Activities involve the use of private motor vehicles and/or the use of parking lots at the Facilities, the Released Parties shall bear no responsibility to the Releasors for the maintenance, operation, use, security or insurance of such vehicles or any accidents resulting from the use of such vehicles.

(6) This Release and Waiver of Liability is intended to be as broad and inclusive as permitted by the laws of the Commonwealth of Pennsylvania.

(7) This Release and Waiver of Liability shall be governed by and interpreted in accordance with the laws of the Commonwealth of Pennsylvania.

(8) In the event any clause, sentence or provision of this Release and Waiver of Liability shall be held to be invalid or unenforceable by any court of competent jurisdiction, the validity of such clause, sentence or provision shall not otherwise affect the remaining clauses, sentences and provisions of this Release and Waiver of Liability, which shall continue to be valid and enforceable.

LIST ACTIVITIES/FACILITIES: Volleyball training, practices, clinics, private lessons, tournaments, workouts and other activities related to the sport of volleyball and the physical activities associated with the sport.

IN WITNESS WHEREOF, AND INTENDING TO BE LEGALLY BOUND HEREBY, I/we have executed this Release and Waiver of Liability this _____ day of _____, 20_____.

CAUTION! READ THIS ENTIRE RELEASE AND WAIVER OF LIABILITY BEFORE SIGNING

(SEAL)

Witness Signature

Print Witness Name: _____

Parent/Guardian/Adult Signature

Print Name: _____

(SEAL)

Witness Signature

Print Witness Name: _____

Parent/Guardian/Adult Signature

Print Name: _____

* 2nd signature optional if more than two parties are sharing facility. Witness required for each