

Facility Safety Procedures for Old Dominion Region Tournaments

Version 2

December 16, 2020

Indicated below are safety procedures for conducting tournaments in the Old Dominion Region during the 2020 – 2021 season. If a tournament host is not willing to comply with all the procedures, they should not request to host tournaments. Since the Covid-19 Pandemic situation is fluid and constantly changing, we will update these procedures as the situation warrants based on advice and directives of the CDC, the American Academy of Pediatrics (AAP), USAV, the Commonwealth of Virginia, and the local area restrictions for the location hosting the tournament. The most current version of these safety procedures will be posted on the ODR Web Site Juniors' page. Check the date at the top of this document to determine if you have the most current version.

The following provisions are designed to offer the greatest degree of safety and to reduce the amount of potential exposure to the virus to a minimum. Many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies. **All USAV and Old Dominion Region sanctioned activities are required to adhere to the most stringent federal, state or local regulations for their respective geographic areas.**

1. REFERENCES. The following references have been used to develop the guidelines contained in this document. We recommend everyone check them for the most current updates.

- CDC
 - Things to Know About Covid-19
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>
 - Winter Guidelines
<https://www.realsimple.com/holidays-entertaining/holidays/cdc-safety-guidelines-winter-holiday-celebrations>
 - Protecting Yourself & Others
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - Masks
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
 - Facility Entrance Screening Form
<https://www.cdc.gov/screening/index.html>
- National Institutes of Health
 - Treatment Guidelines
www.covid19treatmentguidelines.nih.gov
<https://www.covid19treatmentguidelines.nih.gov/whats-new/>
- American Academy of Pediatrics
 - Wear Face Coverings During Most Sports
<https://www.aappublications.org/news/2020/12/04/sportsguidance120420>
- USAV Return to Play Guidelines. Go to the web site & download their pdf document.
 - www.covid19treatmentguidelines.nih.gov
- Commonwealth of Virginia
 - New Mitigation Measures
<https://www.governor.virginia.gov/newsroom/all-releases/2020/december/headline-886185-en.html>
 - Virginia Data and Resources
<https://www.vdh.virginia.gov/coronavirus/>

2. TEMPERATURE CHECK. All individuals entering the facility shall be temperature checked by the tournament host at the entrance to the facility before entering.

- If anyone on a team has a temperature of 100.4 or higher, the entire team will not be allowed to participate in the tournament.
- The temperature check device(s) shall be sanitized by the tournament host at the beginning of the day and between users.

3. ROSTER CHECK ENTRANCE CONTROL. The tournament director (or designated staff member) shall check the team roster against the team members entering to ensure the roster is accurate and that only rostered individuals enter with the team.

- The tournament director may assign specific check in times to teams to facilitate entrance of the teams and to preclude creation of large groups.
- Each team shall provide host management two copies of their team roster. Corrections to the roster shall be made by entering the correct information.
- If a team member will be absent, they should be scratched through on the roster.
- Team members are encouraged to remain at the facility for the entire day and discouraged from leaving and returning to the facility during the day.
- By rule, teams are allowed rosters of 15 players and five coaches. Because of space limitations in most facilities, the number of team personnel allowed to enter may be reduced in the future.
- One copy of each team roster shall be kept by the tournament host or tournament director should contact tracing be required at some future date. The other copy of the team roster shall be sent to the ODR along with the scoresheets from the tournament.
- Each individual entering the facility is required to complete the CDC's Facilities Covid-19 Screening Form. This can be accomplished by scanning the CDC QR code located at the end of this document using a QR code reader on their phone or other mobile device. After answering the questions, the form will display their approval to enter facilities for that day. As an alternative, individuals can print the approval form from the link to the CDC noted in paragraph 1 above if they wish to present that instead.

4. COVID-19 WAIVER. Each individual who enters the facility must sign and turn in the ODR Covid-19 Waiver Form before they will be allowed to enter the facility.

- If an individual refuses to turn in their signed waiver, they will not be allowed to enter the facility.
- The team representative (normally the team head coach) will present the team's individually signed waivers along with two copies of the team roster when the team enters the facility.
- Individuals who are not part of a team (referees, tournament staff, etc.) will individually present their signed waiver when they enter the facility.
- The waiver is provided on the last page of this document.

5. SIGNAGE. The tournament host shall ensure sufficient signage is placed at appropriate locations in the facility. The following signage will be displayed as a minimum.

- Covid-19 Information should be placed at the entrance to the facility and near each hand sanitizing station.
- The Juniors' Code of Conduct should be posted at the entrance to the facility and at the entrance to the gym or court.
- If spectators are allowed in the future, the Spectators Code of Conduct shall be displayed.
- The Basic Proactive Precautions sheet included at the end of this document should be placed at the entrance to the facility.
- The tournament host shall display the CDC's Facilities Covid-19 Screening QR Code on a large sign or on one or more printed pages to facilitate entrance into the facility as detailed in paragraph 3 above.

6. PARENTS & FANS ENTRY. Only rostered team personnel, tournament host staff, and assigned supervising referees shall be allowed to enter the facility.

- Unfortunately, that means parents and fans will not be able to watch the tournament from inside the facility.
- If parents want to set up video equipment to record the match, someone on the roster will have to set up and operate the video equipment.
- This limitation will be reviewed and updated based on restriction updates from USAV and the Governor of the Commonwealth of Virginia.
- If a facility has permanent seating that the Tournament Director feels might be able to be used while complying with current social distancing guidelines, the Tournament Director may submit a special request for use of such seating for fans to the Old Dominion Region Facilities Coordinator (officials@odrvb.org).

7. MEDICAL. The tournament host shall have a list at the tournament desk listing near-by medical facilities (urgent cares, emergency rooms, ambulance services, hospitals) (names, address, contact numbers) that could be used in case of emergency or as needed.

8. TEAM CAMPING AREAS. The tournament host will ensure there are areas available for teams to use as camping (gathering) areas.

- There should be an individual camping area identified for each team so that there is sufficient social distancing between areas (teams).
- Each area should be large enough so that a team can employ social distancing from each other member of the team.

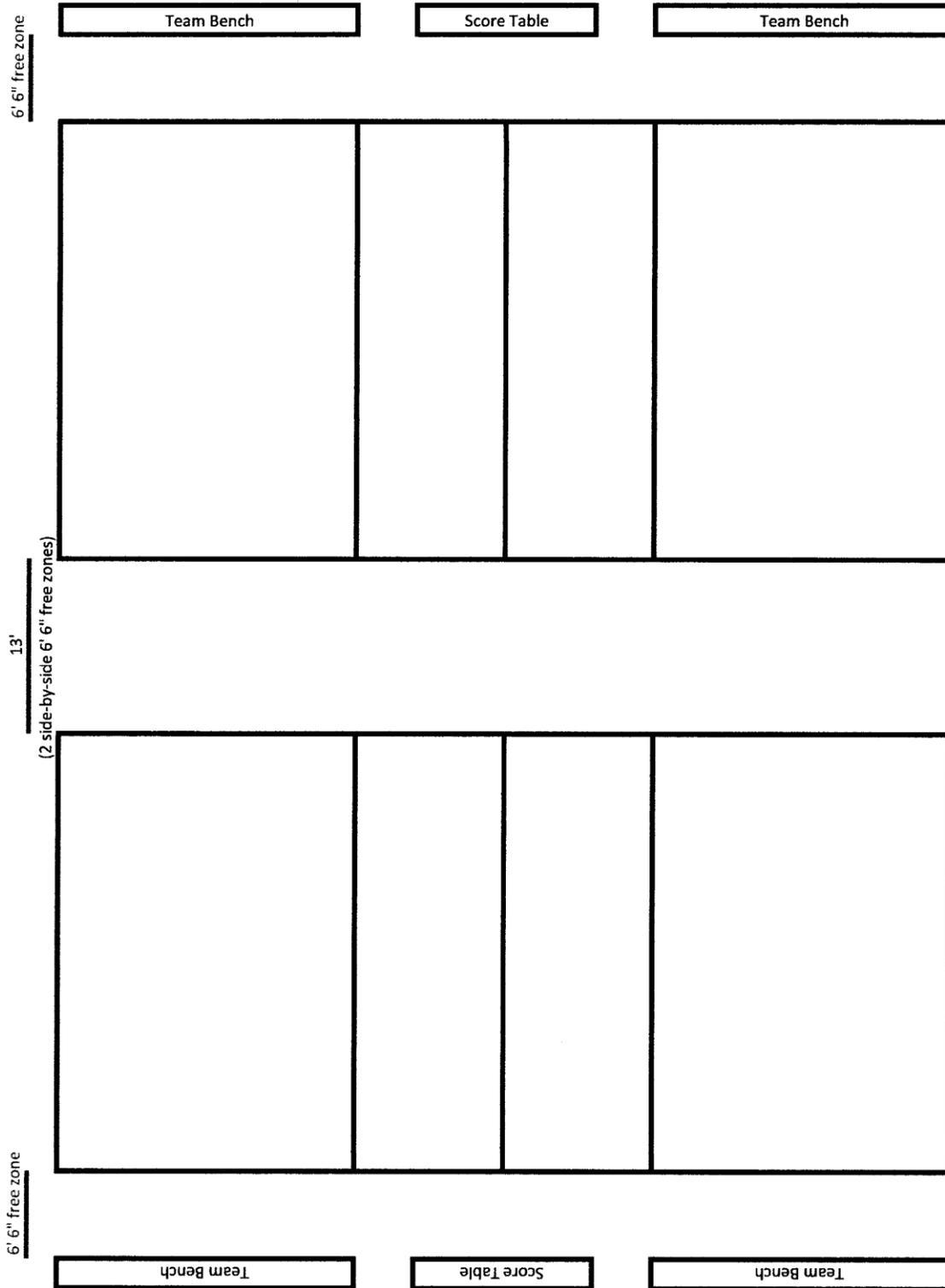
9. MASKS ARE REQUIRED TO BE WORN. The Governor of the Commonwealth of Virginia has mandated that masks be worn in public.

- Everyone in the building shall wear a cloth protective mask at all times, including the six players on the court from each team.
- Individuals may not wear plastic face shields or cloth scarfs or bandannas in lieu of cloth protective masks.
- An individual may wear a plastic face shield in addition to a cloth mask except when on the court playing.
- Cloth masks shall be worn as designed, completely covering both the mouth and the nose and secured under the chin.
- Assigned supervising referees and team coaches will be the first line of defense to ensure all personnel comply with the mask procedures and will immediately report violations to the tournament director or staff.
- If an individual refuses to comply with the mask procedures, the tournament director shall remove them from the facility.
- If the individual refuses to depart the facility, the team the individual is associated with shall be immediately removed from the tournament and the facility. That team shall not be allowed to participate in any further Old Dominion Region tournaments until they have petitioned the ODR Board of Directors for reinstatement in writing indicating the corrective actions they have taken to preclude future incidents.

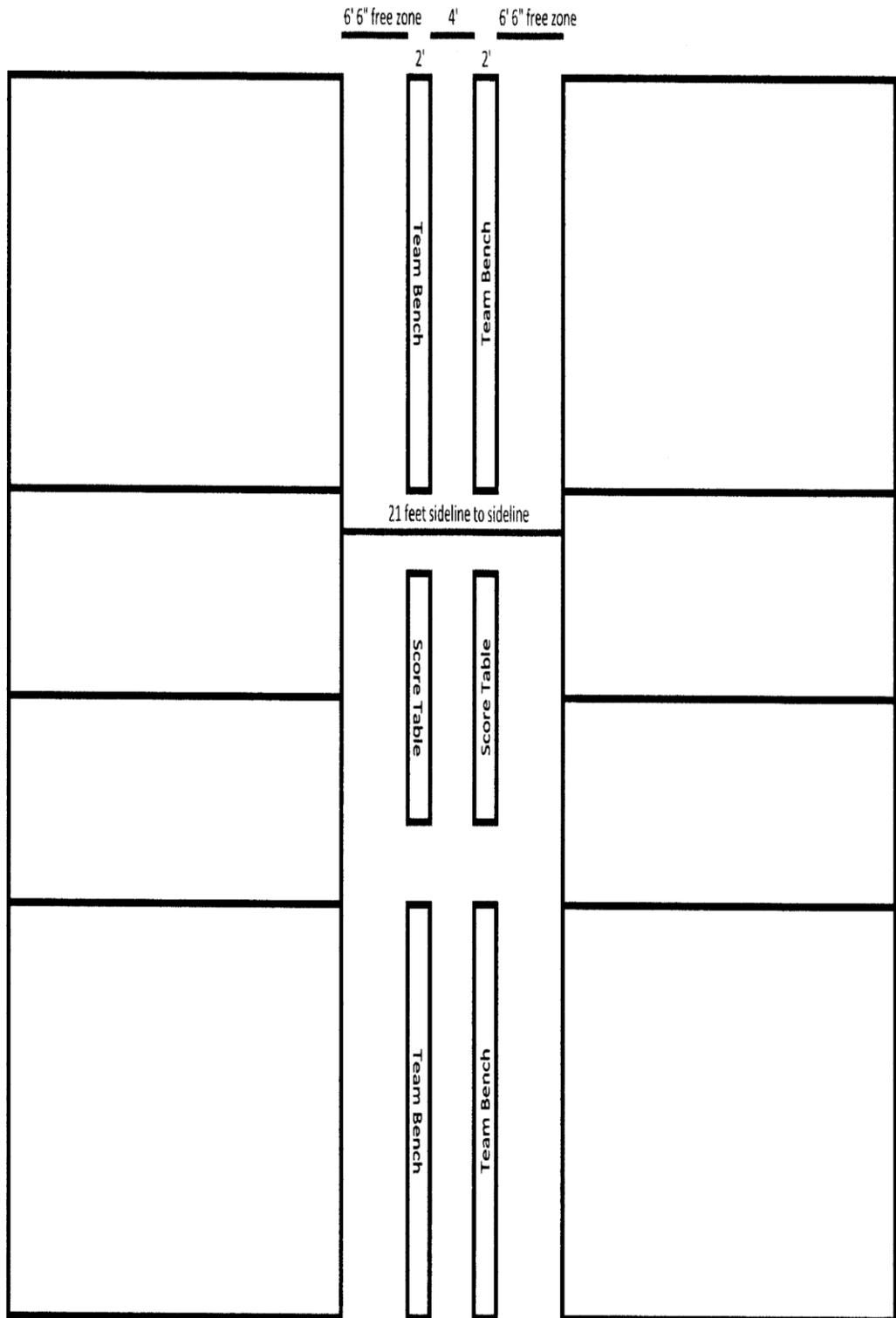
10. MULTIPLE COURTS. If multiple courts are used, the following requirements exist.

- Use of immediately adjacent courts (side by side) should be avoided if possible.
- General guidelines for court placement are shown on the following diagrams.

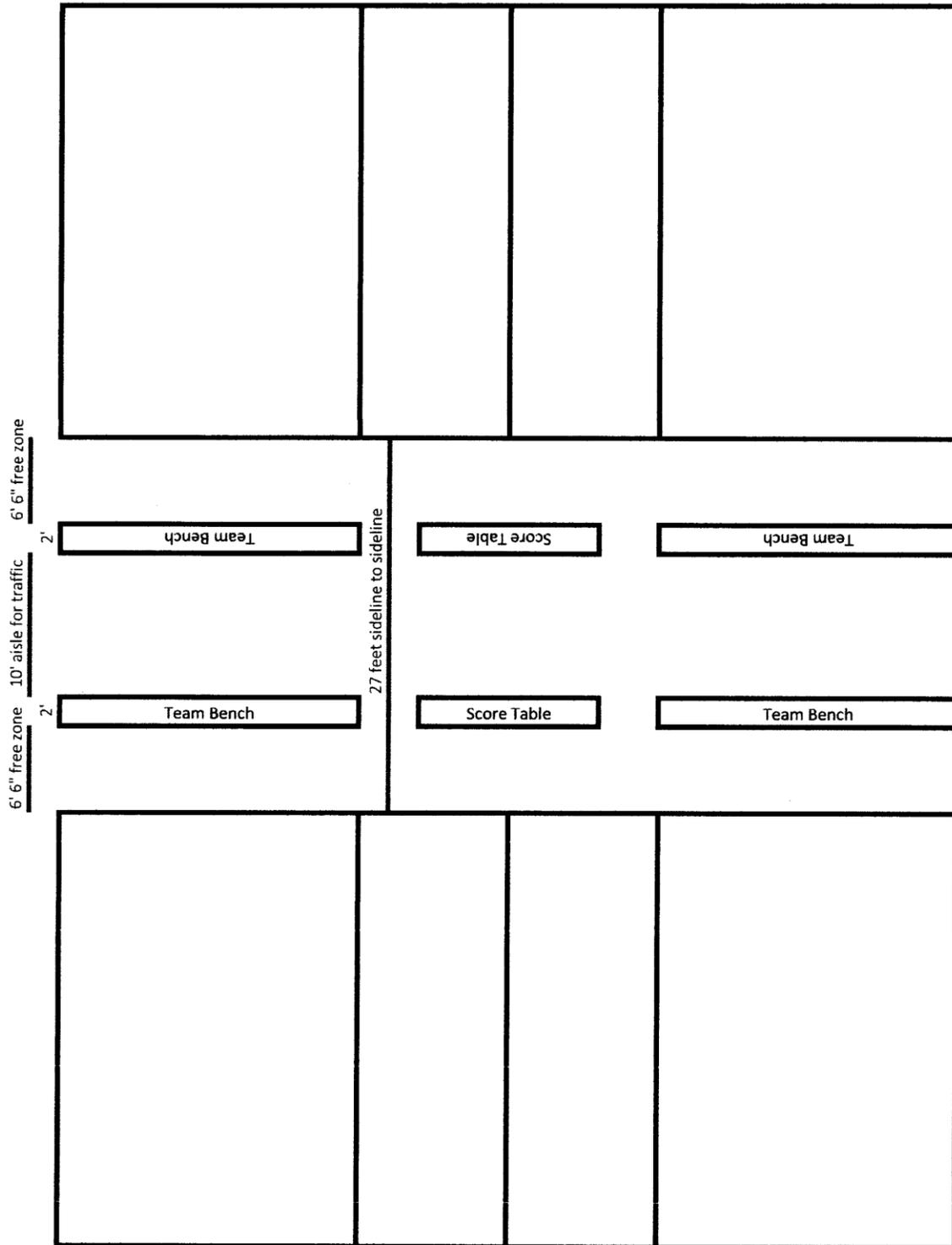
- This diagram shows an example of two courts located side by side with team benches on the outside of the courts and a free zone between the courts.



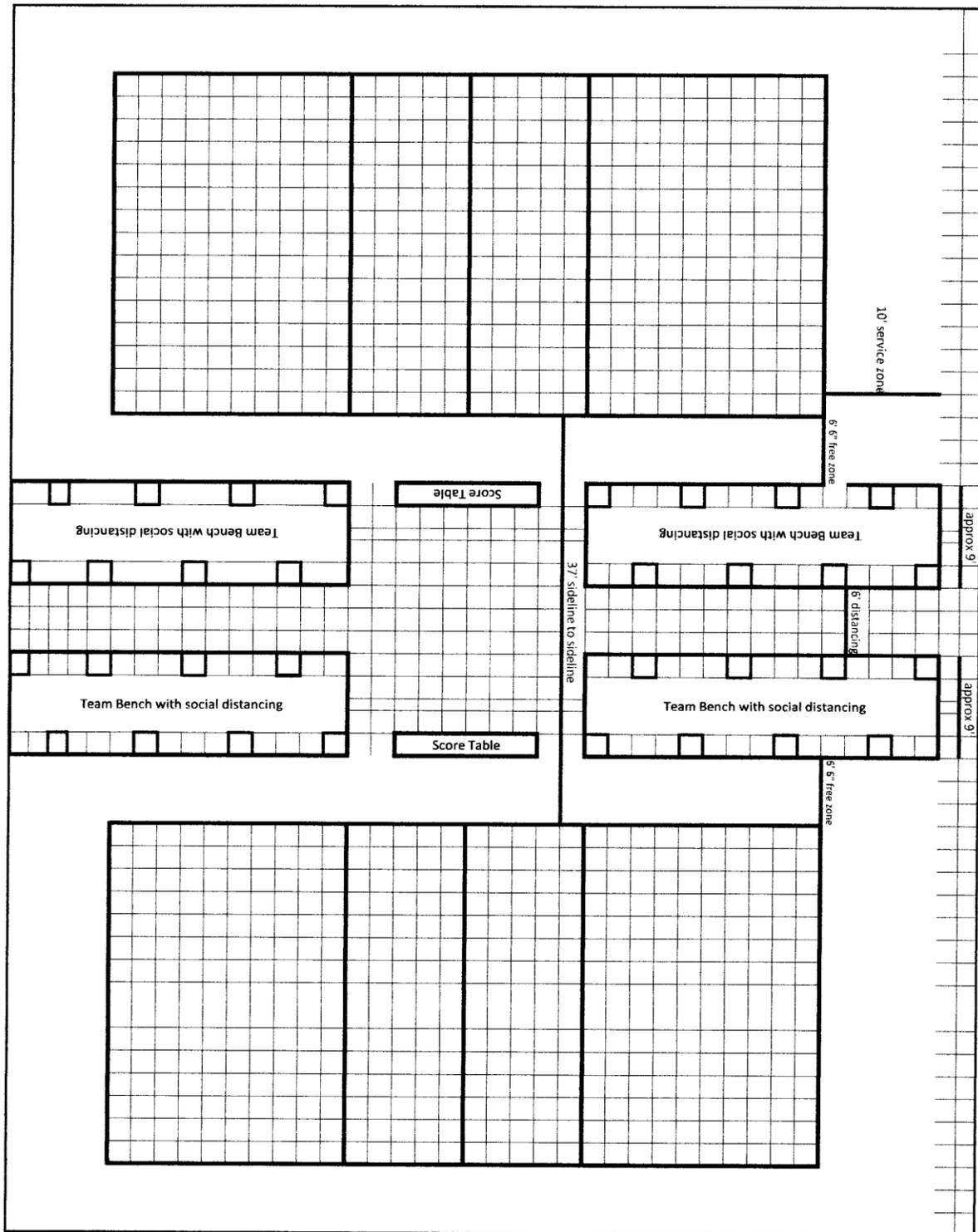
- This diagram shows an example of two courts located side by side with benches back to back and no aisle between the courts.



- This diagram shows an example of two courts located side by side with benches back to back and a required aisle of 10 feet to allow movement between the courts.



- This diagram shows an example of two courts located side by side with benches back to back and with sufficient space to have adequate social distancing for chairs in team bench area.



11. SCORING TABLE. Each court shall have a 10' to 12' or longer table for use as the scoring table.

- The scorer shall sit in the middle of the table with the Libero Tracker at one end and the visual scoring device operator (flipper) at the other end.
- The work team shall sanitize the scoring table and chairs at the end of the match they are the work team for using sanitizing spray provided by the tournament host.
- The departing work team shall also sanitize the referee stand at the end of each match.

12. VISUAL SCORING DEVICE. It is preferred that electronic scoreboards (portable or permanent) be used instead of flip charts to facilitate the ease of sanitizing at the end of each match.

- Tablets, iPads, and phones shall not be used as visual scoring devices.

13. TEAM BENCHES. Team benches or chairs should be eliminated and not used unless they are part of a bleacher system located near the court (within 8 feet).

- One to three chairs may be placed in the normal team bench area 6' apart for use by coaches. If present, they must be sanitized at the end of each match by the using team. Remember that only the head coach and one assistant coach may stand to coach during the match.
- The tournament host should use acceptable floor tape or another reasonable alternative (rubber dots or squares, etc.) to clearly indicate the team bench area or areas in which the replacement players can stand.

14. HAND SANITIZING STATIONS. The tournament host shall ensure sufficient hand sanitizing stations are set up in the facility.

- As a minimum, there shall be a hand sanitizing station (or two) set up at the entrance to the facility and one on the scoring table of each court.

15. SANITIZING FACILITY. The facility should be sanitized each night if a tournament is held on more than one day.

16. SANITIZING EQUIPMENT. The tournament host shall sanitize all equipment (volleyballs, electronic scoreboards, flip charts, etc.) prior to the start of the tournament.

- The tournament host shall provide sanitizing spray as appropriate so the departing work team can sanitize each piece of equipment at the end of each match.

17. PAPERWORK. The tournament host shall ensure that a folder containing the pool sheet for the court for the tournament, plus a sufficient number of Scoresheets, Line-up Sheets, and Libero Control Sheets is placed on the score table of each court.

18. NO FACILITY WATER STATIONS.

- The tournament host shall ensure facility water fountains and stations are covered or removed and shall notify all participants that they are to bring their own water.
- Contactless water bottle filling stations may be used but must be sanitized periodically during the day by Host management.

19. AWARD CEREMONIES. Award ceremonies shall not be held.

20. CLEAN TEAM BENCH AREAS AT END OF EACH MATCH. Each team is responsible for removing all empty water bottles and other trash from the team bench area they occupy in each match before they depart the court.

21. CHANGE OF COURTS PROTOCOL. There will be no change of courts during a match to include between sets or during deciding sets.

22. HANDSHAKES, HIGH FIVES, FIST BUMPS, AND HUDDLES. This is a restatement of the policy implemented in March 2020.

- All pre-match, post-match, and during match handshakes, fist bumps, high fives and direct physical contact between teams shall be eliminated. Team huddles on the court should be limited and shall be conducted quickly.
- At the Captains' meeting, the captains and referees will introduce themselves, but refrain from shaking hands, slapping palms, or doing a fist bump. They will use accepted social distancing and will avoid direct, physical contact.

23. STARTING AND ENDING MATCH PROTOCOL. This is a restatement of the policy implemented in March 2020.

- To start a match at the end of warm-ups, each team will go to the end line on their side of the court and the R1 will go to the stand.
- When the R1 blows the whistle directing the teams to take the court, the teams will wave to their opponents from the end line. Teams are to refrain from shaking hands, slapping palms, or bumping fists or elbows and must avoid any direct physical contact.
- The starting players shall go to their starting positions. The remaining players will go to their bench.
- At the end of the match, the players on the court will wave to the opposing team and then proceed to their bench to gather their belongings instead of passing each other at the net for the traditional end of match handshake. They are to refrain from shaking hands, slapping palms, or bumping fists or elbows and must avoid any direct physical contact with opponents and officiating personnel.

24. CDC QR CODE. To facilitate entrance, each person entering a tournament facility must answer several questions provided by the CDC which can be accomplished in two ways.

- On the day of the tournament, scan the attached CDC QR code with your phone or other mobile device and answer the questions.
- The form will then display your approval to enter facilities for that day.
- You can also print the approval form if you wish to present that instead.
- You will need a QR code reader on your mobile device.
 - For Android Devices:
 - Open the Google Play Store and search for "barcode scanner"
 - Find the App you want; install it; and then open it on your Android device
 - Hold QR code up to the box that appears in the middle of the screen and answer the questions
 - For Apple or IOS Devices:
 - Open the Apple Store and search for "QR Reader"
 - Find the QR Reader App; install it; and then open it on your device
 - Hold the QR code up to the box that appears in the middle of the screen and answer the questions.



25. ODR COVID-19 WAIVER

Old Dominion Region Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. The state of medical knowledge is evolving, but the virus spreads through the air and from person-to-person contact and is believed to spread by contact with contaminated surfaces and objects. People can be infected and show no symptoms and therefore spread the disease. The exact methods of spread and contraction are unknown, and there is no universal treatment or cure. Vaccines for COVID-19 have been created and are being distributed. Evidence has shown that COVID-19 can cause serious and potentially life threatening illness and even death. The Old Dominion Region of USA Volleyball (ODR) cannot prevent you from becoming exposed to, contracting, or spreading COVID-19 while using ODR's services or enter any playing sites within the ODR. It is not possible to prevent against the presence of the disease. Therefore, if you choose to use ODR's services and/or enter any playing site you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

ASSUMPTION OF RISK: I have read and understand the above warning concerning COVID-19. I hereby choose to accept the risk of contracting COVID-19 for myself and/or my children in order to use ODR's services and enter playing sites.

WAIVER OF LAWSUIT/LIABILITY: I hereby forever release and waive my right to bring suit against the Old Dominion Region and its officers, directors, officials, playing sites, tournament hosts or other representatives in connection with exposure, infection, and/or spread of COVID-19 related to using ODR's services and playing sites. I understand that this waiver means I give up my right to bring any claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claim I may have to seek damages, whether known or unknown, foreseen or unforeseen.

CHOICE OF LAW: I understand and agree that the laws of the Commonwealth of Virginia will apply to this waiver of liability.

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE, AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIABILITY AS DESCRIBED ABOVE:

Signature: _____ Date: _____ Name: _____
(Printed Name)

The following section must be completed if the individual signing above is a minor.

I am the parent or legal guardian of the minor named above. I have the legal right to consent to and, by signing below, I hereby do consent to the terms and conditions of this Release.

Signature: _____ Date: _____ Name: _____
(Printed Name)

BASIC PROACTIVE PRECAUTIONS TO TAKE

- Most importantly, **if you have a respiratory illness or fever, please stay home.**
- Wear a mask or other facial covering that completely covers your mouth and nose.
- Avoid contact with sick people (if you're sick, limit contact with others).
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your nose and mouth with something disposable (like a tissue) when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean frequently touched items (cell phones, airplane seating area -tray table, screens, windows, arm rests, air vents, etc.).
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
 - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Bring extra hand sanitizer with you to all events.