

UNITED STATES YOUTH



VOLLEYBALL LEAGUE

## USYVL Return To Play Guidelines 2020

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# Overview

- USYVL has adopted Return to Play Guidelines from several sources for participants, Site Directors, Clinicians, volunteers, coaches, parents, facility operators, family, friends and spectators to provide guidance as volleyball activities begin to reopen across the US.
- Many of these recommendations are based on current guidelines set forth by the CDC (Centers for Disease Control and Prevention) and other federal government agencies.
- Information regarding Covid-19 is constantly changing and regulations vary based on geographic area, therefore each program should adhere to their state and local guidelines.
- Until a vaccine is developed, a cure is found or Covid-19 is eradicated, there is no way of eliminating the risk of infection.
- The information in this document should not be used as a substitute for professional medical advice, diagnosis, or treatment, nor does USYVL assume any liability or responsibility for the recommendations provided herein.
- The purpose of these guidelines is to create a thorough return to play plan for USYVL that is compliant with CDC, federal, state and local regulations.

# Guidelines for Individuals Before Activities

- Be free of symptoms at least 14 days before any activity.
- If you are sick or do not feel well, stay at home.
- Always be aware and disclose any contact with infected individuals.
- Your hands should be washed and sanitized often.
- Refrain from touching your face, eyes or mouth with unclean hands.
- Regularly practice social distancing.
- To reduce exposure to airborne particles wear a face mask.
- If you cough or sneeze, cover your mouth and nose with tissue or elbow.
- Maintain a daily list of people you have been in contact with.

# Guidelines for Individuals During Activities

- Do not attend any activities if having any Covid-19 symptoms.
- Follow all venue regulations.
- Always bring hand sanitizer and sanitizing wipes.
- Your hands should be washed and sanitized often.
- Refrain from touching your face, eyes or mouth with unclean hands.
- No contact, high fives or huddles with other participants or attendees.
- Regularly practice social distancing.
- To reduce exposure to airborne particles wear a face mask.
- If you cough or sneeze, cover your mouth and nose with tissue or elbow.
- Dispose of personal used drinking cups, bottles and utensils.
- Maintain a daily list of people you have been in contact with.

# Guidelines for Individuals After Activities

- Your hands should be washed and sanitized often.
- Refrain from touching your face, eyes or mouth with unclean hands.
- After every activity monitor your health and report any symptoms.
- Regularly practice social distancing.
- To reduce exposure to airborne particles wear a face mask.
- If you cough or sneeze, cover your mouth and nose with tissue or elbow.
- Any equipment, uniform or apparel used during activity should be washed and sanitized.

# Guidelines for Facilities Before Activities

- The venue and equipment, including volleyballs, should be disinfected.
- Confirm venue staff, league staff and participants are symptom free before participation.
- Washing or sanitizing stations should be provided.
- Water fountains should be off limits for use.
- Regularly practice social distancing.
- Display signage outlining Covid-19 policies.

# Guidelines for Facilities During Activities

- Continue to disinfect the venue and equipment, including volleyballs.
- Regulate social distancing requirements.
- Sanitize commonly touched surfaces during activity.
- Anyone that may exhibit any Covid-19 symptoms needs to be removed from activity.
- Follow guidelines for number of people allowed in activity.
- Activities should follow social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- If a whistle is used, only hand whistles.

# Guidelines for Facilities After Activities

- The venue and equipment, including volleyballs, should be disinfected.
- Any uniform or apparel should be washed and sanitized after activity.



# Guidelines for Competition Before Activities

- An event management team should be designated and include a licensed Medical Director. They will have the ability to modify, restrict, postpone or cancel based on risk factors. The Medical Director will make any decisions on players ability to return to play.
- Event should have a medical plan.  
Local health resources should be identified and notified of competition.  
Local health resources information should be distributed to attendees.
- Covid-19 signage should be displayed throughout facility.
- Facility should have clear entrance and exit instructions (indoor facilities).
- Clearly identify a first aid area.
- Limit number of exhibitors and vendors.
- Have a communication system ready in facility for emergencies and contact tracing is needed.
- Washing or sanitizing stations should be provided.
- Provide sanitizers for scoreboards (indoor facilities).
- Water fountains should be off limits for use.
- Courts should be 25 feet apart and adjacent courts should not be used at the same time.

# Guidelines for Competition During Activities

- Volleyballs should be disinfected between matches.
- Schedule matches to give participants time to enter and exit avoiding crowds (indoor facilities).
- To reduce exposure to airborne particles wear a face mask.
- Activities should follow social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- If a whistle is used, only hand whistles.
- Switching sides is not necessary, unless there is a clear disadvantage, then teams will switch sides following social distancing requirements.

# Guidelines for Competition After Activities

- The venue and equipment, including volleyballs, should be disinfected.
- Any uniform or apparel should be washed and sanitized after activity.

# 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, United States Youth Volleyball League (USYVL), and their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. USYVL makes no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.

By attending any USYVL gathering, you and any guests voluntarily assume all risks related to exposure to COVID-19 and agree not to hold USYVL or any of their directors, officers, employees, volunteers and agents liable for any illness or injury.

Each individual is responsible for making their own judgment as to the degree of risk of contracting Covid-19.

# Resources

- Consideration for Youth Sports by Centers for Disease Control and Prevention (CDC)  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Visiting Parks and Recreation Facilities by Centers for Disease Control and Prevention (CDC)  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>
- Cleaning and Disinfecting Your Facility by Centers for Disease Control and Prevention (CDC)  
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>