

NORTHEAST VOLLEYBALL CLUB

#ReturnToPlay Guidelines

Connecticut Phase II Overview

[From CT Phase II Guidelines for our sector going into effect June 17, 2020] As sports and facilities reopen, the most important consideration will be the health and safety of athletes, coaches, employees, and customers. Businesses must exercise caution throughout the reopening, ensuring strict adherence to the protocols.

While these rules provide a way for sports clubs and facilities, to reopen in as safe a manner as possible, risks to athletes, coaches, and employees cannot be fully mitigated. Athletes, coaches, employees, and customers who choose to visit/partake in these activities during this time should be fully aware of potential risks. Individuals over the age of 65 or with other health conditions should not visit/partake in gyms, sports clubs and facilities, and organized sports, but instead continue to stay home and stay safe.

Businesses and leagues should take these rules as the minimum baseline of precautions needed to protect public health in Connecticut. Individual businesses and leagues should take additional measures as recommended by industry guidelines or by common sense applied to their particular situation.

NEVBC #ReturnToPlay Philosophy

Simple & Clear.

All of our guidelines and protocols are simple and clearly communicated.

Transparency.

We will continue to be transparent about what we are doing to prevent transmission and ensure the safety of our athletes and staff. We will also be transparent about the inherent risks of playing volleyball.

Be Careful.

All of our actions in the gym will be careful and mindful, and we will ask our athletes and families to give the same effort.

Be Free. (while playing only!)

We feel strongly that there is no purpose to return to play if our athletes and coaches are concerned with the transmission of COVID while the ball is in the air. We will have clear protocols and guidelines before and after play and in between points, but anyone who returns to play volleyball will have to *accept the inherent risks* of contact and close proximity while the ball is in play.

NORTHEAST VOLLEYBALL CLUB

Safety Guidelines

Athletes & Parents

- Must be symptom-free for 14 days before entering the gym
- Must not have had contact with someone who is believed or confirmed to be infected with COVID-19
- Those in high-risk groups (comorbidities) or over 65 years old should continue to stay safe and stay home
- Highly recommended that parents drop off and pick up athletes only and do not stay in the gym.
- Keep a list of people you've been in contact with daily for contact tracing
- Bring your own hand sanitizer and disinfecting wipes
- Bring A LOT of water (water fountains in the gym are shut off)
- Wash hands BEFORE entering the gym and AFTER leaving the gym for at least 20 seconds
- Athletes must arrive no earlier than 15 minutes before your session and MUST SIGN IN for attendance
- Wear a face-covering upon entering and exiting
- Refrain from touching eyes/nose/mouth
- Athletes will NOT be required to wear face masks during play, but must wear a face mask at all other times before and after sessions
- No high fives, huddles or other physical contacts (except incidental)
- Wash and sanitize all your clothes and gear between sessions
- Athletes must leave the gym within 5 minutes of their end time
- **ENTRANCE & EXIT: must go in the main door before programs, one at a time (follow signs!), and must leave out the back double doors and through the weight room hallway after programs.**

NOTE: All athletes are required to have an updated NEVBC waiver on file before attending any program.

Coaches

- Must be symptom-free for 14 days before entering the gym
- Must not have had contact with someone who is believed or confirmed to be infected with COVID-19
- Those in high-risk groups (comorbidities) or over 65 years old should continue to stay safe and stay home
- Keep a list of people you've been in contact with daily for contact tracing
- Assess any physical symptoms and sign-in the staff log daily
- Wash hands BEFORE entering the gym and AFTER leaving the gym for at least 20 seconds
- Wear a face covering upon entering and exiting
- Refrain from touching eyes/nose/mouth
- Coaches will be required to wear a mask anytime they are giving instruction between plays and cannot consistently maintain social distancing
- **ENTRANCE & EXIT: Coaches must go in the main door before programs, one at a time (follow signs!), and must leave out the back double doors and through the weight room hallway after programs.**

NORTHEAST VOLLEYBALL CLUB

Facility Guidelines

Northeast Volleyball Club / [Four Seasons Racquet Club](#)

- *NOTE: All athletes will be required to have a waiver on file before attending any program.*
- Must be symptom-free for 14 days before entering the facility
- All water fountains and the filtered water machine are shut off
- Plexiglass shields have been installed at the indoor lobby desk
- The kitchen and lobby are closed - no hanging out in the lobby
- Doors to tennis and volleyball courts have been removed to minimize touchpoints
- CDC recommendations and guidelines are posted throughout
- Hand sanitizer and disinfecting wipes have been added throughout the facility
- Locker rooms are for bathroom use only
- Emergency preparedness plan for COVID-19 symptoms (high fever, coughing, flu-like symptoms)
- Emergency preparedness plan for someone who has confirmed infection who was in the gym

How We are Maintaining Safety

- Volleyballs will be sanitized and allowed to dry for 10-15 minutes between sessions
- Coaches and athletes must wash hands for 20 seconds before and after sessions
- Athletes must arrive **no earlier than 15 min** and **MUST SIGN IN** for attendance. Athletes must also leave the gym within 5 minutes after the program ends
- Players and coaches must wear face masks when entering and exiting
- Coaches will use electronic whistles only (no mouth whistles)
- No high fives, huddles, or contact at team meetings and celebrations
- Social distancing will be enforced when possible
- Players will be kept spread out on two sides of the court when possible

Resources

[Four Seasons Racquet Club Facility Guidelines](#)

[USA Volleyball Return To Play Protocols](#)

[CDC Youth Sports Return To Play Protocols](#)