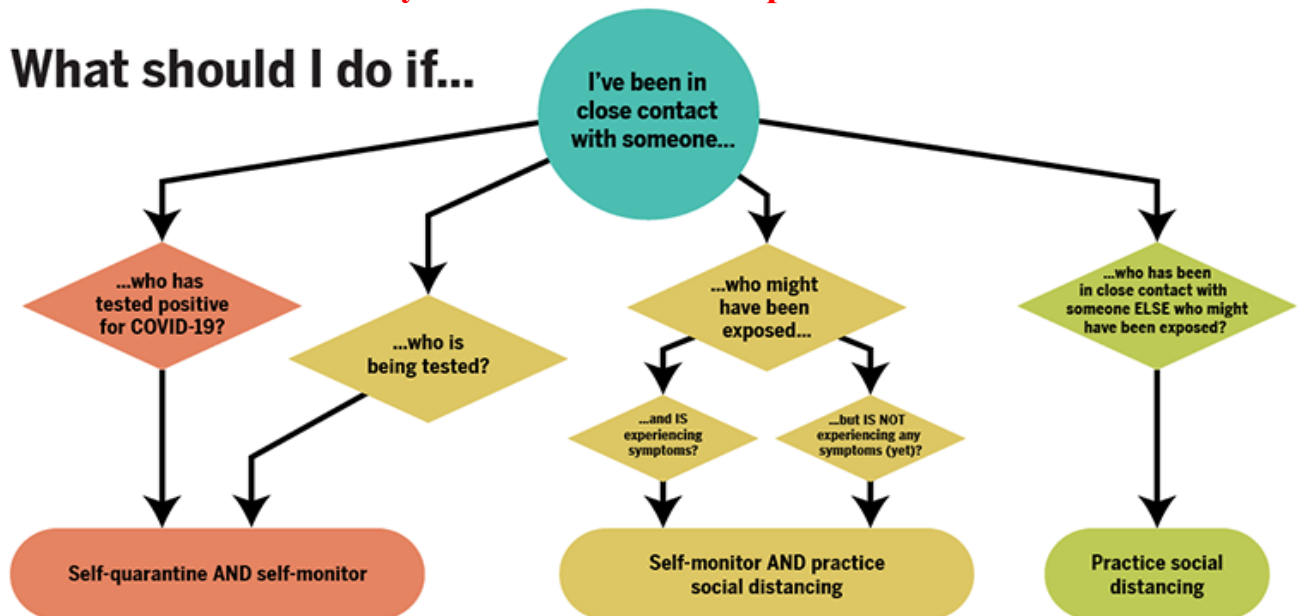




## COVID-19 GUIDELINES AND PROTOCOLS

### Sickness

- **Anyone who feels sick must stay home and not attend practice or tournaments.**



### Quarantine & Isolation

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
  - People who have been in **close contact** with someone who has tested positive for COVID-19.
    - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24 hour \*starting 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
    - You provided care at home to someone who is sick with COVID-19
    - You had direct physical contact with the person (hugged or kissed them)
    - You shared eating or drinking utensils
    - They sneezed, coughed, or somehow got respiratory droplets on you
  - Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19

- Date of last close contact with person who has COVID-19 + 14 days, but may end quarantine if:

- *No symptoms have been reported during monitoring after **Day 10** without testing OR*
- *A diagnostic specimen tests negative and if no symptoms were reported during daily monitoring **Quarantine can end after Day 7. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7 and should continue to monitor for symptoms for 14 days.***

- **Isolation** keeps someone who is infected with the virus away from others, even in their home.
  - People who have [symptoms of COVID-19](#) and are able to recover at home
  - People who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2

- If you think or know you have COVID-19 *and have symptoms* you can be with others after:

- *At least 10 days since symptoms first appeared and*
- *At least 24 hours with no fever without fever-reducing medication and*
- *Other symptoms of COVID-19 are improving\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

-If you have Tested Positive for COVID-19 but *have no symptom* you can be with others after:

- *10 days have passed since the date you had your positive test*
- A negative test is **not** required to leave isolation, refer to your healthcare professional for further testing recommendations.

### **Face Masks / Gaiters**

- All coaches, spectators, and staff will wear face masks or gaiters at all times at LAV practices or Tournaments.
- Face masks or gaiters will be worn by players at all times with the exception of when a player is active in practice, during warm-ups or playing in a match.
- Players and Coaches must wear face masks or gaiters while on the bench and during timeouts and team huddles.

### **Social Distancing**

- Social distancing of a minimum of six (6) feet must take place whenever possible.
- When teaching skills and conducting drill work, coaches must social distance athletes when possible.
- Social distancing must be maintained on the sideline / bench area during practice and contests

### **Pre-Practice / Pre-Contest Screening and Protocol**

- All athletes, coaches, staff, and spectators must wear masks or gaiters at practice and contests with the exception of an athlete or official engaged in the activity.
- All athletes, coaches, and staff must be screened for signs / symptoms of COVID-19 prior to each practice or contest.
- Practice: Responses to screening questions must be recorded on the COVID-19 Monitoring Form kept by Coaches (Google Form).
- Any person with positive symptoms reported must not be allowed to take part in practice or contests and should contact her primary care provider or appropriate health-care professional.
- **Any person who has had fever or COVID symptoms in the previous 72 hours must not be allowed to participate in practice or contests.**
- Temperatures will be taken for all athletes, coaches, and staff, before each practice before entering the gym.
- Thermometers will be provided to coaches by the LAV.
- Athletes, coaches, and staff with a temperature of 100.3 or below will proceed to the practice.

- Athletes, coaches, officials, staff, and with a temperature of 100.4 or above will not be allowed to enter the playing area and must leave. Parents of those athletes will be notified immediately and athletes will be sent home. It is imperative that current contact information for all parents is kept by the head coach.
- Practices will be scheduled with time in between to allow for cleaning as well as current teams' personnel to exit and teams' personnel for next practice slot. All cleaning will be done by LAV Staff and Coaches.

### **Parent/ Spectator**

- Attendance at Practices Parents and other guardians must either drop their children off at practice or remain in their cars during practice.

### **Drop Off / Pick Up Procedures**

- Drop offs and pick-ups for practices will be staggered in so that teams have less chance of interaction.
- Parents must be aware of social distancing when dropping off players for practices and contests
- Athletes must exit their cars with masks on.
- Masks should remain on until athletes enter the playing court for practice or competition.
- Athletes must have their temperature taken before their ride leaves the practice or game site.

### **Hydration**

- All athletes must bring their own water bottle.
- Water bottles should not be shared.
- Hydration stations (water fountains, water cows, etc.) must not be utilized.

### **Hand Sanitizing**

- All players and coaches should have personal hand sanitizer available at all practices and competitions. Hands must be cleaned frequently.

### **Equipment**

- There must be no sharing of personal equipment (i.e. towels, water bottles, etc.).
- Balls and other equipment must be wiped down frequently.
- Gym floors will be sanitized frequently by LAV staff and coaches.
- No personal volleyballs should be brought to practice or tournaments.

### **Team Interaction**

- Other than during competition, there must be no close interaction between opposing teams such as pregame or postgame handshakes, high-fives, or fist bumps.
- Teams should practice social distancing whenever possible

### **Lower Alabama Volleyball COVID-19 Release Form**

- All athletes and coaches must complete the required LAV COVID-19 release form. This form should be on file with LAV Administration before December 12, 2020.

### **Positive Test Notification Procedure**

- Any player who tests positive or has a person in their home who tests positive must contact Meredith Donald, LAV Co-Director. (see Contact Information Below)
- LAV Administration will notify the coaches and players of all teams that are impacted by a positive COVID-19 test.
- The LAV Administration will notify all parents associated with these teams as well.

### **Coaches' Training**

- Coaches will be trained on COVID-19 guidelines and protocol.

### **Center for Disease Control COVID-19 Guidelines**

- LAV will follow the CDC Covid-19 Guidelines
- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### **When to Quarantine?**

- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

## **LAV COVID-19 CONTACT PERSON**

**Meredith Donald, Co-Director**  
**Text: 251-295-8667**

### **When should we contact Meredith?**

1. Your daughter has Tested Positive for COVID-19.
2. Someone in your Household has Tested Positive for COVID-19.
3. Your daughter is being quarantined according to Your School COVID-19 Guidelines.
4. Your daughter has any of the following symptoms:
  - a. Loss of Taste and/or Smell
  - b. Fever over 100.4 F
  - c. New cough
  - d. Shortness of Breath or difficulty breathing