

Vienna Elite Volleyball Family COVID-19 Protocol

1. Purpose of Policy

Vienna Elite is creating as safe a volleyball playing plan as reasonably possible during this COVID-19 pandemic. Vienna Elite will follow all national, state and local guidelines regarding healthcare and medical practices. These practices are intended for, but not limited to, athletes, coaches, sports officials, fans, administrators, support staff, and chaperones. The Vienna Elite staff will coordinate with all gyms where Vienna Elite athletes play or practice to create an environment that promotes the best overall health and safety practices for Vienna Elite. These guidelines are subject to change and will be updated as information becomes available.

2. Policy Statement

These recommendations describe what Vienna Elite believes are the best practice procedures for playing volleyball while taking into consideration all national, state and local guidelines.

3. Recommendations/Guidance at the Vienna Elite Facilities

Vienna Elite now requires that each and every athlete, coach, sports official, fan, and administrator to follow each of the following guidelines:

- Come no earlier than 5 minutes prior to the start of your practice.
- At PAC: enter through the front and exit through the rear or front depending on the instructions of coaches and staff.
- Submit a COVID-19 screening questionnaire prior to a game, practice or team meeting. Screenings are to be self-reported via the OM SYSTEM online (<https://app.omsystem.io/sports102120/player-portal.html>) or in person at the door in order to identify possible COVID-19 symptoms.
- Every person entering a Vienna Elite facility will have their temperature taken and must have filled out the COVID-19 screening questionnaire. Anyone with a temperature greater than 100.4 will be prohibited from participation.
- Athletes, coaches, and staff must utilize best practices for social distancing by using email, text or telephone when possible.
- Athletes are encouraged to gather in small groups and **should remain with their team and age group.**
- **MASKS ARE NOW REQUIRED FOR ALL PLAYERS, COACHES, AND STAFF AT ALL TIMES WHEN IN A VIENNA ELITE FACILITY INCLUDING DURING PLAY.** Masks may be briefly removed when eating or drinking. All persons must provide their own masks.
- Occupancy of Vienna Elite facilities during practices and games will be limited to athletes, coaches, sports officials, and necessary personnel.
- If you have any symptoms of COVID-19, are otherwise feeling sick, have tested positive for COVID-19, or live in a household or were otherwise exposed to a positively-tested COVID-19 patient, **YOU MUST DO THE FOLLOWING:**
 - **STAY HOME**

- **REPORT** this information to your coach or the club director
- Maintain contact with your coach if you get tested and let them know the results of the COVID-19 test
- Hand washing and hand sanitizer use is recommended prior to arrival and upon finishing play.
- Each athlete, coach, and staff is required to have their own water bottles - sharing is strictly prohibited. Visiting team should bring their own bottles.
- Athletes are discouraged from handshakes, fist bumps, chest bumps etc.
- Avoid spitting, chewing gum, touching eyes, face, mouth etc.
- If you are in a high risk category, please inform Vienna Elite personnel. High or increased risk categories include the following: cancer, chronic kidney disease, COPD, heart conditions, immunosuppression, sickle cell disease, diabetes, asthma, cerebrovascular disease, cystic fibrosis, liver disease, neurologic disorders, inherited metabolic disorders, or chronic lung disease.
- In the event of an athlete, coach, official or staff member becoming ill with COVID-19, the individual will be recommended to follow the action plan of Vienna Elite.

Please contact the Club Director of Vienna Elite or your coach if you have any questions or concerns.

4. Prevention and Education

Vienna Elite encourages each person to get educated about COVID-19 to protect our community. Information is available through the CDC at this site:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>. For your benefit, here is some information about COVID-19:

What are the symptoms of COVID-19?

All athletes, staff and coaches should educate themselves of the symptoms of COVID-19 in order to prevent the disease.

- Symptoms may include:
 - Fever or chills (100.4 or Higher)
 - Shortness of breath or difficulty breathing
 - Muscle or body aches
 - Fatigue
 - Headache
 - New loss of taste or smell
 - Sore Throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Cough
 - Chest pain or tightness
 - Gastrointestinal abnormalities
 - Unexplained rash

Other symptoms may be present as well.

When do symptoms of COVID-19 appear?

- Symptoms of COVID-19 may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.

What to do if you experience any of these symptoms?

- Seek medical treatment from your healthcare provider.
- If you are experiencing trouble breathing, persistent pain or pressure in your chest, inability to arouse or confusion, bluish lips or face – CALL 911.
- NOTIFY your coach and/or the Vienna Elite club director immediately.

How Do I Protect Myself and Others?

- Avoid anyone who is sick or are in the identified high risk exposure groups.
- Follow current state and local prevention guidelines regarding COVID-19.
- Wear a face mask.
- Cover your mouth with your elbow or tissue when coughing, blowing your nose and sneezing – throw tissues away immediately.
- Wash hands for 20 seconds with soap and water – perform this throughout the day and especially after any contact. Do not touch your face, eyes or mouth until you have washed your hands.
- Stay home when you feel sick.
- Hand sanitizer that is at least 60% alcohol can be used if it is the only option.
- Clean home regularly with appropriate disinfectants.
- Practice social distancing (6 feet) and avoid close contact.
- Do not gather in large groups.
- Practice great standard hygiene.
- Do not share personal items, objects or effects – water bottles, cups, towels, etc.
- Limit touching surfaces, objects, etc. that are unnecessary.
- Only go to places outside of your home for necessities or items you require to function.
- Wear a face mask during these times and only go by yourself.
- Wash hands immediately upon returning home.

5. Vienna Elite SICK, QUARANTINE, AND ISOLATION POLICIES

What do I do if I am sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME AND STAY IN ISOLATION FOR 10 DAYS FROM THE DATE OF SYMPTOMS OR, if ASYMPTOMATIC, 10 DAYS FROM THE DATE THE SPECIMEN WAS TAKEN THAT RESULTED IN A POSITIVE TEST.** It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to

COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.

- Isolation means separating people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).
- NOTIFY your coach and/or the Vienna Elite club director immediately.
- It will be determined if others who may have been exposed (teammates, other athletes, coaches, staff) need to be notified, isolated, and /or monitored for symptoms. Be prepared to answer questions relating to who you may have been in contact with 2-14 days prior to your symptoms.
- If a positive case of COVID-19 is diagnosed, contact tracing may be implemented.

What if an athlete or staff becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others until that person can leave the practice, game or meeting. Parents will be immediately called.
- If you are sick with COVID-19, make immediate arrangements to be picked up from practice, game or meeting.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction

How do you return to athletics following a POSITIVE COVID-19 diagnosis?

Athletes or staff may return to Vienna Elite practices if they meet EACH of the following:

EACH of the following are satisfied		
1. At least TEN (10) DAYS have passed since symptoms first appeared.	2. At least three days (72 hours) have passed since recovery (no fever without use of fever-reducing medications)	3. Symptoms have improved (e.g., shortness of breath and no GI symptoms)

What do you do if you have been exposed to a COVID-19 positive individual?

- If you have been exposed to a COVID-19 positive individual, the CDC recommends that you quarantine yourself from others, which means that you should stay home and separate yourself from others, monitor your health, and follow directions from your local health department.

If EXPOSED to a COVID-19 positive individual, the **Quarantine Period** for the exposed person is:

- at least **ten (10) days** without testing, OR
- at least **seven (7) days if received a negative test result** (TEST MUST OCCUR on DAY 5 or LATER)

NOTE:

- For counting, **Day 0 is the date of the last exposure.**
- **TESTING:** Must be performed on or after Day 5 AND is a nasal PCR test or a PCR antigen test

- “Close contact” means any of the following:
 - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (not necessarily consecutive minutes)
 - 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
- NOTIFY your coach and/or the Vienna Elite club director immediately.

How do you return to athletics if you are under QUARANTINE because you have been exposed to a COVID-19 positive infected individual?

CDC and Virginia guidelines require the following:

At least **ten (10) days** have passed since the last CLOSE CONTACT exposure to the COVID-19 positive individual OR at least **seven (7) days after receiving a negative PCR (nasal or antigen) result from the test done on or after Day 5**

6. Continuous efforts to protect Vienna Elite

- Vienna Elite may revise its policies and processes for COVID-19 screening based on new guidance from the local, state or federal health departments, USAV, and CHRVA.
- Vienna Elite may require mandatory acute COVID-19 testing as a requirement to play. Vienna Elite will continuously assess the health of the Vienna Elite family throughout the season and will provide testing prior to tournaments.
- If there is a confirmed case, confirmed exposure, potential exposure or illness associated with the COVID-19, the person's contacts history will be traced based on their input, team activity logs and other information necessary to make the best judgment on the necessary.