



Eagan Athletic Association • COVID-19 Volleyball Guidelines

COVID-19 is an extremely contagious disease that can lead to severe illness and death, and an inherent risk of exposure to COVID-19 exists in any public place where people are present.

EAA Volleyball, in accordance with the CDC and [MDH COVID-19 Sports Guidance for Youth and Adults](#), has put together the following guidelines as we return to the court for practices and games. They have been updated with the latest information available from the CDC and MDH, and are subject to change as additional information and policies become available. Updated guidelines will be posted on the EAA Volleyball home page.

All coaches, players and parents are required to read these guidelines and sign the EAA Communicable Disease Waiver (part of the Fall Travel Volleyball online registration) before being allowed to take part in any team activities. Refusal or failure to comply with these guidelines may result in your removal from practices, games or the EAA Volleyball program. By participating in this program, you voluntarily assume all risks related to COVID-19 exposure.

1. Self-Evaluation of Symptoms

Coaches and players must complete a self-evaluation symptom assessment before coming to each practice or game. Anyone showing signs of the symptoms listed below is required to stay home and notify your head coach immediately. Symptoms consistent with COVID-19 include:

- New or worsening cough
- New loss of taste or smell
- Shortness of breath
- Fever (100.4F or higher)
- Chills, muscle pain, headache, or sore throat

Please refer to the State of MN resource page for more information about symptoms:
[Is it COVID-19? / COVID-19 Updates and Information - State of Minnesota](#)

Anyone who has symptoms can return to the team in one of the following ways:

1. **Tested:** And having 2 negative tests in a row at least 24 hours apart.
2. **Not Tested:** At least 10 days must have passed since your symptoms first appeared AND you must be symptom-free without aid of medicine for at least 3 days.
3. **Alternative Diagnosis:** If you are diagnosed with something else that explains the symptoms (e.g., strep throat, Norovirus, etc.), you should stay home until symptoms improve. Siblings and other household members are free to resume activity immediately.

Siblings and household members of anyone with symptoms should also stay home for 14 days from the onset of symptoms OR until the person showing symptoms is cleared in one of the 3 ways above.



2. Close Contact

Anyone who has had “close contact” with someone who has tested positive for COVID-19 is required to stay home for 14 days from last contact with them AND should limit contact with others.

- Close contact is considered being within 6 feet for 15 minutes or more with anyone from 2 days before either 1) the onset of symptoms or 2) the date the test specimen was collected until they meet the criteria to discontinue home isolation.
- The 14-day quarantine period only applies to individual(s) who were directly exposed to the close contact and not their entire household.
- If you are informed by someone with whom you’ve been in close contact that they are awaiting the results of a COVID-19 test, we ask you to stay home until the results are known and then proceed based on those results.

2. Testing Positive

Anyone testing positive for COVID-19 is required to follow the isolation period noted by the MDH. Please immediately inform the head coach and provide the end date given by the MDH for your self-isolation. Your head coach will share this information with the EAA Travel Volleyball Director(s).

Once you are past that date and any symptoms you had are cleared up, you have a green light to return. If you also receive a letter from the MDH saying you are clear, please provide a copy of that letter to your coach.

3. Social Distancing

Coaches and players should continue to practice social distancing and ensure a safe distance of 6’ or greater when entering and exiting facilities, as well as whenever possible on the court.

When having practices back to back with another team, teams practicing first must clear out ON TIME and leave the court immediately following their practice to ensure limited exposure to the next team. We also request that teams practicing second DO NOT show up more than 1-2 minutes early for this same reason. During practices:

- Coaches will only be in contact with their respective team
- Coaches will be required to maintain physical distancing from players and other coaches
- Groups will be limited to 25 or fewer participants on a court and groups will not commingle
- Players will be instructed to maintain 6 feet from others when storing their bag / water bottle
- Players should arrive ready to play (other than changing into volleyball shoes)

In addition, coaches and players should follow the “no touch rule” during practices and games – refraining from high fives, handshakes or other physical contact with teammates, opposing players and coaches. No sharing of food or drinks.



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Post-practice coach/player meetings can be done outside the facility, at the next practice or possibly at a scheduled video call later after the practice.

4. Masks

In accordance with Minnesota Governor's Executive Order 20-81, masks are required to be worn:

- **By coaches** while in a practice or game facility and for the duration of their practice or game.
- **By players** while inside the facility but not actively participating in their practice or game. However, players are encouraged to wear face masks during participation if they are comfortable doing so.

5. Hand washing/sanitizing

Coaches and players will sanitize hands when they enter and leave a practice or game facility. EAA Volleyball will provide hand sanitizer as part of the team's equipment and it will remain available during practices/games to use when needed.

6. Equipment

Each team will use separate volleyballs and ball carts, distinguished by ball color. Volleyballs will be sprayed with sanitizer before and after each practice.

Each player is required to bring their own water bottle to practices and games; there will be no use of team water bottles or coolers.

7. Spectators

No spectators will be allowed at practices or games. Drop-off/pick-up is required; parents are asked to wait in the car or use the time to run errands. Carpooling is discouraged amongst those not residing in the same household.

If a parent does need to be at practice, he/she must stay socially distanced from all players and coaches as noted above.