



Eagan Athletic Association • 2021 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 Spring 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 and isolation: [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.

2. Close Contact and Quarantine

Anyone who has had “close contact” with someone who has tested positive for COVID-19 is recommended to stay home for 14 days from last contact with them AND should limit contact with others. EAA will allow a 7 day quarantine period as long as individuals meet the criteria for shortened



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quarantine in the [Quarantine Guidance for COVID-19 document](#). A shortened quarantine period may be considered if ALL of the following are true:

1. The person has NOT had symptoms of COVID-19 during the quarantine period.
2. The person does NOT live with someone who has COVID-19.
3. The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
4. The person does NOT work in a health care facility.
5. The person had a defined exposure, meaning a known exposure with a beginning and an end.

Examples could be someone who was exposed: ▪ At school or a sporting activity. ▪ During a shift at work or while on break. ▪ At a social gathering or event like a party or funeral.

If the above conditions are met, a person may consider two shortened quarantine options as long as they remain without symptoms:

- Ten-day quarantine without testing.
- Seven-day quarantine with a negative PCR test (not an antigen test or antibody/blood test), if the test occurred on day five after exposure or later.

Who needs to quarantine?

People with the following types of exposures need to quarantine if they were not fully vaccinated (less than two weeks after completing a vaccination series, which is two doses in a two-dose series or one dose in a one-dose series) before the exposure occurred:

- People who were within 6 feet of someone contagious with COVID-19 for a total of 15 minutes or more over the course of a day (24 hours).
- People who live in the same household as someone with COVID-19.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who has COVID-19.
- People who provide care for a person who has COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.

Who does not need to quarantine?

If someone is vaccinated and is exposed, they do not need to quarantine if BOTH of the following are true:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19.

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if ALL of the following are true:

- Their illness was laboratory confirmed in the past 90 days.
- They have fully recovered.



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- They do not currently have any symptoms of COVID-19
- 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 (7 day minimum) 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.
- A person who is **not fully vaccinated** and has been exposed to a person with COVID-19 needs to stay home and away from others (quarantine); get tested immediately; and, if the test is negative, get tested again three to five days after the last exposure. People who are fully vaccinated (at least two weeks after completing a vaccination series, which is two doses in a two-dose series or one dose in a one-dose series) and have been exposed to a person with COVID-19 do not need to quarantine. However, they should get tested three to five days after exposure, even if they do not have symptoms. They should also wear a mask indoors in public until they get a negative test result or for 14 days following exposure. Anyone who develops symptoms of COVID-19 should separate from others and get tested immediately, whether or not they are vaccinated.

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 listed in section 1 above.

You may consider being around others and ending a close-contact quarantine and returning to play after seven days only if:

- You do not have any symptoms.
- No one in your home has COVID-19, and you do not live in a building where it's hard to stay away from others, like a long-term care facility.
- You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative. You must get a PCR test, not an antigen or antibody/blood test, and you will need to provide those results.

3. 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 Volleyball Director.



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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 head coach.

4. Physical and 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 and off 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 or pods 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.

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.

Additionally, players, parents and coaches should understand that social interaction outside of practice are sources of transmission among teams. Please see the [Stay Safe Social Gatherings Guidance](#).

5. Masks

Masks will need to be worn according to facility guidelines. For a list of acceptable masks please see the [MDH Sports Guide](#). For example, VMCC and District 196 facilities guidelines are as follows:

- A. District 196 Facilities: Please note for all practices at District 196 facilities and according to [District 196 Operational Plan](#), Masks are required to be worn in District 196 facilities for all guests according to the CDC transmission matrix:
 - Masks will be RECOMMENDED indoors for everyone age 2 and older if transmission of COVID-19 in Dakota County is “Low” (0-10 cases per 100,000 residents) or “Moderate” (10-50 cases per 100,000).
 - Masks will be REQUIRED indoors for everyone age 2 and older, regardless of vaccination status, if transmission is “Substantial” (50-100 cases per 100,000) or “High” (more than 100 cases per 100,000).



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- Changes from recommended to required (or vice versa) will be made after case rates remain at the higher (or lower) level for at least seven consecutive days.

This will include:

- **By coaches** while in a practice or game facility and for the duration of their practice or game.
 - **By players** while not actively playing in a practice and games.
 - **By Referees** at all times and for the duration of games.
- B. VMCC and National Guard Armory policies state that Effective immediately and until otherwise rescinded in areas of 'substantial' or 'high' community transmission, all MNNG service members, employees, and contractors/civilians are required to wear a mask, regardless of vaccination status in indoor settings on DoD owned, leased, or controlled facilities, including the VMCC gymnasium during the entirety of practice and play. This will include:
- **By coaches** while in a practice or game facility and for the duration of their practice or game.
 - **By players** while in a practice or game facility and for the duration of their practice or game.
 - **By Referees** at all times and for the duration of games.

6. 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.

7. Equipment

Each team will use separate volleyballs and ball carts. In addition, 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.

8. Spectators

At this time, spectators will be allowed at practices and games. Spectators must follow all facility guidelines and physical and social distancing guidelines should be followed at all times.

9. Team Entry and Exit

Coaches should greet players outside and enter/exit the facility together as a team.



10. Testing

It is strongly recommended by the [Minnesota Department of Health](#), that participants and coaches actively participating in youth sports programs and activities be tested weekly for COVID-19, especially those in K-12.

- Unvaccinated people participating in sports programs and activities (including athletes, coaches, officials, and other participants) are strongly recommended to test for COVID-19 bi-weekly. Schedule testing 48-72 hours prior to a game or competition.
- Fully vaccinated people do not need weekly testing, but should be tested if they are experiencing symptoms.
- For more information about testing options available to sports teams, go to COVID-19 Testing for [Minnesota Organized Sports Participants](#) (www.health.state.mn.us/diseases/coronavirus/sportstest.pdf).

10. COVID-19 Coordinator

Each team must have a coach responsible for compliance with the EAA COVID-19 Volleyball Guidelines. In addition, if a report of a COVID-19 case is made to the team, this coordinator or coach is responsible for notifying MDH by email at health.sports.covid19@state.mn.us. MDH will be available to answer questions you have and can provide guidance. MDH also has template notification letters for close contacts or others on the team who may have questions about their risk of COVID-19.

Once you hear of a case on your team, the team or association COVID-19 contact or coach must review whether or not the person was infectious while with their teammates and whether or not an exposure occurred. The COVID-19 contact or coach can consult with MDH or their affiliated association to discuss exposure assessment or any other concerns.

- You can find more information on what contacts need to do at [What to Do if You Have Had Close Contact With a Person With COVID-19](#) (www.health.state.mn.us/diseases/coronavirus/contact.pdf) and [Close Contacts and Tracing: COVID-19](#) (www.health.state.mn.us/diseases/coronavirus/close.html).
- It is important to keep rosters of who was at practices and, when allowed, games each day so contact tracing can be done quickly.