

Wildfire Volleyball Academy

Covid-19 Action Plan

How to Protect Yourself & Others

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

[Click here for source](#)

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

[Click here for source](#)

Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

- Fever**
- Cough**
- Shortness of breath**

If you have COVID-19, you may have mild (or no symptoms) to severe illness. Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

CDC

cdc.gov/coronavirus

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When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

****This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.***

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

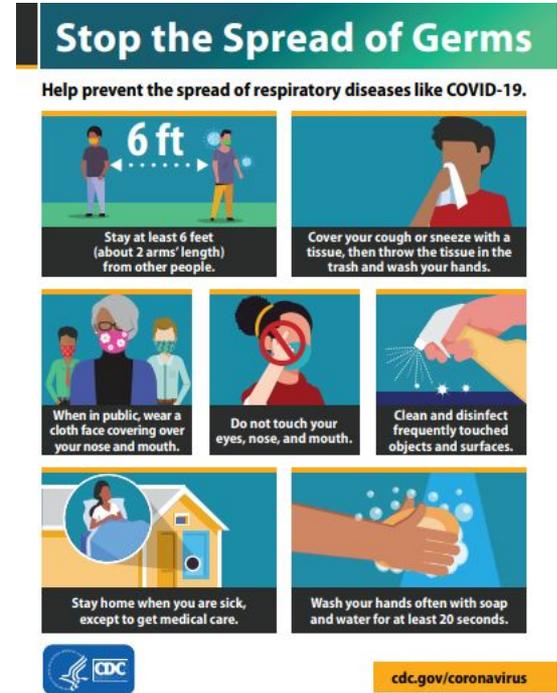
[Click here for source](#)

Stop the spread of germs

Help prevent the spread of respiratory diseases like COVID-19.

1. Stay at least 6 feet (about 2 arms' length) from other people.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
3. When in public, wear a cloth face covering over your nose and mouth.
4. Do not touch your eyes, nose, and mouth.
5. Clean and disinfect frequently touched objects and surfaces.
6. Stay home when you are sick, except to get medical care.
7. Wash your hands often with soap and water for at least 20 seconds.

[Click here for source](#)



Risk Categories

Current volleyball activities are segmented into three types of risk categories:

Low Risk – Individual skill development (passing drills, blocking, hitting, setting, serving, general fitness, strength training) at home (backyard, driveway, inhome), alone or with household members and with owned and sanitized equipment.

Medium Risk – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical distancing and sanitizing volleyballs. **USA VOLLEYBALL RETURN TO PLAY GUIDELINES Implementation Date: May 15, 2020.**

High Risk – Individual skill development with non-household members not following the recommended physical distancing & not sanitizing volleyballs. Participating in any team or group play.

[Click here for source](#)

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Risk Categories

	<u>LOW RISK</u>	<u>MEDIUM RISK</u>	<u>HIGH RISK</u>
Factor 1: Type of Training	Individual	Individual	Team/Group
Factor 2: Relationship of the People Involved	Household Members	Non-Household Members	Non-Household Members
Factor 3: Spacing of the People Involved	Social Distancing	Social Distancing	Not Social Distancing
Factor 4: Location of the Activity	At Home	Public Spaces	Public Spaces
Factor 5: Equipment Being Used	Owned	Owned	Not Owned
Factor 6: Sanitization Practices Being Followed	Sanitizing	Sanitizing	Not Sanitizing

Return to Play for Individuals

Adhere to the most stringent federal, state or local guidelines when participating in any activity.

Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day

[Click here for source](#)

Return to Play for Individuals

During Activities

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- Wear a face mask while at the venue.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles, or utensils used.
- Keep a list of people you were in contact with during the activity.

[Click here for source](#)

Return to Play for Individuals

After Activities

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- Wear a face mask when possible to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms and apparel used during the activity.

[Click here for source](#)

Disclaimer (USAV Florida Region)

These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also, consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, USAV, the forty (40) Regions, and their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. USAV and the Regions make no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein.

[Click here for source](#)

Sources

Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Stop the spread of germs: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Risk Categories (USAV):

https://www.floridavolleyball.org/uploads/1/4/0/0/14000793/usavfl_-_return_to_play_risk_analysis_ws_may_2020-sb.pdf

Return to play for individuals:

<https://www.teamusa.org/usa-volleyball/features/usa-volleyball-response-on-coronavirus>