

Updated Jan 1, 2021

The Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly through person-to-person contact, including individuals without disease symptoms. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations (including the state of MN), prohibited or limited the congregation of groups of people.

The health and well-being of our staff and athletes remains our top priority. In order to minimize the risk of COVID-19 entering our environment at Southern Minnesota Volleyball (hereafter referred to as SMV) and spreading amongst our community, we will only allow the following persons to our program/practices: staff assigned to work and/or coach, athletes, 1 parent (a parent is only allowed if it is to help with a 1-on-1 lesson). An adult or family member may attend a lesson with an athlete if they are going to provide value such as: ball shagging, video capture, etc. Otherwise, we ask that you do not come into the building. When camps and team practices begin, parents wishing to remain on site can use outdoor common areas or the parking lot to wait for their athlete(s). Athletes waiting to attend a practice session will need to wait outside while maintaining social distance from others.

As state and local authorities advise that SMV/ Rochester / Olmsted County / the state of Minnesota are in a particular phase of the Stay Safe MN Plan, SMV is implementing procedures in an effort to mitigate the spread of COVID-19. Furthermore, all participants in sponsored activities at SMV must agree to and abide by the following:

Prior to Activities:

- All individuals entering the facility will be asked to take their own temperature before coming to the National Volleyball Center (NVC). Upon arrival, individuals will be asked to confirm that their temperature is less than 100.4 degrees F and confirm that they are not experiencing coughing or shortness of breath.
- All individuals entering the facility will be required to be cold/flu/COVID-19 symptom free for 14 days prior to entrance. If anyone is displaying any symptoms of the above listed, they will be immediately asked to leave and the portion of the facility they utilized will be immediately shut down and cleaned.
- All individuals entering the facility must wash hands in the bathroom upon entering the building adhering to social distancing (waiting in the hallway if bathroom is full)
- All staff members, coaches, and athletes will have a scheduled time for their usage of the facility that coincides with the utilization requirements below. All staff members, coaches, and athletes (and parents entering the building) will be required to comply with the listed procedures and requirements.
- All individuals entering the facility will be required to keep all their personal belongings together in a backpack and away from others personal belongings. If participants have any personal items that need to be carried in with them (water bottles, car keys, medical devices, etc.), these items should be left in front of the bleachers on their assigned court.
- All individuals entering the facility will utilize the front door ONLY of NVC to enter the building. Those on courts 4-11 will exit through appropriate door of the main entrance and those on courts 1-3 will exit through door #25 by the equipment room/court 1.
- Arrive no more than 5 minutes prior to the start of your scheduled practice time.

During Activities:

- **Per the latest Governor's mandate, face masks will be required at all times when in the facility...even during training on the court.**
- **Coaches must wear a face covering at all times while in the facility.**
- **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 (minimum of 6') as often as possible.**
- **Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.**
- **Participants will be asked to bring their own water bottle(s). Drinking fountain are closed except for the bottle filler.**
- **At the completion of an individual or group's usage on the court, all balls and carts will be gathered and will be sanitized properly.**
- **Women's and Men's bathroom doors will be propped open in order to use for hand washing purposes to reduce contact with handles. Bathroom stall use is discouraged and should only be used as necessary.**
- **Signs will be posted throughout the facility, reminding members of these safety procedures.**

Following Activities:

- **Participants will be asked to stay on their court until they are ready to leave the building. Once the session is complete, balls and carts will be sanitized.**
- **Should anyone participating with SMV, coach or athlete, be diagnosed with COVID-19, they should immediately contact SMV management and follow proper healthcare procedures as laid out by their health care professional, including quarantining. Athletes, coaches, and staff must have in writing, a signed clearance from their healthcare professional to resume activity after a COVID-19 diagnosis OR the original, dated, "order" to quarantine with the specified duration from their health care professional so SMV can verify their compliance with that "order" upon their return.**
- **Detailed records of individual occupancy will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary.**
- **At a minimum, the floor will be sanitized at least once a day at the end of each day by club administration.**

SMV Administrative staff, or an appointed staff member will be on site at all open times to ensure above compliance.

NVC has put in place preventative measures and enhanced cleaning protocols to reduce the likelihood of spreading COVID-19 in SMV's environment; however, SMV cannot guarantee that you and/or your child(ren) will not become infected with COVID-19. Further, attending sponsored activities at SMV could increase your risk and your child(ren)'s risk of contracting COVID-19.