

COVID-19 Preparedness Plan for Farmington Volleyball Club

Farmington Volleyball Club is committed to providing a safe and healthy workplace for all our players, coaches, employees, volunteers, and participant families. To ensure we have a safe and healthy workplace, the Farmington Volleyball Club has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. The club board, club employees and coaches are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our program and community, and that requires full cooperation among Farmington Volleyball Club employees, coaches and players. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our program.

The COVID-19 Preparedness Plan is administered by the program director and coaches, who maintain the overall authority and responsibility for the plan. However, all participants (employees, coaches, players, volunteers) and families are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. Farmington Volleyball Club coaches have our full support in enforcing the provisions of this plan.

Our coaches and players are our most important assets. Farmington Volleyball Club is serious about safety and health and protecting all participants. The involvement of all coaches is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our coaches and volunteers in this process by reviewing all State of Minnesota guidelines and recommendations, consulting other Farmington sports clubs, and following direction provided by the Farmington School District 192. We encourage open communication with the program director, coaches, and volunteer board in efforts to ensure a safe and healthy environment.

The Farmington Volleyball Club's COVID-19 Preparedness Plan follows the State of Minnesota guidance for youth and adult sports based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- prompt identification and isolation of sick persons
- hygiene and respiratory etiquette
- controls for social distancing
- protection and controls for pick-up and drop-off
- cleaning, disinfecting, decontamination, and ventilation
- communications and training provided to coaches
- steps necessary for the implementation of the plan

Screening and policies for coaches and players exhibiting signs and symptoms

All participants are encouraged to self-monitor for signs and symptoms of COVID-19. Athletes will be monitored for symptoms when they are dropped off for their session. Parents are encouraged to check their child's temperature and screen for COVID-19 symptoms before arriving at the gym each time. If the player has a

temperature higher than 99.5 degrees Fahrenheit or is exhibiting flu-like symptoms they should stay home, and the parent should notify the Farmington Volleyball Club Program Director immediately.

Participants should not return to play until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments. Participants who are well but who have a sick family member at home with COVID-19 should follow CDC recommended precautions including self-quarantine. Program director and coaches may screen players for symptoms upon arrival. Participants who appear to have symptoms or who become sick during an activity should be immediately separated from other participants and sent home.

Participants with underlying medical conditions or who have household members with underlying health conditions should take additional precautions to minimize face-to-face contact, maintain a distance of six feet from other participants, and/or use CDC approved Personal Protective Equipment (PPE) if possible.

If a participant is confirmed to have a COVID-19 infection, the Farmington Volleyball Club will inform fellow participants of their possible exposure to COVID-19 while maintaining confidentiality and instruct fellow participants about how to proceed based on the Public Health Recommendations for Community-Related Exposure.

Worker hygiene and source controls

Basic infection prevention measures are always encouraged including hand hygiene and respiratory etiquette. Face masks and hand sanitizing will be used to help prevent infection. Drinking fountains will be closed.

Masks are **required** to be worn by coaches while around others and for the duration of their session or game. Players can wear face masks as recommended if they are comfortable doing so.

Coaches, and players will sanitize hands when they enter the facility Coaches be required to wash/sanitize hands prior to beginning a new session. Hand Sanitizer stations will be accessible and monitored for refill.

Social distancing – Workers must be at least six-feet apart

Social distancing of six feet will be implemented and maintained between coaches and players in the facility through the following controls:

- Farmington Volleyball Club will control the beginning and ending times of all group sessions to ensure limited exposure to others.
- Coaches will only be in contact with their specified group.
- Sessions and practices will be adapted to allow physical distancing of at least 6 feet whenever possible.
- Within the program, consistent pods of the same coach and players.
- Whenever possible, implement programming that refrains from intermixing pods. If intermixing of pods is necessary, limit the number of pods that intermix and keep records of participants that intermix.
- Players will be instructed to maintain 6 feet from others when storing their bag / water bottle.
- Coaches will always be required to maintain physical distancing from players and other coaches.

- Drop Off/Pick Up is required; only players and coaches are allowed in the building and gyms at this time.
- Carpooling is discouraged amongst those not residing in the same household.
- Athletes should arrive dressed to play volleyball and should only need to change into volleyball shoes.
- Administrative tasks, payments and communications should be done electronically to ensure limited exposure to others.
- Occupancy will be limited and monitored to comply with MDH guidelines.

Coaches, players, families, and volunteers are encouraged to bring their questions and concerns to the Program Director. We strongly encourage the use of electronic methods of communication.

This guidance is based on the [MDH Guidance for Social Distancing in Youth and Student Programs](#).

Workplace cleaning and disinfection protocol

Regular practices of cleaning and disinfecting have been implemented, including a schedule for routine cleaning and disinfecting of equipment, and building areas.

Regular housekeeping practices should be followed including routine cleaning and disinfecting of player equipment. Parents are encouraged to supply their players with antibacterial wipes and hand sanitizer to clean hands as needed or desired.

Coaches have been instructed that volleyball equipment and shared spaces should be disinfected between users. Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications.

Communications and sessions protocol

This Preparedness Plan will be communicated to all participants on or before the first day of organized activity.

Instructions will be communicated to players and parents about: drop off and pick up procedures, how volleyball instruction and payments will be conducted to ensure social distancing; required hygiene practices; and recommended use of face masks. Parents and visitors will also be advised not to enter the building or gym. All information will be posted on the Farmington Volleyball Club website and shared electronically when necessary.

The Program Director, coaches and volunteer board are to monitor how effective the plan has been implemented and additional communication and training will be ongoing.

This COVID-19 Preparedness Plan has been reviewed by the Farmington Volleyball Club and has been posted on the club website and will be updated, as necessary.

Kimberly Ploeger
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Farmington Volleyball Club
<https://farmingtonvolleyballclub.sportngin.com/home>

Appendix A – Resources for developing a COVID-19 Preparedness Plan

General

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19)

www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus

www.health.state.mn.us/diseases/coronavirus

State of Minnesota: COVID-19 response

<https://mn.gov/covid19>

Social distancing

<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>