



RETURN-TO-SPORT GUIDE

Updated September, 2020
Athlete edition

Educating the whole person through excellence in the sport of volleyball

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INTRODUCTION

As was evidenced in March 2020 youth sports organizations, as well as nearly every sector of our nation’s economy, can be adversely affected in the event of pandemic outbreak. In such events, it is imperative that Triangle Volleyball Club have a comprehensive response plan that addresses public health and safety issues and supports the short and long-term viability of the club. When the situation requires suspension of some or all of our operations due to the severity of a pandemic outbreak, an effective Pandemic Response Plan and Return-to-Sport Guide will assist our organization in securing its long term sustainability and convey assurances to our member base and greater community that we can resume operations in a responsible manner consistent with the guidance from local, state, and national public health agencies and government officials.

As we navigate the impact of the pandemic over time and new information emerges providing deeper understanding on the mechanism of transmission and methodology to reduce exposure risk our Return-to-Sport Plan can be modified. The priority will remain minimizing risk to athletes and coaching staff.

RETURN-TO-SPORT CONSIDERATIONS

Should gym operations, in full or part, be suspended **ALL** return to gym activity will be aligned with the guidance of public health and government officials. Most likely, a phased return-to-sport plan will be required and will consider the level of risk associated with various gym activities.

Assessing Risk – The CDC Guiding Principles for Youth Sports suggest a number of actions that youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during training and competition. They note that exposure risk is impacted by the following:

- Size of the team and the total number of people interacting including coaches and athletes.
- Physical closeness of players, and the length of time that players are close to each other or to staff.
- Ability to engage in social distancing while not actively engaged in play (e.g., during practice, or on the sideline)
- Amount of necessary touching of shared equipment and gear (e.g., volleyball).
- Ventilation in space. The best situation is a training space with high capacity circulation and frequent air exchange rate.

Buffering – gym activities will be buffered with a time gap so those exiting and those arriving will not overlap to avoid interactions.

Close Contact – For COVID-19, the CDC defines a [close contact](#) as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Cohorting – public health officials suggest that keeping specific groups of athletes together can serve to minimize overall exposure risk and aid contact tracing priorities.

Isolation – separating **known infected people** from others. An infected person must isolate for at least 10 days after onset of symptoms, and may only be released from isolation if their symptoms have improved **AND they have had no fever, without the use of medicines for at least 72 hours.**

Occupancy – per Governor Cooper’s September 1 [Executive Order #163 Phase 2.5 Extension](#) gyms are allowed to operate at 30% capacity. For Triangle Volleyball Club, 30% of our first-floor court space capacity of 250+ people which is the equivalent of ca. 32 people/court. We provide that number for reference purposes only and plan to operate below that capacity until the situation with the Coronavirus improves further.

Proximate Contact – In the same space at greater than 6’ apart for an extended period of time.

Quarantine – restricting the movement and/or contact of **healthy people** who have been exposed to someone with a known case of COVID-19. The quarantine period is 14 days from date of exposure, irrespective of a negative test result as the 14 days represents the incubation period of the SARS-CoV-2 virus.

Risk Categories and Term Definitions

- **Low Risk** – Individual skill development and/or strength and conditioning in a 1:1 or small group setting with a coach where social distancing can be practiced with the exception of contact with pre-sanitized volleyball(s).
- **Medium Risk** – Small group training with live play on one side of the net with consistent athlete cohort groups.
- **Higher Risk** – team-based training with 6v6 live play on both sides of the net with consistent cohort grouping of athletes.
- **Full Return** – team competition or large group training with minimal or no restrictions on movement or interactions.

Strategies to minimize risk of disease transmission in a team setting

- Whenever possible wear masks and maintain a safe social distance (6’). This includes on the sidelines during scrimmaging and competitive play.
- Sanitize hands frequently during practice and competition.
- Do not high five, huddle up, and make unnecessary contact with teammates or opponents.

WHAT IF A PARTICIPANT HAS A COVID-19 EXPOSURE OR POSITIVE TEST RESULT?

A positive COVID-19 exposure or positive COVID-19 test result must be reported immediately to Triangle's administration for contact tracing purposes.

Triangle has adopted [CDC guidance](#) when responding to individuals with COVID-19 exposure or a positive COVID-19 test result. Please refer to the information below depending on your situation:

- Exposure to an individual who has been confirmed to be infected with COVID-19 – 14 days from the date of last exposure to a person with confirmed COVID-19.
- COVID-19 positive diagnosis – an individual who has been confirmed to have COVID-19 must wait no less than 10 days from the date of exposure or 10 days after all symptoms have subsided (which includes 3 days without fever), which ever is LONGER.

FACE-COVERING GUIDANCE

Effective September 1 at 5pm, Governor Cooper provided new face-covering guidance in [Executive Order #163 Phase 2.5 Extension](#) that requires all NC residents to wear face coverings in public spaces. It is further recommended that such coverings be comprised of two (2) layers or more.

“This Executive Order does not require Face Coverings for-and a Face Covering does not need to be worn by-a worker, customer, or patron who:

- Should not wear a Face Covering due to any medical or behavioral condition or disability (including, but not limited to, any person who has trouble breathing, or is unconscious or incapacitated, or is otherwise unable to put on or remove the face covering without assistance)
- Is under five (5) years of age
- Is actively eating or drinking
- Is strenuously exercising”

To comply with this order and protect the public health we are requiring that all participants (coaches, admin team, athletes over 5 years old) wear a face-covering at all times when entering, occupying, or leaving our facility with the following exceptions:

- If a medical condition makes difficult,
- When eating or drinking,
- When engaged in strenuous activities on the sport court area of our facility.

IMPORTANT CONSIDERATIONS ABOUT MASKING:

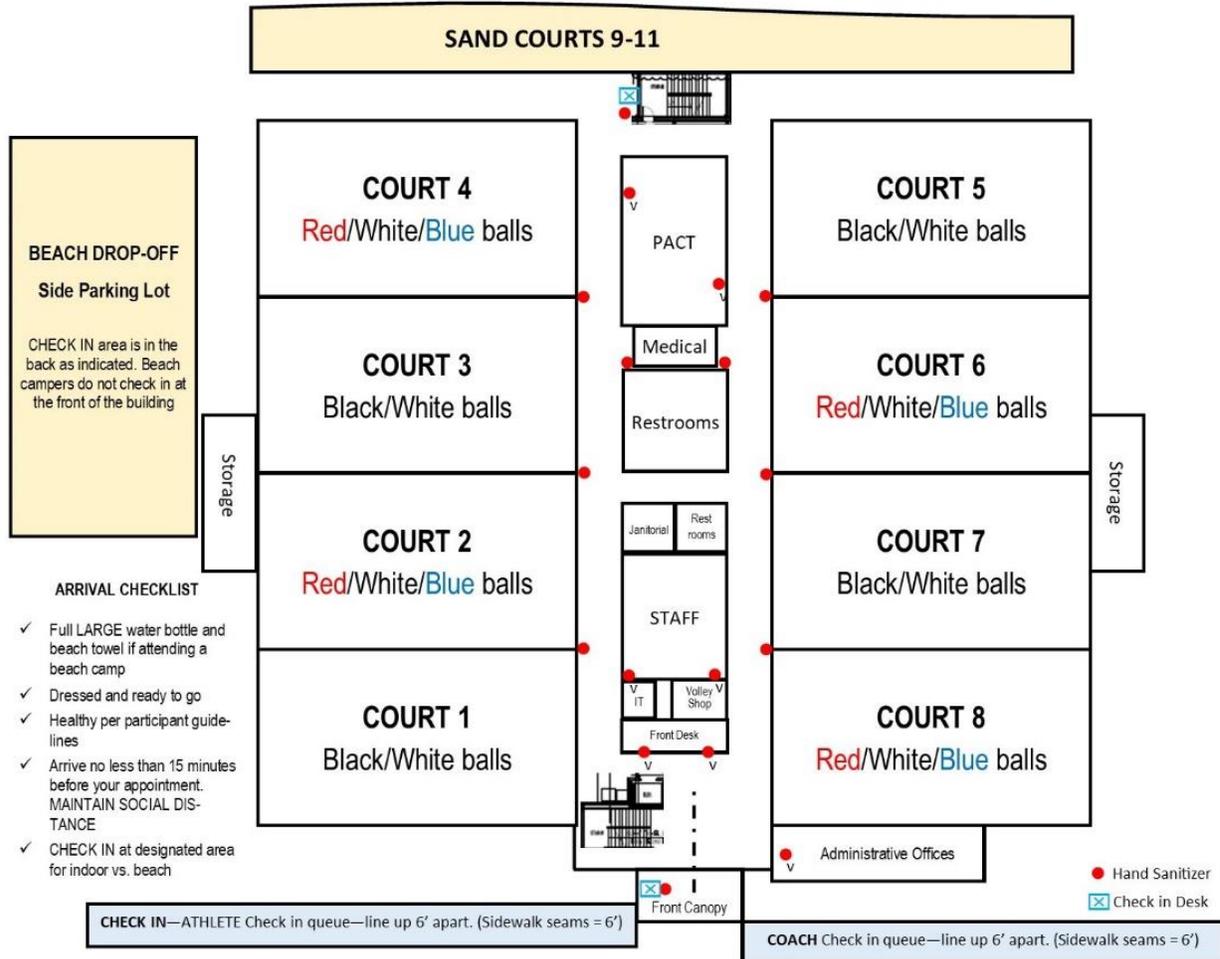
- A two (2) layer mask or more is better protection.
- In order to maintain filtration effectiveness and avoid increased risk of contamination masks should be cleaned and dried between each use.
- Studies have confirmed that a wet mask is less effective than a dry one. Using a mask while strenuously exercising can make the mask wet with respirations.

MASKING REQUIREMENTS AT TRIANGLE

COACHES: Must arrive at Triangle with a face covering and proceed through our normal screening/check in process. Coaches are strongly urged to make every effort to coach in a face-covering however, if they cannot they are instructed to put their face covering back on immediately after training and before stepping off the sport court surface. When unmasked on court it is important that coaches do their best to remain NO LESS THAN 6' away from other staff and athletes at all times.

ATHLETES (5 years and older): Must arrive at Triangle wearing a mask. After check-in athletes must report to their assigned court still wearing a mask. The mask may only be removed when on-court and active. Immediately after training is complete and upon exiting the sport court surface athletes must replace their face covering.

INDOOR AND BEACH FACILITY LAYOUT



INDOOR FACILITY CONTROLS AND PROTOCOLS

Several modifications and protocols have been adopted to allow our facility to handle volleyball activities in the safest and most responsible manner as the pandemic threat remains.

- We have secured temporary divider netting between every court which will allow us to control ball movement and maintain cohort integrity when needed.
- Balls are color-coded by court to make easily visible any cross mixing of balls in the remote chance that does occur. Odd numbered courts have Black & White balls; Even number courts have Red-White-Blue balls.
- Hand sanitizer dispensers have been located at the entrance of every court making it readily available for athletes and staff as they enter and leave the court area. Hand sanitizers are also available in other areas of facility (see facility layout).
- Trash and recycle receptacles are located at each court to aid in limiting movement of participants in the facility.
- A small first aid kit with the most widely used items is located on each court on the court net.
- Sanitized balls will be used for each session on a court-by-court basis.
- The court surface will be sanitized between each session.
- Equipment including net systems will be disinfected daily.
- Non-participants/Spectators – to minimize risk of disease transmission in Triangle’s facility non-participants are not allowed entry. Drop off will occur outside the facility.
- We are asking participants to bring in only what is necessary in one backpack.
- The mezzanine area is closed to all participants with the exception of day campers under coach supervision.

- Athletes attending clinics (1 ½ hour programs) should make every effort to avoid need to use restrooms. Social Distancing in restrooms is required. When numbers allow only single-stall restrooms will be utilized.
- Social distancing is expected in all areas of the facility and on the property of the WCC, with the exception of the on-court area when active training is occurring. However, even during training reasonable efforts to achieve social distancing are expected. Student-athletes will be warned when seen not properly distancing. After a warning, if the behavior persists, they will be required to leave.
- We will be changing out volleyballs after each session and sanitizing the courts. Athletes may be asked to help with these tasks under the supervision of the court coach.
- Participant's hands must be sanitized before entering the court and as they are leaving the court.

STUDENT-ATHLETE CHECK-IN AND RESPONSIBILITIES – INDOOR FACILITY

- **Arrive Healthy and not posing a risk to other participants**
 - **Stay Healthy**
 1. Practice recommended hygiene practices including frequent and thorough hand washing/sanitizing, covering mouth and nose when sneezing or coughing, and avoid touching face, eyes or mouth.
 2. No high 5s, huddles, linking up or unnecessary contact.
 - **Comply with all Triangle established protocols** – athletes must follow all club guidelines and protocols for face-coverings, checking in and participating in activities while at Triangle facilities
 1. **Preparedness**
 - Arrive on time donning a face-covering. CHECK IN TIME begins 15 minutes prior to your assigned activity/camp start time.
 - Do whatever is reasonable to avoid the need to use a restroom while at Triangle. If an athlete must use a restroom while on-site please check with gym attendant for access.
 - Arrive dressed for training and fully prepared to enter the court.
 - Bring a large and full water bottle sufficient to get through entire session.
 2. **Check-In Procedure** – outside at check in station generally located under front canopy (see Facility layout diagram). When larger attendance is expected an alternative site may be used but will be indicated with signage.
 - Upon arrival athletes will queue for check in on the sidewalk adjacent to the building on the left side of building. Sidewalk joints are 6'+ apart and athletes should wait with one person standing on each sidewalk joint (social distancing). **In the case of rain**, athletes should remain in the vehicle which will queue up in the same manner as if athletes were standing outside. Pull forward to drop off under canopy.
 - **ATHLETE SCREENING UPON ARRIVAL:**
 - Check Temperature – must be below 100.4°
 - Ask and answer these questions:
 - Am I and have I been symptom free, including fever (with or without medication), for at least 10 days prior to coming to the gym?
 - Have I had close contact/exposure to anyone known to have or suspected to be ill with COVID-19 or a carrier of Coronavirus in the last 14 days?
 - We are excited to be able to host camp activities and provide the joy of participation in volleyball; it does, however, come with a responsibility. **If they cannot answer “YES” to all the questions listed above we ask that they not come to the gym.**
 - Additionally, **athletes must stay home if they are sick or do not feel well** regardless of known or suspected cause. We are asking parents to monitor their health and report any symptoms or illness to an administrator.
 - Athletes will be given a court assignment for their training session. They should report there directly with their full water bottle and still wearing their face-covering.
 - Athletes assigned to courts 1-4 will enter in the left door and go directly to their court.
 - Athletes assigned to courts 5-8 will enter in the right door and go directly to their court.
3. **During Training**

- Before entering the court, athletes will **thoroughly sanitize their hands** using hand sanitizer station at court entrance (see Facility layout diagram).
 - Athletes will take all reasonable measures to maintain social distancing. No high 5s, huddles, linking up or unnecessary contact. Avoid contact with your face, mouth, and eyes.
 - All player breaks during gym activity will be taken on the assigned court. Movement in other areas of the facility should be extremely limited and always done with social distancing in mind.
 - Only touch the volleyballs designated for your court (they are color-coded)
4. **At the End of training** (ca. 5 minutes)
- Athletes may be asked to assist with court turnover sanitization process.
 - As athlete is leaving the court, athletes will gather any items and **thoroughly sanitize their hands** and **water bottle exterior** using hand sanitizer station at court entrance (see Facility layout diagram).
 - After athletes complete their activity and leave the court surface they must replace their face covering and practice social distancing.
5. **Upon Exit** – training schedule has buffers to avoid congestion in the foyer as athletes enter and leave building
- Please do not loiter in the facility after activities and be mindful of social distancing in our parking lot and other WCC areas.
 - Properly dispose of any trash generated while in the facility.
 - Take all items home including water bottle. Sanitize water bottle (inside and out) and clean all clothing and gear as soon as possible after leaving gym.
 - **We will not be maintaining a lost and found until further notice. Items left behind will be discarded.**

OUTDOOR BEACH FACILITY CONTROLS AND PROTOCOLS

Several modifications and protocols have been adopted to allow our facility to handle volleyball activities in the safest and most responsible manner as the pandemic threat remains.

- Hand sanitizer dispenser is located at the check-in desk and is readily available for athletes and staff as they enter and leave the court area.
- A first aid kit is available at the check-in desk with the most widely used items.
- Sanitized balls will be used for each activity/camp session and will be designated for the athletes on that specific court.
- Non-participants/Spectators – to minimize risk of disease transmission in Triangle’s facility non-participants are not allowed entry into the beach court area.
- We are asking participants to bring in only what is necessary. A full water bottle and beach towel are MUSTS.
- Athletes attending clinics (1 ½ hour programs) should make every effort to avoid need to use restrooms. Social Distancing in restrooms is required. If an athlete must use a restroom while on-site please check with gym attendant for access.
- Social distancing is expected in all areas of the indoor facility and on the property of the WCC, with the exception of the on-court area when active training is occurring. However, even during training reasonable efforts to achieve social distancing are expected. Student-athletes will be warned when seen not properly distancing. After a warning, if the behavior persists, they will be required to leave.
- Participant’s hands must be sanitized before entering the court and as they are leaving the court.

STUDENT-ATHLETE CHECK-IN AND RESPONSIBILITIES – BEACH FACILITY

Triangle’s three (3) sand courts are enclosed in a fenced area at the rear of Triangle’s indoor facility. A designated check-in area will be established and staffed by a Triangle staff member.

Social Distancing – while we recognize that social distancing is more challenging in a clinic atmosphere off-court social-distancing is required while on the WCC campus participating in Triangle Volleyball Club activities.

- Social distancing is expected in all areas of the facility and on the property of the WCC, with the exception of the on-court area when active training is occurring. However, even during training reasonable efforts to achieve social distancing are expected. Student-athletes will be warned when seen not properly distancing. After a warning, if the behavior persists, they will be required to leave.
- During check in, entering the court area, and coach instruction time athletes will maintain proper social distance. No high 5s, huddles, handshakes, etc.
- **Non-participants/Spectators** – to minimize risk of disease transmission at Triangle non-participants are not allowed entry or the ability to observe.
- We will be sanitizing volleyballs after each session.
- Participant’s hands must be sanitized before entering the court and as they are leaving the court.
- We are asking participants to bring in only what is necessary. Avoid bringing backpacks until notified otherwise.
- **Arrive Healthy and not posing a risk to other participants**
- **Stay Healthy**
 1. Practice recommended hygiene practices including frequent and thorough hand washing/sanitizing, covering mouth and nose when sneezing or coughing, and avoid touching face, eyes or mouth.
 2. No high 5s, huddles, linking up or unnecessary contact.
- **Comply with all Triangle established protocols** – athletes must follow all club guidelines and protocols for face-coverings, checking in and participating in activities while at Triangle facilities
 1. **Preparedness**
 - Arrive on time donning a face-covering for the check in process. CHECK IN TIME begins 15 minutes prior to your assigned activity/camp start time.
 - Do whatever is reasonable to avoid the need to use a restroom while at Triangle. If an athlete must use a restroom while on-site please check with gym attendant for access. Specific restrooms are designated for

beach players. Restrooms for beach participants will be located on the mezzanine and athletes will enter the building off court near the back stairwell.

- Arrive dressed for training and fully prepared to enter the court.
 - Bring a large and full water bottle AND a BEACH TOWEL sufficient to get through entire session.
2. **Check-In Procedure** – outside at check in station located back near the beach courts (see Facility layout diagram)
- Upon arrival athletes will queue for check in on the sidewalk adjacent to the building. Sidewalk joints are 6'+ apart and athletes should wait with one person standing on each sidewalk joint (social distancing).
 - **ATHLETE SCREENING UPON ARRIVAL:**
 - Check Temperature – must be below 100.4°
 - Ask and answer these questions:
 - Am I and have I been symptom free, including fever (with or without medication), for at least 10 days prior to coming to the gym?
 - Have I had close contact/exposure to anyone known to have or suspected to be ill with COVID-19 or a carrier of Coronavirus in the last 14 days?
 - We are excited to be able to host camp activities and provide the joy of participation in volleyball; it does, however, come with a responsibility. **If they cannot answer “YES” to all the questions listed above we ask that they not come to the gym.**
 - Additionally, **athletes must stay home if they are sick or do not feel well** regardless of known or suspected cause. We are asking parents to monitor their health and report any symptoms or illness to an administrator.
 - Athletes will be given a court assignment for their training session. They should report there directly with their full water bottle.
3. **During Training**
- Before entering the court, athletes will **thoroughly sanitize their hands** using hand sanitizer station at court entrance (see Facility layout diagram).
 - Athletes will take reasonable measures to maintain social distancing. No high 5s, huddles, linking up or unnecessary contact. Avoid contact with your face, mouth, and eyes.
 - All player breaks during beach activity will be taken on the assigned court. Movement in other areas of the facility should be extremely limited and always done with social distancing in mind.
4. **At the End of training** (ca. 5 minutes)
- Athletes may be asked to assist with court turnover sanitization process.
 - As athlete is leaving the court, athletes will gather any items and **thoroughly sanitize their hands** and **water bottle exterior** using hand sanitizer station near courts (see Facility layout diagram).
5. **Upon Exit** – training schedule has buffers to avoid congestion in the foyer as athletes enter and leave building
- Please do not loiter in traffic areas and be mindful of social distancing in our parking lot and other WCC areas.
 - Properly dispose of any trash generated while in the facility.
 - Take all items home including water bottle. Sanitize water bottle (inside and out) and clean all clothing and gear as soon as possible after leaving gym.
 - **We will not be maintaining a lost and found until further notice. Items left behind will be discarded.**