

TEAM INDIANA VOLLEYBALL SAFETY PROCEDURES

Knowing that eliminating all risk is impossible; Team Indiana Volleyball is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, athletes and families. To that end, we have developed the following Safety Procedures in response to the COVID-19 pandemic. We will continually monitor the COVID-19 pandemic; and as it evolves the below policies and procedures will be modified.

The following Safety Procedures have been communicated to all coaches. Additional communication and training will be ongoing, and updates provided to all coaches, and where necessary relayed to all athletes and families.

Facility Information for Social Distancing



- Team Indiana will NOT be open for public use. No parents, siblings, spectators or any additional individuals will be allowed in the building.
- Restroom use will be limited to “emergency” use only. (If you absolutely cannot wait until you get home to use the restroom it would be considered an emergency) All coaches and athletes are asked to utilize the restroom prior to arriving or after leaving the facility.

Arrival



- All athletes and coaches must have completed the online COVID-19 waiver before being permitted to practice.
- Coaches and athletes must check in and have temperature checked via Thremoscan thermometer upon arrival.
- Anyone showing symptoms or registering a temperature greater than 100.4 will be sent home.
- Teams will have assigned practice courts.
 - Courts 1, 2, 3 & 4 will enter through the door on Court 1.
 - Courts 6 & 7 will enter through the door on Court 7.
 - Court 5 will not be utilized for practices.
- No parking zones will be fully enforced from 8:00am-5:30pm Monday-Friday.
- Please utilize gravel lot while waiting for your athlete during practice time.
- Coaches and athletes will be allowed entrance into Team Indiana 10 minutes prior to their scheduled session; absolutely NO earlier. Athletes must be picked up/leave promptly after practice.
- Coaches and athletes entering Team Indiana will be required to leave all extra items including bags, purses, additional clothes, shoes and all other personal items locked in their car. Be sure to take normal precautions including locking valuables in the trunk or out of sight in a vehicle that does not have a trunk. It is recommended to leave all items of value at home. Exit your vehicle ready to practice.

During



- All teams will practice three times a week, for 2.5 hours, totaling 7.5 hours of training per week.
- Only 3 teams will be allowed in the gym for practice at a time.
- There are 4 practice session time blocks per day: 9:30am-12pm, 12:30pm-3pm, 3:30pm-6pm & 6:30-9pm.
- Training will be individual team & skill based from June 1 - June 14. Scrimmaging between teams will not be permitted until at least June 15.
- Drinking fountains will be turned off. Athletes will be required to bring their own, FULL, water bottle and keep their water in a socially distanced area labeled with an X on the gym floor near their practice court.
- We encourage athletes to bring hand sanitizer for personal use. Players and coaches will use hand sanitizer at every drill change/water break. While hand sanitizer will be available at each court, it is encouraged to bring your own to use at each break to minimize contact with a multi-person bottle.
- Doors will be propped open to reduce contact with handles, weather permitting.
- All volleyballs will be disinfected before each practice.
- All coaches and staff are required to wear a face mask while in the facility.
- Players are encouraged to wear a face mask until practice begins and at the conclusion of practice as they exit.
- No handshakes, high fives, fist bumps, nor other physical interaction.
- All huddles and coaching will occur with a minimum of 6' of distance between all athletes and coaches.
- Common areas within Team Indiana will be closed. These areas include front lobby, mezzanine, concession stand and water fountains.

Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within Team Indiana



All coaches, athletes and families are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status, of all, prior to entering Team Indiana. This process is not all encompassing and does not guarantee the health of any individual entering Team Indiana.

- All individuals entering the facility will have their temperature checked at their entrance door and only individuals with a temperature lower than 100.4 degrees will be allowed to enter the facility.
- All individuals entering the facility will be required to be cold/flu/COVID-19 symptom free for three days prior to entrance. If anyone is displaying any symptoms of the above, they must be kept home. If, upon their arrival or during their training time they display any of the above symptoms they will be asked to be picked up by their parents immediately.
- Should anyone participating with Team Indiana, coach or athlete, be diagnosed with COVID-19, they should immediately contact Team Indiana Volleyball Club Director and follow proper healthcare procedures as laid out by their health care professional, including quarantining. Athletes, coaches, and staff must have, in writing, signed, clearance from their health care 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 Team Indiana can verify their compliance with that "order" upon their return.
- Athlete/ Coach will be asked to quarantine for 14 days and will need to be symptom free for at least 3 days before being allowed back in the building.

Screening and Policies for ANYONE exhibiting Signs and Symptoms of COVID-19 || entering or within Team Indiana (continued)



- Remaining athletes and coaches of the team will be asked to watch for symptoms; if they develop symptoms let Team Indiana know immediately and quarantine.
- All teams in the gym at the time will be informed and ask to watch for symptoms
- Building will be closed for cleaning.

Contact Tracing



- Detailed records of individual attendance at Team Indiana Volleyball will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary.

Housekeeping



Housekeeping practices are being implemented, including routine cleaning and disinfecting of all surfaces, training equipment, and practice areas, including restrooms. Frequent cleaning and disinfecting will be conducted in high-touch areas.

- We will disinfect all volleyballs before each practice.
- We will disinfect the courts and equipment between each practice session.
- There is a 30 minute break built in to the schedule to allow for social distancing and cleaning of courts.

Assumption of Risk and Waiver of Liability



Team Indiana Volleyball (hereafter referred to as the “Club”) has put in place numerous preventative measures and enhanced cleaning protocols to reduce the likelihood of spreading COVID-19 in Club’s gym environment; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending sponsored activities at the Club could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily agree to the participation terms described above and assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club Directors, Coaches, Athletes, and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming (“Claims”).

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club activity.

Waiver to be completed online <https://bit.ly/2X8Lefe>