



2022/23

Player Handbook of Club Rules and Regulations

Players Name _____ Surge Team _____

I, as the player, have read and understand the try-out guidelines, the KRVA recruiting process and the Surge Volleyball Club Rules and Regulations. My signature on this form shows my commitment and agreement to follow the Surge Volleyball Club rules for the 2022/23 club season. I am also aware of the rules of the KRVA and understand I cannot play for another USA volleyball club during the 2022/23 season without the consent of the Surge Volleyball Club Director and the KRVA. The 2022/23 club season will conclude after the Girls and Boys Junior Olympic National Championships. Updates to these policies will be published to our website and notification will be sent to all parents to review these changes/updates.

Players Signature _____ Date _____

Parent / Guardian(s) Signature _____ Date _____

SURGE VOLLEYBALL CLUB WILL KEEP A COPY OF THIS SIGNED DOCUMENT ON FILE

SURGE PLAYER'S CODE

As a player for Surge Volleyball Club, I, _____ (player name), promise to conduct myself by the following Code of Conduct. Surge is committed to all of its players exercising good sportsmanship at all times. Our program philosophy is that our athletes should represent themselves, their family, their team and our organization in a positive and respectful manner. In order to represent our athlete's commitment, we have developed the following Code of Conduct for our players:

R **RESPECT:** I commit to respecting everything & everyone around me at all times. Respect of equipment, site, and personal property. Respect of everyone including teammates, opponents, coaches, officials and parents. I will not use my phone during practice times or during work team assignments _____ (Initials)

A **ATTENDANCE:** I will attend all events, practices, and tournaments. I will contact my coach immediately by phone, text or email if I am unable to attend practice. I understand that continued absence is a justified loss of playing time. _____ (Initials)

A **ATTITUDE:** I will always demonstrate positive sportsmanship. I will stay engaged, be respectful of my coach, teammates, officials and opponents at all times. I will exhibit a high level of sportsmanship at all times and in all situations. _____ (Initials)

C **COMMUNICATION:** I commit to positive and informative communication on and off the court with my teammates, coaches, administration and parents. _____ (Initials)

E **ETHIC:** I commit to 100% maximum effort at all times during practices and tournaments. I commit to never giving up on a ball chasing it regardless of where it ends up. _____ (Initials)

S **SPIRIT & PRIDE:** I will show pride and spirit by representing Surge Volleyball at all tournaments and competitions proudly. I will do so by wearing my Surge warmup or other appropriate SVC club gear at all times while at the tournament site and not in competition.

I understand that coaches make decisions about lineups and playing time based on a variety of factors including attitude, effort, attendance, skill and ability. I commit to supporting my team whether I am on the court or on the bench. I will help my team in every possible way whether on the court or off by providing positive feedback and critiques before, during and after play. _____ (Initials)

I have read the player handbook and understand what is expected of me as a representative of Surge Volleyball. I will complete all registrations, forms and other administrative requests in a timely fashion. I understand I will be benched for practices and tournaments if these requirements aren't met. I understand that failure to meet these expectations will be cause for loss of practice and/or playing time or suspension from my team.

Player Signature

Date

Parent Signature

Date

SOCIAL MEDIA POLICY & GUIDELINES FOR SURGE ATHLETES

Playing and competing for Surge Volleyball Club (also known as Surge and SVC) is a privilege. Athletes at Surge Volleyball Club are held in the highest regard and are seen as role models in the volleyball community. As leaders you have the responsibility to portray your team, your club and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

SnapChat, Facebook, Instagram and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Surge in one form or another.

Athletes should be aware that third parties including the media, club personnel, future employers and NCAA officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the athlete and SVC. This can also be detrimental to a athlete's future employment options, whether in professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another club or SVC; taunting comments aimed at an athlete, coach or team at another club or SVC and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to SVC, which is not public information

If an athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Written warning
2. A meeting with Coach and/or Director
3. Penalties as determined by the SVC, including but not limited to possible suspension from his/her athletic team.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Surge Volleyball Club. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or Surge Volleyball Club.

By signing below you affirm that you understand the Surge Volleyball Club Social Media Policy and Guidelines for Athletes and the requirements that you must adhere to as a SVC athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and you may be subject to additional penalties imposed by Surge Volleyball Club, USA Volleyball, AAU and JVA.

Printed Name _____ Signature _____

About our Club: The Surge Volleyball Club is a new organization opening up in the Berks County area under the Keystone Regional Volleyball Association (KRVA) governed by USA Volleyball, the sanctioning body for amateur volleyball in the United States. We are not sponsored by or affiliated with any School District.

Our Mission: Surge Volleyball Club's mission is to provide a competitive program that builds a strong foundation of fundamental skills, techniques and strategies in our athletes while building their love for the game of volleyball. The Surge Volleyball Club currently welcomes junior male and female athletes ages 10-18 as well as adults 18+.

Coaches: Our Coaching Staff is dedicated, experienced and comprise of volunteers who have been associated with the game of volleyball for many years. They are required to provide instruction that is appropriate based on our athletes age and ability. We stress team spirit and sportsmanship while instilling the desire to win.

Age requirements: The various 2022/2023 age group breakdown are as follows:

Once a player participates (including, but not limited to, practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes, but is not limited to, national GJNC qualifying and championship events.

- 18 and Under Division (18U): Players who were born on or after July 1, 2004 or players who were born on or after July 1, 2003 and are a high school student in the twelfth (12th) grade or below during some part of the current academic year
- 17 and Under Division(17U): Players who were born on or after July 1, 2005
- 16 and Under Division (16U): Players who were born on or after July 1, 2006
- 15 and Under Division (15U): Players who were born on or after July 1, 2007
- 14 and Under Division (14U): Players who were born on or after July 1, 2008
- 13 and Under Division (13U): Players who were born on or after July 1, 2009
- 12 and Under Division (12U): Players who were born on or after July 1, 2010
- 11 and Under Division (11U): Players who were born on or after July 1, 2011
- 10 and Under Division (10U): Players who were born on or after July 1, 2012
- 9 and Under Division (9U): Players who were born on or after July 1, 2013
- 8 and Under Division (8U): Players who were born on or after July 1, 2014

BOYS' WAIVERED PLAYERS

Regionally waived boys' teams in the 12, 13, and 14, and under will be allowed to participate at the USA Junior National Championships using the following age/grade definition:

14 & Under Waiver

Players who were born on or after July 1, 2008 OR players who were born on or after July 1, 2007 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year. (This exception is based on the net height difference of 7'4 1/8" to 7' 11 5/8" between the 14 and Under Division to the 15 and Under Division.)

13 & Under Waiver

Players who were born on or after July 1, 2009 OR players who were born on or after July 1, 2008 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year.

12 & Under Waiver

Players who were born on or after July 1, 2010 OR players who were born on or after July 1, 2009 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year. (This exception is based on the net height difference of 7' to 7'4 1/8" to 7'11 5/8" between the 12 and Under Division to the 13 and Under Division.)

Note: These age definitions are used by domestic club programs and are NOT the same as the age definitions for the International and Domestic High Performance programs for 2022/2023.

Note: These age definitions are used by domestic club programs and are NOT the same as the age definitions for the International and Domestic High Performance programs for 2022/2023.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2003. The classification cut-off date of July 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during to the USAV 2016 Annual Meetings and research justified the continuation of the cut-off date of July 1.

Tryouts: All players must register with KRVA at www.krva.org to participate in tryouts. Players trying out for the club should choose the \$15 membership option (non-refundable) on the KRVA website when initially filling out the form and select "UNDECIDED" as their club affiliation. Players are required to bring their printed USA Volleyball Membership receipt and completed Medical Release Form to Surge Volleyball Club Tryouts. Players who receive and accept an offer to play with our club will need to upgrade to a full membership for an additional \$45.00. The total membership fee for KRVA is \$60.00 annually. Surge Volleyball Club will submit a roster of players for all teams to KRVA once confirmed at which point, the remaining \$45 must be paid to Surge.

All players must be accompanied to tryouts by a parent or an adult over the age of 18. There is a \$50 non-refundable tryout fee, if registered and paid in advance. The registration fee for walk-ins is \$90. Checks can be made payable to Surge Volleyball Club. There will be a \$40 fee for checks returned due to insufficient funds.

Team Selection: Surge Volleyball Club would like to have every player make a team but that is not always feasible. Our Club holds tryouts so we can select athletes based on their skills, potential, positive attitude, coachability and the availability of coaching staff. All of our athletes are chosen by following the KRVA Recruiting and Tryout Guidelines, which can be found on the KRVA website at www.krva.org.

If they are chosen for a team, players will be notified via email on the Monday following tryouts. The offer to be on a team must be accepted or declined by the player or parent within 48 hours of the email's time stamp, as per KRVA rules. Accepted offers must be accepted by emailing offers@krva.org and copying Surge Volleyball at surge@surgevolleyball.org. Players must then go to www.krva.org and click on the Webpoint registration site, log into their account and affiliate themselves with Surge Volleyball Club.

Athletes may be selected to play on a team above their age group but may not play on a team that is below their age group. USA volleyball no longer provides waivers for players to play an age group lower. All offers are binding as outlined in KRVA and will remain in effect until the end of the 2022/2023 Club season on August 31, 2022.

SVC Club-level teams are made up of 8 to 12 athletes and Open-level teams are made up of 9 to 12 athletes. SVC may move an athlete from one team to another or offer an athlete an opportunity to play with another team in the club for certain tournaments, if needed by our coaching staff. Players must be playing on the same level as the team they are moving to (i.e. a player on a 14 Club team can play on another 14 or 15 club team but not a 14 or 15 Open team). Reasons for moving an athlete include, but are not limited to, loss of another athlete due to injury, position on a team, skill level, or missing athletes for tournaments.

Practice: Practices will begin soon after Surge Volleyball Club teams are selected. Keep checking the website www.SurgeVolleyball.org for a schedule. Players are expected to be at every practice scheduled unless they contact their coach in advance or are already excused. Our coaches may refuse to play an athlete in a tournament if that athlete has been absent from the prior practice without a legitimate excuse. Players need to notify their Coach as soon as possible about any conflicts. **Communication with your coach is key.**

Uniforms: Club registration fee includes 3 jerseys for girls/women and 2 for boys. A flyer with additional information will be distributed at the parent meeting for more accessory options along with the opportunity to try on sample jerseys.

Tournaments: Tournaments are typically held on Saturday or Sunday and sometimes Monday. They start as early as November and continue through March for boys. Girls tournaments start in January and continue through May. A tournament schedule will be posted on the Surge Volleyball Club's website. Many of the local tournaments are within a 70-mile radius from Reading. Tournaments usually start at 8:00am and can go as late as 8:00pm or later, if our teams make the playoffs. Be sure that your athletes get plenty of rest the night before. Athletes must be prepared to leave very early in the morning and be out very late on those nights the team is in the playoffs. In cases where our Club is participating in a multi-day tournament, you may need to stay the night before the tournament because of the distance needed to travel. SVC would like to send as many of its teams (at different age groups) to the same tournament, whenever possible.

There is no limitation on the distance or number of tournaments a team can participate in. Travel expenses are the responsibility of each player's family including, but not limited to, hotel, transportation, and food. If a team selects more tournaments than allocated by the registration fee, each member will split the cost plus an additional \$50 administrative fee, due prior to attending the event. Players can elect to not participate in additional events. Their portion of the additional fee will be split among the participating members of the team.

Postseason events at AAU Nationals and USAV (GJNC) take place during the months of June and July. As the parent or guardian of a player on a Surge Volleyball team, you are committing to attend USAV Nationals if your child's team qualifies by earning a BID for the GJNC in the location in which it is held or Junior Girls AAU Nationals in Orlando Florida, if your child's team earns their entry. You understand that these events are post season events and commit to attend with your child's team, and incur the additional costs associated with these postseason events, as outlined on the USA Volleyball and the AAU Volleyball websites.

If your daughter plays for a SVC 15 Black, 16 Black, 17 Black or 18 Black team, you are making a commitment to attend a postseason national tournament, either to AAU or USAV Nationals. This commitment is guaranteed with a \$200 nationals deposit, due December 31, 2022. The \$200 will be used toward entry into the tournament. If the team earns their way through a BID or Entry tournament, the deposit will be returned to offset the cost of travel, upon return from Nationals. Players declining to attend after paying the \$200 deposit will forfeit their deposit.

AAU Nationals is an open tournament allowing any team to register. Any team that does not earn their way will decide by March 1, 2023 if they wish to attend AAU Nationals. All money will be distributed accordingly, upon a decision being made.

All Costs are estimates for one traveler and are subject to change:

Item	AAU Orlando, FL	USAV Detroit, MI
Tournament Registration	\$1000 (covered if earned)	\$1000 (covered if earned)

Travel	\$300	\$300
Hotel	\$220	\$150
Food	\$150	\$150
Total	\$670/traveler	\$600/traveler

Playing Time: Our Coaching Staff will make every effort to offer FAIR playing time amongst our athletes, but there is NO GUARANTEE of equal playing time. There are limited positions on each team and players each have their own skill set. The only possible way to offer equal playing time is to carry 12 players, substitute the same players out for each other for the same positions, and only allow each player to play 3 rotations. Coaches will make the final decisions on the starting line-up, positions, and playing time in the best interest of their team. During tournaments our coaches will make a conscious effort to play every athlete who has attended practices, is not sick or injured, and is not displaying an attitude or a behavior issue. During playoffs, it is the coach’s discretion to play those athletes who may advance the team further.

Tardiness Guidelines:

Tournaments:

Time frame	Immediate Action	Follow-up Action
5 Minute Grace Period Given		
5 to 10 minutes late	1 st Set suspension	No Administrator Meeting
10 to 20 minutes late	1 st Match suspension	Administrator Meeting
20 to 30 minutes	2 nd Match suspension	Club Director Meeting
30 to 60 minutes	3 rd Match suspension	Administrator Board Meeting
over 60 minutes	Whole tournament suspension	Administrator Board Action

Practices:

Must always warm up & stretch before practice regardless of what activities you were doing before walking in the gym. We do not want anyone getting hurt because of improper warm-ups!

Punishment for each minute late, after warm-ups (example of punishment: 5 burpees & 1 lap)

NO grace period for practices – this is a regular event that all of us know the routes for. If there is traffic, plan accordingly!

Traffic is not an acceptable excuse unless multiple people are affected (late)

Due to a number of players having unexcused absences and being late to events throughout all of our teams, we want to make it clear to our parents how this will affect your daughter’s playing time. Calling your coach (or having your parents call the coach) the day of a tournament, scrimmage, play day, etc and telling them that you have another commitment or are going to attend another event instead is not an acceptable excuse. We want to do everything we can to provide as much playing time to each of our athletes. When someone takes advantage of their team by not attending or attending late, it is not fair to the other players who arrive early to sit and wait and do not receive extra playing time for arriving early. This outline is to be used as a guide for our coaches and to inform parents and players upfront of possible consequences.

Players Moving Between Teams: Our Club teams are made up of 8-12 athletes. Our Club may move an athlete from one team to another, or offer an athlete an opportunity to play with another team in our club for certain tournaments, if so needed by our coaching staff. Our reasoning for moving an athlete can be but not limited to: a loss of another athlete due to injury, position on a team, skill level, or missing athletes for tournaments.

Injuries or Prolonged Illness: USA Volleyball rules state that SVC must request a medical document from all players who are injured or sick for a period of time of more than one week or 2 practices, before we can allow them to return to practice or to play in tournaments. Players should expect that extended absence from practices and tournaments will limit playing time upon initial return to play.

Player Responsibility: Athletes that are asked and accept membership into our Club are 100% committed to Surge Volleyball Club and may not play for another USA Volleyball Club or AAU volleyball club for the entire 2022/23 season. Athletes are expected to attend any and all scheduled practices or notify the coach in advance if they will not be there. Our Club athletes also need to notify their coach well in advance if they will be unable to attend a tournament. As a player of Surge Volleyball Club you will be expected to conduct yourselves in a responsible, mature manner. You need to have a positive, winning attitude towards your teammates, parents, coaches, officials and our Club volunteers. This Club organization will not tolerate vulgar language, violence, theft, alcohol, drug, or tobacco use, or inappropriate sexual or threatening behavior. If our athletes do not follow these rules, our Club, at the discretion of its director and/or Surge Administrators, may ban the athletes from scheduled events and from future membership to this organization without refunding any fees or costs.

Lights out and cell phone use for any and all overnight tournaments will be set for no later than 11:00pm. No one other than a parent will be allowed in an athlete's room of the opposite gender at any time. Chaperones will be in charge of enforcing these rules. Anyone who violates these rules or any other event rules will be removed from the tournament and the parent or guardian will be told to collect any and all belongings and head home. Our club director will decide a plan of action about any future events for the remainder of that season. No refunds will be issued. All athletes are required to take turns keeping score and working the lines at events. Athletes are expected to remain at the tournaments until the entire team is dismissed by their coach. Surge Volleyball Club expects our athletes to maintain good grades. Participation in volleyball should not be any reason for academic failure. Most athletes get academic scholarships over athletic scholarships. We require you to check your email and our website for any announcements or changes.

Player Concerns: As an athlete in our Club we encourage you to address any issue you may have with your coach before or after practice or by email not during practice or a tournament. We ask that you be respectful to your coach when you are addressing your issues. If after you address your coach and you feel your issue has not been resolved then bring it to the attention of your parent or guardian and they may help get your issue resolved. Remember your coaches are here to help you grow as an individual and an athlete, so always be respectful.

Conflict Resolution: Conflicts that arise that cannot be handled between a player, their coach and the parents or guardians will be handled in the following manner.

- 1- A meeting with all parties above will be setup with the club director and a club administrator.
- 2- If after the meeting, a resolution can still not be obtained, the issue will be brought to the club's board of administrators to vote on a final course of action.
- 3- All parties will be given a chance to submit their concerns and requested actions to the board in person.
- 4- All Meetings will take place within 14 days of conflict. All resolutions will be completed within 21 days of conflict.
- 5- All decisions made by the board will be final.

“No parent/person on the floor” Rule.

The rule states: Anyone who is not a member of Surge Volleyball club's administrators, coaching staff, or players cannot be on the playing surface or around it during any event (practices, tournaments, etc) while

teams are practicing or playing. Spectators/parents must stay on the stage when at Surge gym or in the designated spectator area at tournaments. Parents may assist with practice ONLY with prior approval of our club's director and the completion of all required paperwork. Coaches and administrators will enforce this policy. Violators will be asked to leave immediately.

“Misconduct” Rule.

The rule states: Misconduct of any kind are grounds for immediate release from Surge Volleyball Club and all organizations associated with Surge Volleyball Club. Parent(s) and player(s) will be escorted from the site immediately and released from the club with no refund of any fees or monies paid to Surge Volleyball or any of its affiliates. Misconduct includes but is not limited to:

- Vulgar language at any events directed or within hearing range of any player, coach or parent of any team.
- Demeaning or antagonistic actions toward a player, coach or parent of any team.
- Any physical contact made in an aggressive manner.
- Any actions deemed as misconduct by the Surge Volleyball Club Director and Administrators.

FORCE MAJEURE: Surge shall NOT be liable for any refunds, delays or failure of performance of service due to causes beyond its control, including, but not limited to: acts of God, infectious disease, fire, flood, explosion or other catastrophes; any law, order, regulation, action or request of a Federal, state or local governmental authority or of any civil or military authority; national emergencies; unavailability of rights-of-way, services or materials; inability to appropriately teach/coach/educate athletes or persons in any location; or strikes, lock-outs, work stoppages or other labor difficulties.



INFECTIOUS DISEASE HANDBOOK

A SAFE RETURN TO VOLLEYBALL

A SAFE RETURN TO VOLLEYBALL

As our state begins to loosen the restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting the COVID-19 and other infectious viruses. The following has been created to help inform all who are part of our organization. Each area below will be laid out in detail throughout this document. Returning to volleyball will only be considered when the county and state's public health restrictions and physical distancing measures allow for it. Public health restrictions will always guide what is allowable by our organization. Please consult with your provincial health authority before engaging in volleyball activities.

FACILITY CONSIDERATIONS:

- Outdoor activities have been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball at this time and therefore outdoor is the preferred training environment.
- Minimize the total amount of users in one space at any given time. The more users in the space the higher the risk, this is especially true for indoor spaces with increased contact surfaces and less air circulation.
- Only required seating, tables, etc should be made available. Access to water fountains, meeting spaces, etc should be carefully considered and likely discouraged.
- All common contact surfaces within the facility should be cleaned and disinfected regularly.

PARTICIPANTS

- Group sizes should always be minimized and must abide by regional public health restrictions.
- People over 65 years of age or people with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged.
- Participants should know of the common symptoms of COVID-19 and other infectious diseases and stay at home if displaying symptoms.
- Participants must stay home if they have been in contact with a known case in the previous 14 days.

CONTACT MINIMIZATION

- Physical distancing will always be practiced by a maximal number of participants
- This may require adjustments to scheduling activities and minimizing inter team/group play.
- Coaching should be completed while practicing physical distancing guidelines.
- Spectators should be discouraged and if present must also abide by physical distancing guidelines.
- Participants should not be sharing water-bottles, towels, or other equipment.
- Use of minimal amount of volleyballs and keep them designated for specific groups of participants
- Use a sanitizing spray on balls at frequent intervals and especially between different user groups.
- Unnecessary contact between participants, handshakes, high fives, hugs etc. should be discouraged.

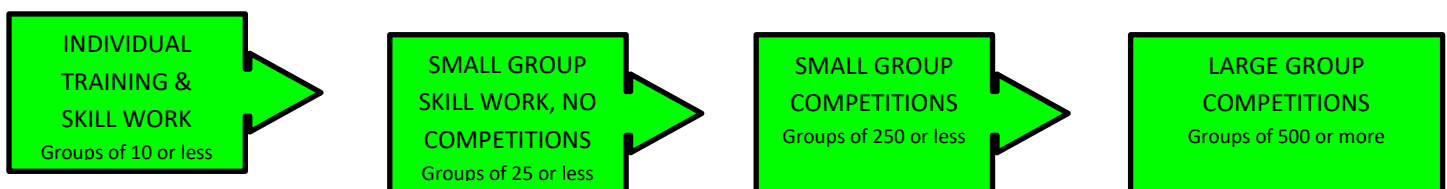
PRACTICE GOOD HYGIENE

- Participants should wash their hands before and immediately following participation
- Hand washing or sanitizing at intervals throughout should be encouraged.
- Participants should avoid touching ones face throughout.
- Participants should consider wearing a mask

RETURN TO VOLLEYBALL SAFE REOPENING PHASES

CDC guidelines for gym - Phased plan based on CDC and state guidelines.

The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



SAFE REOPENING PHASES - FOCUS ON EACH GROUP FOR A SAFE REOPENING

GYM

Surge gym will take reasonable precautions to limit our participants' exposure to COVID-19 while at their premises.

Surge will follow all CDC guidelines by using reasonable mitigation strategies which include, but are not limited to:

- Separating sick people. Anyone showing signs of COVID-19 will have to stay out of the gym for 14 days until they come up with active testing
- Using proper building ventilation, filtration and humidity control. Doors will remain open during practices when possible and exhaust fans on to keep air moving through the gym. Fans will be used if weather is bad.
- Practicing proper hand hygiene (i.e., providing sufficient hand sanitizer and soap); We will have hand sanitizer stations and will make it a regular habit to overuse it. Arms and hands.
- Limiting number of people in the gym to less than 25. May restrict spectators if needed.
- Encouraging everyone to stay at least six feet apart while at the gym especially during downtimes and water breaks
- Routine daily cleaning and disinfection
 - Thorough cleaning at the end of each day of all floors and equipment
- Between practice cleaning
 - Each practice will be controlled in its entirety by support staff and coaches.
 - Cleaning logs will be kept by gym monitor
 - All equipment and balls will be sprayed with disinfectant between practices and let to dry
 - Floors will be mopped between each practice
 - New equipment will be used for each practice

COACHES

- Coach temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- Sign in and out for contact tracing
- Assist with control measures and entry limitations set

PARENTS/SPECTATORS

- Parent/Spectator temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- No/Limited spectators depending on the number of players in the gym
- Sign in and out for contact tracing

ATHLETES

- Player temp check
- Waiver and Contract to agree to tell us if they are sick and release liabilities signed and turned in before practice
- COVID questionnaire before entering
- Sign in and out for contact tracing
- Limited bathroom breaks
- Must bring own water
- Assigned equipment and water break area for each player
- All players must secure all gear and leave gym immediately after their practice
- Come dressed ready to play
- Sanitize on and off court

What are the guidelines if someone has COVID-19 from your club?

- Players and coaches must stay out of the gym for 14 days.
- All equipment must be cleaned and gym vacated for 24 hours.
- All people who came in contact with that person must be notified via text msg. No names will be shared.

STEPS OF EACH GROUP – ARRIVAL/DEPARTURE STEPS

All personnel: GYM

- Use restroom before arriving-limit need during events
- Wash hands/arms 20 secs before entering gym
- Practice social distancing when in the building
- Facemask required when not involved in practice
- Everyone will have a non contact temp check. Temps of 100.4 or more will be refused entry.
- Everyone will be logged for contact tracing to include time in/out, phone, & name
- Everyone will be logged out upon departure

Coaches - All personnel steps above plus: GYM

- Bags and gear placed in assigned coaches area
- Bring a personal towel to wipe off with when needed
- Wear facemask when not coaching
- Use hand sanitizer often – set the example and have players follow suit
- Secure clean equipment for practice, limiting contact with other equipment
- Collect/Clean equipment – players no longer put equipment away. Store equipment in appropriate areas for drying

Players – All personnel steps above plus: GYM

- Bags/gear in assigned player area in the gym
- Bring personal towel to wipe off with during breaks
- Wear facemask when not practicing
- No physical contact (i.e. handshakes, hugs, high fives, etc)
- Use hand sanitizer before entering and leaving the court to include water breaks
- Limit bathroom breaks
- Collect personal belongings quickly/depart facility in a timely manner to allow the next group to enter
- Come dressed ready to play

Spectators – All personnel steps above plus: GYM

- Sit in assigned areas of the stage ONLY!
- Wear facemask at all times
- Do not use the back door of the stage
- Depart in timely manner to allow next group to enter
-