

A Note About the 2020-21 Season

This season will be unlike any other, due to the uncertainty and unknown that the COVID-19 pandemic has created. There will be a lot of questions that come up during the season that we may not have the answers to right away, and we appreciate everyone's patience and understanding. We will continue to keep these primary goals at the forefront of all we do: the safety of participants, offering a variety of team levels/schedules to fit all families' needs, and communicating quickly and efficiently when changes happen. Please note that all season information is tentative, and dependent on regional, USAV, federal, state, and local guidelines and laws.

Players or families who fail to follow the protocols and procedures set forth in this document may be subject to suspension, expulsion, or monetary penalties. No reimbursements will be provided to players or families who fail to follow the protocols put in place by C1VB or the associated facilities and/or governing bodies.

By participating with C1VB, you are agreeing to follow the COVID-19 policies established by Carolina One, our contracted practice facilities, tournament hosts, the Palmetto Region, and USA Volleyball, in addition to applicable local and state ordinances or laws. These protocols and policies may change throughout the season. Failure to follow these protocols may impact the ability to participate in practice, attend tournaments, or participate with the club. Failure to follow these protocols may also result in financial penalties.

Additionally, any player or family member who:

- **has COVID-19 symptoms**
- **has tested positive for COVID-19**
- **has recent exposure to someone who has tested positive for COVID-19**

and knowingly attends a practice or tournament without first notifying the club director may face suspension from C1VB and Palmetto Region. You must receive a response from the director before attending any activity.

Carolina One COVID Protocol & Procedures Plan

The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the South Carolina Department of Health (SCDHEC), and the federal Occupational Safety and Health Administration (OSHA) into our daily practices at our contracted practice facilities and tournament sites.

Knowing that eliminating all risk is impossible, Carolina One 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 as well as local and state regulations. As the situation evolves the below policies and procedures will be modified.

By participating with Carolina One for the 2020-21 season, all adults and guardians of minors assume ALL risks associated with participation, including but not limited to exposure to COVID-19. Exposure to COVID-19 can lead to temporary or permanent health consequences and death.

Club directors, coaches, athletes, and families are all responsible for implementing and complying with all aspects of the policies and procedures in this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our facilities, and that requires full cooperation. Carolina One's staff is charged with enforcing the policies during their scheduled training times. All coaches, athletes and guardians will be required to sign the "Assumption of Risk and Liability Waiver" on page 5 of this document as assumption of risk, waiver of liability, understanding of, and agreement to comply with all aspects of the below Safety Procedures.

Facility Policies

1. **The majority of our practice facilities are not allowing parents/spectators to attend practices.** Please assume this is the case unless you are informed otherwise. This includes tryouts, team practices, position practices, and any other scheduled team event at one of our practice facilities. Only players and coaches will be allowed in the buildings. Please see additional facility guidelines for more information.
2. **Entrance/Exit** – Depending on the layout of the gym/building, some facilities may have designated entrances and exits. Please follow all marked signage and/or direction of coaches and facility personnel.
3. **Restroom Use** – 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. If emergency restroom use is required, individual should follow good hygiene practices, including thorough hand washing and use of hand sanitizer and sanitizing wipes, if required by facility.
4. **Social Distancing** – Social distancing will be in effect as much as possible while players/coaches are inside a facility.
5. **Personal Belongings** – We ask players and coaches to limit the personal belongings they bring to practice to necessities only. Spaces will be provided for participants’ personal belongings, with location dependent on each facility’s capabilities.
6. **Bleachers/Seating** – Many facilities have chosen to eliminate the use of bleachers and/or chairs during this time. This decision is entirely up to the facility, and we must comply with the decision. If bleachers or chairs are not available, players can rest sitting on the floor during breaks.
7. **Water Fountains** – Facilities may or may not have water fountains available. Please bring a full water bottle for personal use. No sharing of water bottles will be allowed.
8. **Food** – No food is allowed in any facility. If you need to have a snack before or after practice, please eat it in your car or outside prior to entering the facility.

Practice Policies

Note: The NCAA has designated volleyball as a “high” transmission risk sport when masks are NOT worn during play. They have classified volleyball as an “intermediate” transmission risk sport when masks ARE worn during play. Based on current medical interpretation, this means that if teams practice and play WITH masks on, and a player or coach tests positive for COVID-19, only that individual will have to quarantine. If teams practice and play WITHOUT masks on and a player or coach tests positive for COVID-19, and that team has had contact within the previous 48 hours, all team members who were in attendance would have to quarantine for 2 weeks.

1. **Facility Opening Time** – Facilities will open at the designated time, which will be provided to teams practicing there. This will often be 5-10 minutes before the scheduled practice time. Do NOT congregate around the entrance doors. Stay in your car, or socially distanced in a safe area, until the doors are open.
2. **Face Coverings** – Athletes and coaches should wear face coverings to enter and exit the building. Once participants are on their assigned courts, it will be up to their team policy regarding face coverings. Regardless of team policy, players who **want** to wear face coverings while playing will be allowed and encouraged to do so.
3. **Attendance** – All coaches will take attendance at every practice.
4. **COVID 19 Screening Form** – 3 hours prior to practice, players/guardians will complete the online COVID-19 Screening Form. The link will be sent out to each family prior to every practice. This form will be completed before EVERY practice or training session. Players who answer “yes” to any of the screening questions will be contacted by a staff member to determine next steps.
5. **Hand Sanitizer** – Upon entrance to the facility, all participants will use provided hand sanitizer.
6. **Court Assignments** – Once in the building, all coaches and athletes should proceed directly to their assigned court. Avoid gathering in lobbies or common areas or socializing with other teams.

7. **Water Breaks** – No huddles, handshakes, high fives, fist bumps, or other close contact between players and/or coaches will be allowed. Players should use their personal water bottle, which they should fill before practice. Water fountains may not be available at all facilities.
8. **Drills/Training** – Players off the court or not participating in drills will be required to maintain 6-foot distance. Coaches will stand at least 6 feet away from players when giving instructions.
9. **Equipment** – All volleyballs and any other shared equipment will be disinfected after each practice.

Tournament Policies

1. **It is up to each individual tournament host to set policies & protocols for their event.** This may include limiting or prohibiting spectators, mask requirements, temperature & health screenings, and other measures. C1 will communicate this information to teams as it is communicated to us.
2. **Work team requirements** – Tournaments may reduce or change work team assignments. They may require masks to be worn while officiating. All C1 players should bring a mask to each tournament.
3. **Palmetto Region requirements** – If a player or family member tests positive for COVID-19, the Palmetto Region requires a 14-day quarantine AND a negative test before you will be allowed to attend a PVA tournament. See the full PVA tournament protocols here:
<https://www.palmettoregionvb.org/covidpolicy>

Health and Screening Policies

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, prior to entering C1 facilities. This process is not all encompassing and does not guarantee the health of any individual entering the building.

1. Athletes and coaches must not have had or been knowingly exposed to anyone with COVID-19 during the previous 14 days. Exposure is defined as contact within 6 feet for 15 minutes or longer.
2. Athletes and coaches should not participate if they are feeling ill or have signs or symptoms including fever, cough, difficulty breathing, or other symptoms as defined by the [CDC website](#).
3. All individuals entering the facility will have their temperature checked prior to entering. Only individuals with a temperature lower than 99 degrees will be allowed to enter the facility. If an individual measures 99.0-100.00 degrees, they will be allowed to rest in an area separated from other participants for 5 to 10 minutes before having their temperature re-measured. If it remains above 99 degrees, they will be asked to go home. Individuals with initial temperatures over 100 degrees will be sent home without a resting period.
4. If participants become ill or display any symptoms of COVID-19 during their training time, they will immediately be moved to a quarantine area, and parents will be required to pick them up immediately. Coaches and athletes in the same training area will be asked to leave the facility so that the area can be cleaned and disinfected. Training will resume at the next scheduled training time.
5. Should anyone participating with Carolina One be diagnosed with COVID-19, they should immediately contact Carolina One's Club Directors and follow proper healthcare procedures as laid out by their health care professional, including quarantining. Athletes, coaches, and staff must have a written, signed clearance from their health care professional to resume activity after a COVID-19 diagnosis.
6. Players or family members who experience symptoms of COVID-19, have been exposed to someone with COVID-19, or have tested positive, and knowingly attend a practice or tournament without notifying the club director will face suspension from C1VB and the Palmetto Region, as well as possible monetary penalties. You must receive a response from the director before attending any team event.
7. All participants are expected to follow basic respiratory etiquette while attending C1 activities, including: coughing or sneezing into your shirt; avoid touching your face; and dispose of tissues in the trash and wash or disinfect hands immediately.

Positive Test & Quarantine Procedures

Quarantine definition: If a team is quarantined, there will be no scheduled team activities for the quarantine period. This includes team practices, tournaments, position practices, or any other scheduled team activity.

Quarantine cancellations policy: Practices cancelled during a team's quarantine period will not be rescheduled. If the team is required to withdraw from a tournament, we will attempt to find a replacement tournament. This will be handled on a case by case basis.

Positive Test/Quarantine Scenarios

1. If an athlete or coach receives a positive test, they should immediately contact the C1 Club Director and follow proper healthcare procedures as laid out by their health care professional, including quarantining. The athlete or coach should provide C1 with the date of testing so that we can properly calculate the quarantine period for the affected team(s). C1 will immediately notify the athlete or coach's team that there has been a positive case on the team. If the team has practiced or been at a team activity within the previous 48 hours and the team has NOT been wearing masks at team activities, that team will be required to quarantine for 14 days.
2. If an athlete or coach receives a positive test and has a sibling or other immediate relative or close contact who is also participating with Carolina One, that relative/close contact will also be required to quarantine for 14 days.
3. If an athlete or coach is instructed to quarantine due to exposure to COVID-19 outside of Carolina One activities, he or she should not participate in any C1 activities until the quarantine period is over.
4. If Carolina One receives information about positive cases at a tournament or other event a team has attended, we will immediately notify those teams affected, and communicate any relevant information provided by tournament host, region administration, or governing bodies.
5. Any player or family member who tests positive, is exposed to someone who has tested positive, or is experiencing symptoms of COVID-19 and knowingly attends a practice, tournament, or other team event, will face suspension from C1VB and the Palmetto Region, as well as possible monetary penalties.

Contact Tracing

1. Detailed records of individual attendance at Carolina One will be kept and provided to health authorities upon request to allow for contact tracing should it be necessary. Upon official request, parent contact information will be provided.
2. Personal identifying information will ONLY be provided to government/health authorities, it will not be shared with coaches, staff, athletes or families. Government/health authorities will contact individuals to relay any additional actions that must be taken. Because Carolina One's staff are not licensed medical experts, other than in direct cases of diagnosis, Carolina One's staff will not implement additional mandatory quarantine of secondary or tertiary contacts. However, athletes/families/coaches are required to notify Carolina One's Directors if they are ordered to quarantine by a government or health authority; and that order must be adhered to by the athlete or coach.

Communication and Training

This COVID-19 Safety Procedures and Preparedness Plan was communicated to all coaches and necessary training was provided. Additional communication and training will be ongoing, and updates provided to all coaches, and where necessary relayed to all athletes and families.

Assumption of Risk and Waiver of Liability

Carolina One 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.

Participant’s Name(s): _____

Participant’s Signature (if 18 or older): _____

Parent/Legal Guardian Name(s) (for participants under 18): _____

Signature(s) of Parent/Legal Guardian: _____

Date: _____