

Mile High Warriors Volleyball Academy Plan for COVID-19 Exposure Prevention and Response for a Safe Re-Opening

This Plan is based on information available from the CDC, OSHA, CDPHE and TCHD at the time of its development, and is subject to change based on further information or Public Health Orders released.

Knowing that eliminating all risk is impossible, Mile High Warriors VBA 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 and Preparedness Plan 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. Any violations by athletes can result in revocation of facility usage privileges with no refunds given. Club director, or an appointed staff member, will be on site at all times to ensure compliance.

Responsibilities of Coaches:

Mile High Warriors VBA is asking every one of our coaches to help with our prevention efforts while at the practice location. In order to minimize the spread of COVID-19 at the practice locations, everyone must play their part. As set forth below, Mile High Warriors VBA has instituted various housekeeping, social distancing, and other infection prevention best practices at the practice locations. In addition, coaches and staff must familiarize themselves with the symptoms of COVID-19.

Coaches will adhere to:

- Symptom and temperature checks prior to entering the facility.
- Staying home if they are sick and reporting illness to the Club Director.
- Wearing a mask or face covering until they are on their designated court.
- Adapt their practices to adhere to social distancing
- Will not have team huddles, only large circle with 6ft between each player.

Responsibilities of Athletes:

Athletes will adhere to:

- Symptom and temperature checks prior to entering the facility.
- Staying home if they are sick and reporting illness to the coach and the Club Director
- Wearing a mask or face covering until they are on the court
- Coming to practice fully dressed, even shoes. Do not bring backpacks, (small personal bag is ok).
- Coming to practice with full water bottle, consider bringing an extra water.
- Sanitize hands upon entering court, at each water break and at end of practice.
- Abiding by social distancing guidelines

Responsibilities of Parents:

Parents will adhere to:

- Bringing their athlete on time, but not earlier than 10 minutes prior to the start of their practice time
- Keeping their athlete home if they are sick, and reporting illness to their coach and the Club Director
- Keeping their athlete home if they or any members of their household are immunocompromised or vulnerable to the virus.
- Signing the participation waiver before they are allowed to practice.
- Not entering facility without prior permission from Staff.

Mile High Warriors VBA Protective Measures:

Mile High Warriors VBA will be doing symptom checks, and temperature checks will be taken before anyone is allowed to enter the facility. Anyone that exhibits a fever over 100°F will not be allowed in the gym. Parents/spectators will not be allowed inside the facility. Avoid physical contact with others and maintain personal space to at least six (6) feet in all areas. Anyone entering the facility MUST wear a mask or face covering and continue to wear their mask or face covering.

Mile High Warriors VBA Cleaning and Disinfecting:

Mile High Warriors VBA has instituted regular housekeeping practices, which include cleaning and disinfecting frequently used equipment and other elements of the facility, where possible.

- Common areas will be cleaned at least once per day
- Frequently touched items (i.e. door pulls and toilet seats) will be disinfected frequently
- Equipment/balls/courts should be cleaned at least once per day and disinfected between practice groups.

Facility Exposure Situations:

Mile High Warriors VBA Community Member Exhibits COVID-19 Symptoms

If a Mile High Warriors VBA community member exhibits COVID-19 symptoms, the member must remain at home until he or she is fever free for 72 hours (3 full days) without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants), other symptoms have greatly improved (for example, significant improvement of cough or shortness of breath) and at least 7 days have passed since the onset of symptoms (whichever is longer). Mile High Warriors VBA will similarly require a member who comes to the facility with symptoms to return home until he or she is able to meet the criteria stated above. To the extent practical, members are encouraged to obtain a doctor's note clearing them to return to the facility.

Mile High Warriors VBA Community Member Tests Positive for COVID-19

A member who tests positive for COVID-19 will be directed to self-quarantine away from the facility. The member must remain at home until he or she is fever free for 72 hours (3 full days) without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants), other symptoms have greatly improved (for example, significant improvement of cough or shortness of breath) and at least 7 days have passed since the onset of symptoms (whichever is longer). Additional restrictions may be communicated to the member by public health. Members who test positive and have been hospitalized may return to work or practice when directed to do so by their medical care providers or public health authorities. Mile High Warriors VBA will require the member to provide documentation clearing his or her return to the facility if hospitalized.

Mile High Warriors VBA Community Member Has Close Contact with an Individual Who Has Tested Positive for COVID-19

Members who have come in close contact with an individual who has tested positive for COVID-19 will be directed to report the exposure to their coach and the Club Director prior to presenting to the facility. Members will follow any direction provided by local public health authorities and decision to exclude from club activities is at the discretion of the Club Director.

Procedure for Pre-Arrival, Arrival and During and After Practice

PRE-ARRIVAL

- Athletes to be fully dressed including shoes and face coverings
- Water bottle full. Water fountain is off limits and there will be no refilling of water bottles

ARRIVAL

- Exit your vehicle ready to practice
- Maintain social distancing while waiting for pre-screening checks when entering the facility
- With your mask is securely in place proceed to the main entrance where athletes will be greeted by an assigned staff member who will document attendance and temperatures. Do not remove face covering until your temperature has been taken and you are on the court

DURING

- Drinking fountains will be turned off. Athletes will be required to bring their own, FULL, water bottle and keep their water next to their bag on their assigned court.
- All volleyballs will be disinfected before each training.
- No handshakes, high fives, fist bumps, hugs, nor other physical interaction.
- All huddles and coaching will occur with a minimum of 6' of distance between all athletes and coaches.

AFTER

- At the conclusion of practice all coaches and athletes will immediately be directed to exit out the door