

## Silver State Volleyball Club

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions about if and how COVID-19 will affect volleyball training. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to resume youth sports while following CDC, Nevada Health Dept and USAV considerations to protect players, families, and our community.

The health and safety of our athletes, families and staff remain our highest priority. The staff at Silver State have spent a considerable amount of time reviewing guidelines about reopening youth sports. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. Please understand that the policies we have in place will adapt as the situation evolves.

**PRIOR TO ACTIVITY** – for athletes and families in order to attend any SSSC camps, clinics, or lessons

- Be symptom free for at least 14 days prior to activity
- Has had no unprotected contact with anyone diagnosed with COVID-19 in the last 7 days
- Register for clinics online in advance
- Print and complete clinic waiver. **PLAYERS WILL NOT BE ADMITTED TO CLINIC WITHOUT WAIVER**
- Players are **STRONGLY RECOMMENDED** to wear a face covering when entering the facility, during check-in, and when using the restroom. Players are welcome to wear a face covering during play but are not required
- Payments can be made online using PayPal, but we do accept cash or card at the facility. Players using account credits will automatically be deducted from their account.

**DURING ACTIVITY** – what athletes and families can expect when attending any SSSC camps, clinics, or lessons

- Drop-off players with waiver. Parents wishing to remain on site may wait in our parking lot
  - Reno-back entrance off Turbo Drive
  - Carson-main entrance
- Players come in with their volleyball gear on (kneepads, shoes, etc). **BACKPACKS AND OTHER BAGS WILL NOT BE ALLOWED.**
- Bring 1-2 full water bottles and other necessary medical equipment. Water fountains are not available, but we do have drinks for sale
- Sanitize hands and check-in with staff who will direct you to a court
- Reduced number of players per court
- Follow social distancing guidelines
- Minimizing use of shared equipment
- Do not touch face, eyes or mouth with unclean hands

- Staff will wear face covering when in close proximity to players
- If someone gets sick during training, we will isolate them and contact their guardians

POST ACTIVITY – what athletes and families can expect at the end of any SSVV camps, clinics, or lessons

- Players will be released from clinic and exit
  - Reno-back of the building
  - Carson-east rollup door
- Wash or sanitize hands
- No hanging out in common areas
- Please contact us at [info@silverstatevolleyball.com](mailto:info@silverstatevolleyball.com) if your player develops symptoms, has a positive test, or were exposed to someone with COVID-19
  - We will inform exposed individuals while maintaining confidentiality

CLEANING – what SSVV is doing to keep our gyms clean and sanitized

- Clinics are staggered to allow players to leave and equipment to be sanitized between uses
- Commonly touched surfaces are cleaned regularly during operating hours
- Facilities are entirely cleaned weekly
- Hand sanitizing stations are available at the entrance, exit and front desk.

We understand that everyone will have different levels of comfort in coming back to the gym. If you have a specific question about this plan, please contact us at [info@silverstatevolleyball.com](mailto:info@silverstatevolleyball.com). You can also find more information about COVID-19 planning at the links below. We look forward to seeing you.

CDC Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

USA Volleyball Return to Play Guidelines:

[file:///C:/Users/Jorda/Downloads/USAV%20Return%20to%20Play%20Guidelines%20Effective%20May%2015%202020%20\(2\).pdf](file:///C:/Users/Jorda/Downloads/USAV%20Return%20to%20Play%20Guidelines%20Effective%20May%2015%202020%20(2).pdf)

NFHS Guidance for Opening Up High School Athletics: [https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)