

MARVL Volleyball

Return to Activity Plan – COVID-19 2020 Response

Overview

This return to activity plan is in response to the COVID-19 pandemic and is subject to change as new information becomes available. This plan is a reflection of the current recommendations and guidance compiled from the [NJ Department of Public Health Guidance for Sports](#), [NJ Department of Health Guidance for Gyms](#), [Center for Disease Control - Youth Sports](#), [State Of NJ Gym Guidance](#), [State of NJ allowing Medium Risk Sports Practices to Resume](#), [the NJ Governor's Road Back Plan](#), [the NJ Governor's EO#181 \(allowing gyms to reopen\)](#), [the NJ Governor EO#187 \(allowing medium risk sports indoors\)](#), The Matawan-Aberdeen School District, [NCAA](#), [NJSIAA](#), [NFHS](#), [USA Volleyball](#), [Molten](#), and other federal, state, and local agencies. This plan will be shared with all participants.

COVID-19 isolation has had a severe and negative impact on the mental health and well-being of volunteers, participants, and their families. Therefore we wish to reopen/resume our activities using this plan. Our goal is to provide healthy, safe volleyball by minimizing risks and ensuring with this plan the safety and well-being of our volunteers, our participants, school staff, and the school community at large. COVID-19 is not likely to disappear completely in the near future so we must find a reasonable and safe balance between closure, the benefits of re-opening, and the health of the community at large. If a risk develops, we will suspend activities until such time the risk has been mitigated.

The following guidelines will be followed:

- Require the use of appropriate personal protective equipment (PPE), including face-coverings;
- Prohibit more than 25 individuals from gathering in one space - based on NJ executive order;
- Require social distancing be observed, as much as possible;
- We will conduct temperature checks and require that individuals self-certify that they are free of symptoms and have not been exposed to travel (per CDC guidelines) before entering school buildings;
- Require the gym to be cleaned before and after use with EPA approved cleaners

Health and Wellness

Health and wellness remain our priorities.

Face-Coverings

- All participants must wear face-coverings upon entering and exiting the school at all times.
- Face coverings must be worn at all times in school buildings even when social distancing is maintained.
- Face coverings will be worn when using the bathrooms, accessing the water fountains, or while in any other area of the school.
- Face coverings will be worn during warm up activities & games.

Social Distancing

- Social distancing of 6-feet physical distances from other persons as much as possible.

- No more than 25 people will be allowed within a space inside the school. There is enough physical separation between courts in the old gym such that each court will count as a space.
- Distancing to the greatest extent possible will take place in all areas of the facility.

General Practices

- No students (age <20) will be allowed to participate in the program to reduce the likelihood of any risk or transmission between the adult and student community until such time as either a treatment or vaccine becomes readily available.
- Individuals with known health risks (i.e. cancer, kidney disease, COPD, etc.) should not participate in the events. Potential at risk individuals should consider the [CDC risk factors](#).
- Refrain from physically contacting other participants – i.e. no high fives or fist bumps in between, during, or after our games. Post-game handshakes and celebrations are prohibited.
- Participants will be allowed to bring their own water bottles and refill them at the water fountains. Participants should not share water bottles. Participants cannot drink directly from water fountains. Properly dispose your personal drinking cups or bottles when finished with them.
- Participants should not share any personal items such as towels, etc.

Hygiene/Handwashing

- Do not touch your face, mouth, or eyes with unclean hands
- We encourage all participants to do frequent and proper handwashing.
- Supplies such as soap and paper towels, hand sanitizer, tissues, etc., will be found in all common areas of the building.
- Handwashing with soap and water is always the first recommended line of defense, but where this is not feasible or readily accessible, the use of hand sanitizer with at least 60% alcohol may be used.
- Hands should be washed often with soap and water for 20 seconds.
- Hand hygiene is recommended to be performed upon arrival to and departure from school; after blowing one's nose, coughing, or sneezing; following restroom use; upon contact with and return from other areas of the facility.
- Participants are encouraged to take care of restroom needs prior to arrival, and only use on-site restrooms when absolutely necessary.
- Multiple hand sanitizing stations have been installed throughout the buildings.
- We will sanitize the playing balls between activities with disinfecting wipes using [EPA approved product](#).

Ball Sanitizing

- Balls will be sanitized between games
- Molten Recommended Wipes (EPA approved): CleanCide Wipes; Clorox Disinfecting Wipes; Lonza Disinfectant Wipes; Lysol® Disinfecting Wipes (All Scents)
- Cleaning Procedure – [per Molten](#)
 - It is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.
 - Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use

Court Protocol

- Players/Teams will be assigned to a court and they must stay on their assigned court during our event unless they need to use the restroom or the water fountain.
- Balls will be sanitized between games

Visitors/Spectators

- No Visitors/spectators will be allowed to minimize the group size

Symptom Screening & Contact Tracing

- A temperature check will be performed and recorded at the entrance door for all volunteers and participants for each event. The attendance list will be maintained as a paper trail of compliance and for tracing purposes.
- All volunteers and participants will be asked to self-certify (using a google survey) before arriving on campus for each event they attend. This survey will be a living document and will be maintained as a paper trail of compliance.
- By completing the symptom screening survey, all volunteers and participants are certifying:
 - They are not taking fever-reducing medicines, such as those that contain aspirin, ibuprofen, or acetaminophen, in order to reduce his/her fever.
 - They have not had close contact or cared for someone with COVID-19 within the past 14 days.
 - They have not returned from travel either domestically or outside the United States or on a cruise ship or riverboat within the past 14 days.
 - They have not been directed to self-quarantine or isolate by a healthcare provider.
 - They have not been directed to self-quarantine or isolate by the county or State Department of Public Health.
 - They do not have any of the following symptoms:

❖ Fever (100.4 or greater)	❖ Headache
❖ Cough	❖ New loss of taste or smell
❖ Shortness of breath or difficulty breathing	❖ Sore Throat
❖ Chills	❖ Congestion/runny nose
❖ Fatigue	❖ Nausea/vomiting
❖ Muscle or body aches	❖ Diarrhea

- If a volunteer or participant experiences one or more of the following symptoms during our event, they will be asked to leave.

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| ❖ Fever (100.4 or greater) | ❖ Headache |
| ❖ Cough | ❖ New loss of taste or smell |
| ❖ Shortness of breath or difficulty breathing | ❖ Sore Throat |
| ❖ Chills | ❖ Congestion/runny nose |
| ❖ Fatigue | ❖ Nausea/vomiting |
| ❖ Muscle or body aches | ❖ Diarrhea |

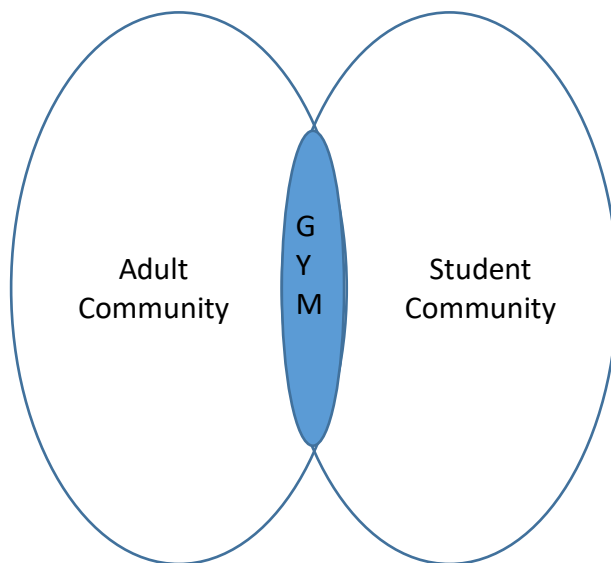
- Volunteers/participants sent home will be advised to contact their physician for further guidance and/or contact their County Health Department. They will be required to meet the return to activity criteria (see below).
- Volunteers/participants that have had close contact with a person having symptoms at our events will also be sent home.
 - Close-contact as defined by the CDC is “cumulative contact during a 24 hour period of 15 minutes or more within 6 feet.”
- Volunteers/participants that subsequently learn they have been in close contact with someone having COVID-19 within 14 days prior to attending a MARVL event - have a responsibility to inform the MARVL volunteer coordinating team of such; and they are on quarantine and can't attend until they meet the return to activity criteria (see below).
- Volunteers/participants that test positive for COVID-19 within 10 days of attending a MARVL event - have a responsibility to inform the MARVL volunteer coordinating team of such.

Returning to activity

- Any volunteer or participant that tested positive for COVID-19 or whom were in contact with a person having COVID-19 will be allowed to return to activities after they have successfully completed quarantine/isolation, they are symptom free (see symptom screening) for ten or more days, fever free for 24 hours with no fever reducing meds prior to an event, and that they successfully complete the self-certify survey.

Community Risk Assessment

Community Interaction & Risk Mitigation



- Two unique and separated communities
- Interactions between communities is virtually non-existent, making transmission risk very low
- The main intersection between each group is the physical gym
- The gym will be cleaned between uses

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