

FieldhouseUSA Guidelines for RETURN TO PLAY

RETURN to PLAY:

Participating in extracurricular activities is a choice for each individual and everyone needs to make their individual choice whether to enter a Fieldhouse location and understands you are doing so at your own risk. Fieldhouse is currently recommending no one 65 years of age or older or persons with pre-existing health conditions enter any Fieldhouse location. FieldhouseUSA reserves the right to not allow anyone in any Fieldhouse location, including the Common Areas, if they are exhibiting any symptoms related to COVID-19.

1. **OVERVIEW** – FieldhouseUSA (FH) has prepared ***RETURN TO PLAY Guidelines*** for Coaches, Parents, Players, Visitors, Partner Programs, Venue Operator's, Vendors, Members and families to provide guidance as FH activities begin to RETURN TO PLAY in all FH facilities.

The following recommendations are not intended or implied to be mandates. Many of these recommendations are based upon current guidelines set forth by the Centers for Disease Control and Prevention (CDC) and other Federal government agencies. The knowledge surrounding COVID-19 is constantly changing and circumstances are different based on geographic region. Therefore, each region should adhere to their state and local guidelines when determining their own re-opening policies and procedures.

All FH activities will be required to adhere to the most stringent federal, state or local guideline for their respective areas.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to eliminate the risk of infection and as a result FH strongly encourages all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does FH assume any liability or responsibility for the recommendations provided herein.

2. **PURPOSE** – The purpose of these guidelines is to create a comprehensive RETURN TO PLAY plan for FieldhouseUSA activities in the United States that are compliant with CDC, federal, state and local regulations. FH sanctioned activities include but are not limited to leagues, events, academies, partner programs, tryouts, lessons, practices, scrimmages, camps, clinics, combines, showcases, or tournaments.

3. **RISK CATEGORIES** – Current activities are segmented into three types of risk categories:

a. **Low Risk** – Individual skill development (passing drills, blocking, hitting, setting, serving, general fitness, strength training) at home (backyard, driveway, in-home), alone or with household members and with owned and sanitized equipment.

b. **Medium Risk** – The above activities in public spaces alone or with household members; individual skill development with non-household members following the recommended physical distancing and sanitizing volleyballs.

c. **High Risk** – Individual skill development with non-household members not following the recommended physical distancing. Participating in any team or group play.

4. **RETURN TO PLAY GUIDELINES FOR INDIVIDUALS** – Adhere to the most stringent federal, state or local guidelines when participating in any activity.

a. **Before Activities**

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing when possible.
- FH requires that everyone wear a mask upon entering the facility.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

b. **During Activities**

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing when possible.
- FH requires all spectators to wear a mask.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes. FH will provide bathrooms with soap and water.
- Properly dispose of your personal drinking cups, bottles, or utensils used. FH will immediately throw away any left behind.
- Keep a list of people you were in contact with during the activity.

c. **After Activities**

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing when possible.
- FH requires that everyone wear a mask upon exiting the facility.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms and apparel used during the activity.

5. **RETURN TO PLAY GUIDELINES for FH FACILITIES-** Adhere to the most stringent federal, state or local guidelines when participating in any activity.

a. **Before Activities** • Disinfect the venue and all equipment.

- Verify that venue staff are symptom free before participating in any activities.

- FH will provide hand washing bathrooms in the venue.
- Turn off water fountains at the venue.
- Establish social distancing protocols.

b. During Activities • Continue to clean and disinfect the venue and equipment.

- Enforce social distancing recommendations.
- Regularly sanitize commonly touched surfaces during the club activity.
- Remove anyone from an activity if they exhibit any COVID-19 symptoms.
- Limit the number of people in the facility to be compliant with local guidance.
- Modify drills or activities to limit/reduce potential violations of social distancing recommendations including but not limited to: high fives, huddles, and team meetings.

c. After Activities

- Sanitize all surfaces.

6. RETURN TO PLAY GUIDELINES FOR COMPETITION for EVENTS & TOURNAMENTS - Adhere to the most stringent federal, state or local guidelines when participating in any activity.

a. Before Activities

- Designate an event management DIRECTOR and include trainer.
- The Director shall make the final decision if a player can RETURN TO PLAY, should be sent to self-quarantine or should be sent for further examination (when COVID-19 related).
- Create a Medical Plan for the event.
- Identify local healthcare resources (e.g., urgent cares, emergency rooms, ambulance services) and notify them of the event logistics.
- Ensure the facility has a comprehensive ingress and egress plan.
- Limit overall number of exhibitors/vendors and require them to submit their safety protocol plan prior to the event for review and approval.
- Establish bathrooms in the playing venue with soap and water.
- Provide sanitizing materials for scoring tables, official's stands, etc.
- Eliminate on-site team check-in if possible.
- Remove water stations and require participants to bring their own water.
- Eliminate unnecessary equipment (chairs, tables, libero/line ups, etc.)

b. During Activities

- Disinfect between all activities.
- Eliminate on-site ticket sales when possible.
- Require officials to post all scores electronically to eliminate unnecessary face to face contact when possible.
- Emphasize court time management by officials to reduce the instance of courts getting behind schedule and contributing to crowds waiting by the court.
- Stagger match start times to space out participant's entry.
- FH requires all attendees to wear face masks except for athletes on the court playing.
- Establish protocols including the elimination of handshakes, high fives, and huddles. Also, the modified coin toss, warm-up and substitution procedures should be used.

c. After Activities

- Sanitize after each activity.
- Create no touch procedures for trophy, medal & award distribution.

7. **NOTIFICATIONS** – ALL that enter FH are required to abide by all federal, state and local regulations regarding the posting of notifications, guidelines, or information to participants.

8. ADDITIONAL RESOURCES: www.fieldhouseusa.com

a. Latest Information from the White House on COVID-19: <https://www.coronavirus.gov/>

b. Link to the President’s Opening Up American Again Guidelines - <https://www.whitehouse.gov/openingamerica/>

c. CDC Guidance for Large Community Events and Mass Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/index.html>

d. CDC Guidance for Cleaning and Disinfection of Community Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

e. CDC Guidance for Cleaning and Disinfecting Your Facility: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

f. CDC Guidance for Visiting Parks and Recreational Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

g. CDC Guidance on Coronavirus and Travel in the US: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

9. **DISCLAIMER** – These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice. Also, consult with federal, state and local orders and/or laws for legal considerations. If you use any considerations provided herein, you do so at your own risk and specifically release from any and all liability, FH, their directors, officers, employees, volunteers and agents in connection with your use of the enclosed guidelines. FH and the Regions make no warranties or statements as to the completeness, reliability, and accuracy of the information contained herein. FH looks forward to Return to Play but in the end its each individuals choice to return, enter the facility and participate in extracurricular activities and everyone understands that is done at your own risk.