

# **USA VOLLEYBALL RETURN TO PLAY**

## **GUIDELINES**

### **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 regularly.
- Wear a face mask to reduce exposure to airborne particles.
- 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.

### **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 as often as possible.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles, or utensils used.
- Keep a list of people you were in contact with during the activity.

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## 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 as often as possible.
- Wear a face mask when possible to reduce exposure to airborne particles.
- Wash/sanitize all gear, uniforms and apparel used during the activity.

*Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as such USAV 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 USAV or its forty (40) Regional Volleyball Associations (Region(s)) assume any liability or responsibility for the recommendations provided herein.*