

FBISD Athletics Volleyball Template

COVID-19 is a fluid and actively changing virus. This template uses the current knowledge from the CDC, TEA, and UIL. Communication with the Athletic Trainer throughout this process will provide you with changes that are made by the governing bodies (UIL, TEA, and CDC).

COVID-19 Management Plan

All confirmed COVID-19 positives will be managed by the FBISD District Head Athletic Trainer, and the campus COVID-19 team. Richard Gregoire should be notified in the athletic office of positive cases, and contact tracing parties involved in each case. The current public health guidelines will be followed

General Policy

1. Schools must require staff, students, and visitors to self-screen for COVID-19 symptoms (rank one daily questionnaire) before participating or attending UIL activities or entering areas where UIL activities are being conducted, which should include taking individuals temperature.
2. Individuals should inform campus personnel if they themselves have a lab-confirmed with COVID-19 or have been in close contact with any individual who is lab-confirmed with COVID-19.
3. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry. Any individual for whom screening cannot be confirmed should be presumed symptomatic until confirmed otherwise.
4. All staff, visitors, and students two (2) years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively exercising.
5. Athletic staff should assist with custodial staff to ensure daily cleaning of all athletic facilities

Daily Student Screening Process

- Student-athletes will answer a daily health questionnaire via Rank One Health prior to entering any athletic facility if they have not been screened on campus already.
- Students will be required to have a mask and water bottle before entering the building
- Students must use hand sanitizer or wash their hands before entering the building.

Daily Coaching Screening Process

1. Coaches will answer a daily health questionnaire via Rank One Health prior to entering any athletic facility or working with student-athletes or athletic staff
2. Coaches must use hand sanitizer or wash their hands before entering the building.

COVID-19 Suspected or Confirmed Case

1. A student-athlete experiencing symptoms or has a lab confirmed test for COVID-19, they should self-isolate throughout the entire infection period and must meet the following criteria

COVID-19 Symptoms:

- Feeling feverish or a measured temperature of 100.0° Fahrenheit or higher.
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering

- Significant muscle pain or ache
 - Diarrhea
 - Nausea or Vomiting
- a. Diagnosed with COVID 19 (lab- confirmed test)
 - i. One day (24 hours) since the resolution of fever without the use of medications.
 - ii. Improvement in symptoms (e.g. cough, shortness of breath)
 - iii. A minimum of 10 days has passed since symptoms first appeared.
 - iv. Written clearance from a physician prior to returning to UIL activities
 - b. Symptoms of COVID-19 but no lab-confirmed test
 - i. One day (24 hours) since the resolution of fever without the use of medications.
 - ii. Improvement in symptoms (e.g. cough, shortness of breath)
 - iii. A minimum of 10 days has passed since symptoms first appeared.
 - iv. Written clearance from a physician prior to returning to UIL activities
2. If a student-athlete has been in close contact with someone who has tested positive for COVID–19 or has a family member that lives with them that has tested positive for COVID -19:
 - Student-athlete should inform coaches and quarantine for the set amount of days that has been given to them by the Campus Covid-19 team. Reference FBISD COVID-19 Handbook
 - Athletic Coordinator will notify FBISD Athletic Trainer and be provided guidance.

Return to Play Process

1. Student-athletes who appear to have symptoms will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by FBISD COVID-19 campus team or the Athletic Staff.
2. Symptomatic student-athlete will be managed as a presumptive COVID-19 case and will follow all guidelines as a positive COVID-19 case.
3. Student-athletes must be cleared by the COVID-19 campus team before returning to campus
4. Student-athletes must go through a return-to-sport process with the campus Athletic Trainer.
 1. Rule: every 1 day a student-athlete is out with symptoms equals 2 days of return-to-sport process (E.g. Symptoms: 5 days = Return-to-Sport Process: 10 days)

Sport-Specific Activity

Tryouts/Practices

1. Mask or face coverings should be worn at all times unless actively participating on the court.
2. To ensure social distancing teams should use both gyms (ex: Varsity practices in the competition gym and JV in the practice gym)
3. Maintain effective social distancing of 6 feet while not participating in drills and/or during idle times. May use floor markings for guidance.
4. Coaches will clean all equipment between workout transitions.
5. Each team is encouraged to have their own set of balls during practice

Post-Tryouts/Post- Practices

1. Teams should have a staggered dismissal by team (F, JV, V). Locker room with appropriate locker room spacing (6ft); assigned coach (team coach) will enter with them and monitor.

1. All students will exit through designated door and meet their transportation outside of the building. Students will not be able to congregate in the hallway, gym, building.
2. Coaches will be assigned to clean all equipment used that was used during practice for the next day
 - i. All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day with Clorox wipe or similar disinfectant
3. Athletes should sanitize/wash hands prior to leaving.
4. Athletes will need to take all personal items home.
5. Only items in locker rooms are school-issued equipment; which will be cleaned daily.
6. Wash/Clean clothing and gear after each session.

Competitions

1. Host Team (head coach) should contact the visiting team (head coach) to ensure screening is completed before getting on the bus.
2. The host site should designate separate areas for visiting teams, and sport officials to unload and load buses and enter the building (separate from fans, spectators, and other individuals not essential to the team or group).
3. Visiting team/group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Access should be limited to students and essential staff.
4. All staff members, sports officials, volunteers, and any individuals working the event, should go through the self-screening process upon entering the building.
5. Officials should be provided a dressing and meeting area, if needed, that has been cleaned and disinfected prior to their arrival.
6. All participants should be provided with entry and exit plans for competition areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to courts before, during, or after competition.
7. Water will be provided for participants for refills. Individuals are encouraged to bring their own water bottle.

Spectators

1. Fans and spectator areas including bleachers, stands, walkways, and other spectator areas should be at least 6 feet from team/group areas such as team benches or performance areas.
2. Groups should maintain at least 6 feet of distance from other groups at all times, including the process of admission and seating. A group is defined as no more than 10 people including the members of the household and those persons who traveled together to the facility.
3. Schools should not allow seating in consecutive rows, and should block off seating to maintain a min. of 6 feet of distance between groups.

Dulles High School Volleyball Plan 2020-2021

Arrival on Campus

- Student athletes will be assigned a staggered arrival time to ensure screening areas are not overcrowded
- Before arrival each student athlete must complete the Rank One Screening page and have their mask for practice
- Per VB Try-Out Plan
 - 9.7.20 Jr./Sr. arrive at 8:45 & Fr./So. arrive at 9:00
 - 9.8.20 Jr./Sr. arrive at 4:00 & Fr./So. arrive at 4:15
- Each student athlete will receive a pre-marked 'X' area in the gymnasium for their belongings and where they will have their water breaks

Competition

- Both gymnasiums at DHS will be used for competition
- The allotted number of tickets will be pre-sold at the beginning of the week
- Each guest/fan will be required to answer the COVID-19 screening questions and have their temperature taken before entering the gymnasium
- Each guest/fan will be required to wear a mask/face covering
- The smaller gymnasium will be used for Freshman games and can seat 35 people
- The competition gymnasium will be used for JV and Varsity games and can seat 112 people
- At the closure of the evening, both gymnasiums will be sanitized for the next competition

Hydration

- Student athletes are responsible for bringing their own water bottle to each practice and game
- At practice, their water bottles will be left in their corresponding 'X' and will have their water breaks there to ensure social distancing
- Water refill stations will be provided to replenish empty water bottles
- There will be an Athletic Trainer or Athletic Training Aide with PPE manning the refill station to ensure that there is minimal touching of refill station

Personal Protective Equipment

- There will be masks required to be worn at all times
- Hand Sanitization is available in both gymnasiums and will be replenished as needed
- If an athlete is in need of medical attention from a certified athletic trainer, said athletic trainer will have on the following: gloves, mask, protective eye wear