

St. Paul Parish Life Center/Gymnasium
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COVID-19 Operations Plan

Volleyball

St. Paul North Canton

Compliance Officer: Rod Baca

The safety, wellness, and health of our student-athletes, coaches, community, and other school communities is our primary focus as the St. Paul School resumes OHSAA-sanctioned volleyball competition at our Parish Life Center/Gymnasium. The purpose of this operations guide is to conduct middle school volleyball competition in compliance with the Ohio High School Athletic Association and Ohio Department of Health guidelines. This guide was compiled in collaboration with the Stark County Health Department. By competing in interscholastic athletic competition, middle school athletes, parents, caregivers, and guardians recognize there is an inherent risk of injury and/or illness during high school competition. St. Paul School is putting these best-practice standards in place to mitigate the risk of COVID-19 spread at our school.

Student-athletes will:

- Take a daily self-assessment of their health and report any symptoms of illness to their coach, director, or leader. Signs of illness include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea, or vomiting, and diarrhea. This list does not include all possible symptoms;
- Stay home if feeling ill and inform coach/director/leader of symptoms;
- Wear a facial covering before, after, and during practice, and when not on the court of play;
- Student-athletes who are at enhanced risk of COVID-19 complications (those with asthma, diabetes, or other health problems) will take extra precautions to self-assess;
- Agree to adhere to CDC and Ohio Department of Health guidelines to help avoid the spread of COVID-19, which includes practicing social distancing, good personal hygiene, avoiding large-group settings;
- Not celebrate after points in a manner that violates CDC guidelines on social distancing;
- Maintain social distance (six feet or more) while on the sideline/bench area.

Coaches will:

- Conduct daily self-assessment of their health and report any signs of illness to the athletic director;
- Wear a facial covering at all times when practical (including, but not limited to arriving and departing the facility and during active play) unless meeting one of the guidelines for a medical waiver;
- Monitor the well-being of student-athletes, promote good hand hygiene, and respiratory etiquette;
- Enlist the help of a parent or volunteer to help monitor, ensure social distancing is being practiced during the game, if necessary;
- Participate in COVID-19 education developed by the Ohio Department of Health and provide leadership to their players on how to avoid the spread of COVID-19;
- Limit pre-match conference to one coach from each team, first referee and second referee. All individuals maintain 6 feet of social distance. One team captain may attend. All will wear face coverings;

Spectators will:

- Conduct daily self-assessments of their health and stay home if they are experiencing any signs of illness;
- Utilize hand sanitizing stations as needed (i.e. upon entry) and observe all social distance and health protocol signage on the ground/doors/throughout the facility;
- Practice social distancing (six feet) and not sit near other families. Families from the same household may sit together;
- Not congregate before, after, or during a competition, including entering or exiting the venue;
- Wear a facial covering over the nose, mouth, and chin;
- Not sit in rows that are taped off, only sit in marked seats maintaining social distancing between non-family members;
- Purchase two tickets per student-athlete for event;
- Provide exact cash for tickets when possible;
- Observe social distancing and follow sign markings at the venue when in line for restroom, and a maximum of 3 people per restroom at a time;
- Parents of players will enter through doors marked for entry only and exit from doors marked exit only.

Officials will:

- Self-assess their symptoms daily and remain at home if they are exhibiting any signs of illness;
- Come to the game dressed to perform and leave belongings in designated chairs. There will be no access to locker rooms;

- Will wear facial coverings when not officiating on the court of play.

Suspected/confirmed cases:

- Student-athletes, coaches, officials, game day staff and spectators must stay home if they feel sick, have any COVID-19 symptoms, have contact with anyone with COVID-19 or have tested positive for COVID-19;
- Student-athletes, coaches, officials, game day staff and spectators who have come in close contact with an individual who tested positive for COVID-19 (within 6 feet for at least 15 minutes) must self-quarantine for 14 days following exposure;
- Any student-athlete, coach, official, game day staff, or spectator who becomes ill or develops symptoms will be isolated and asked to seek medical care. Individuals will be taken to their vehicle or garage bay (next to bus garage) until the individual is able to leave the property;
- School administrator of the suspected individual will contact their local health department;
- Student-athletes, parents, coaches, and administrators will work with local health boards to identify individuals potentially exposed to facilitate contact tracing;
- If affected individuals participated in competitive play, the school must notify all opponents played between the date of a positive test (date when test was taken) and two (2) days prior to the onset of symptoms, plus ensure all local health boards are notified;
- Individuals who test positive for COVID-19, whether symptomatic or asymptomatic, shall not return to sports activities until a documented medical exam is performed clearing the individual prior to the individual returning to participation in practice or contests. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.

General notes:

- St. Paul North Canton will adopt all required rule changes as defined by the Ohio High School Athletic Association;
- Rosters will be limited to 12 players;
- Visiting teams are required to temperature check student-athletes prior to competition. Any student-athlete with a fever of 100F or more will not be allowed to participate;
- Players and coaches will not come into contact with officials, nor with each other (congregating, high-fives, etc.);
- Shared equipment will be cleaned as necessary during the contest and all high-touch surfaces will be cleaned during the contest;
- Officials' table will be limited to essential personnel, which includes the home team scorer, and timer with a distance of 3 to 6 feet between individuals. Visiting team personnel are not deemed essential;

- Maintain social distance between 3-6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line;
- Any shared equipment will be properly sanitized by designated personnel;
- There will be no sharing of water bottles. Players/teams/coaches are responsible for bringing their own water bottles;
- There will be no sharing of facial coverings or towels;
- St. Paul upper atrium will be used by visiting teams as a locker room in social distance groups as necessary;
- Players, coaches, spectators, and officials are encouraged to use the hand sanitizer stations throughout the building;
- These plans are subject to change;
- This operational guide will be posted at the St. Paul Athletic Web Page. Questions can be directed via email at athletics@stpaulncanton.org.