



## DIOCESAN RECREATION ASSOCIATION

197 E. GAY ST.

COLUMBUS, OHIO 43215

### DRA GUIDANCE FOR NONCONTACT SPORTS—VOLLEYBALL

- Please contact your pastor to verify that you have permission to use the facilities.
- State of Ohio mandatory and recommended restrictions are found at <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>  
Please read these carefully and be sure every coach and commissioner reads them and has a copy.
- Prior to any child's participation, a paper copy of the Diocesan waiver must be signed and turned in. These are to be kept at each parish. One is attached.
- Parent consent forms must be completed and on file with each parish. The preferred method of submitting the parent consent form is electronically. Access the form at <https://www.dioceseregister.com/register/>
- All coaches must complete the NFHS course on COVID 19 found at <https://nfhslearn.com/courses>  
Please submit the completed certificate to your parish AD

#### Highlights of requirements.

- Please read the Youth, Collegiate, Amateur, Club and Profession Sports document found at <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>  
Please read these carefully and be sure every coach and commissioner reads them and has a copy.
- Daily assessments of participant must be completed and kept on file. See attachment.
- Coaches will wear face coverings at all times. Players wear face coverings when not on the court of play. See exceptions in the Ohio recommendations.
- Game day rosters are limited to 15 players
- Sideline staff is limited to 2 coaches and players
- Players who are not actively playing should wear face coverings on the bench. Players should have them with them for the parking lots and in case they would need to take cover due to weather emergencies or other emergencies.
- No touch rule is in effect

- Bring your own water bottles
- Promote good hand hygiene and respiratory.
- Ask a parent/volunteer to help monitor social distancing.
- Identify players that are at a higher risk of developing serious complications from COVID 19 (asthma, diabetes or other health problems)
- Spectators (parents) are permitted but must follow restrictions that include 6 feet social distancing and wearing masks at all times. The limit for spectators will vary from gym to gym. 15% of fixed seating capacity or 300 spectators, whichever is lower.
- During practice, consider putting players into small groups that will remain together through the practice stations.
- If athletes are not actively participating in practice they must remain socially distant and wear masks.
- Whenever possible, equipment and personal items should have proper separation and should not be shared.
- Athletes should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home
- Time should be allowed to have one team exit a court prior to another team taking the court for practice. Time also needs to be allotted for proper sanitizing of shared spaces (benches and equipment)
- Make hand sanitizer available at convenient locations.
- If a player becomes symptomatic during practice, the child should be isolated and/or taken home.

#### **For Matches**

- Social distancing of at least 6 feet must be maintained by those not actively participating
- Mask requirements are in place for everyone that is not competing
- Pre-Match Conference
  - Attendees will be one coach from each team and the referees. Masks must be worn
  - Conference will take place at midcourt. All individuals must maintain a social distance of 6 feet
  - No coin toss—visitor will serve first in set 1 and alternate first serve for the remaining non-deciding sets. Officials will determine if a disadvantage is present and a coin toss may take place for that reason **only**

#### **Team Benches**

- Suspend the protocol of teams switching benches and courts between sets
- If there is a clear and distant disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present and communicate it at the beginning of the match. Sanitizing chairs must take place between sets if a switch is recommended
- Bench personnel must observe the 6 feet social distancing and wear masks
- Have athletes bring their own water bottle
- Each group or athlete must have access to hand sanitizer at all practices and matches

## **Substitutions**

- Maintain social distancing of 6 feet between the second referee and the player and substitute

## **Deciding Set**

- Coin toss will take place at center court
- Attendees will be one coach from each team and the referees. Masks must be worn
- Conference will take place at midcourt. All individuals must maintain a social distance of 6 feet
- Toss will be called by the home team, will decide serve/receive
- Suspend the protocol of teams switching benches and courts
- If there is a clear and distant disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present and communicate it at the beginning of the match. Sanitizing chairs must take place

## **General Recommendations**

- **Coaches**
  - Communicate your guidelines in a clear manner to students and parents
  - Consider conducting workouts in “pods”
  - Keep accurate records of athletes and assistants that attend practices and games
  - Sanitize equipment as often as time permits
  - Do not use flags for the line judges. Use hand signals
  - Have at least 3 game balls at each end line, if possible. Change after each point is scored, sanitize and replace ball in rack.
  - Hand sanitizer should be plentiful
  - Athletes should tell coaches immediately when they are not feeling well
  - Have athletes bring their own water bottle
  - Do not shake hands during pregame and post-game ceremony. An air high five, a smile and quick wave, a double tap of the right hand across the heart, a nod could all be substituted.
- **Parents**
  - MAKE SURE YOUR CHILD AND IMMEDIATE HOUSEHOLD MEMBERS ARE FREE FROM ILLNESS BEFORE PARTICIPATING IN PRACTICE AND COMPETITION (IF THERE IS DOUBT, STAY HOME)
  - Provide personal items for your child and clearly label them (kneepads, water bottles, hand sanitizer, towels etc.)
  - Disinfect your students personal equipment after each game or practice

**\*These guidelines may change as state guidelines continue to develop.**