

## **"CONTACT-LESS" HEALTH PROTOCOLS**

### **✓ CHECKLIST FOR AUSTIN VELOCITY STAFF**



*Per Governor Abbott "Effective June 3, 2020, youth sports may operate in Texas."*

*The following are the minimum recommended health protocols for all youth sporting activities in Texas. Youth sports organizers may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, volunteers and participants.*

*The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.*

*Please note, public health guidance cannot anticipate every unique situation. Youth sports organizers should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Youth sports organizers should also be mindful of federal and state employment and disability laws, workplace safety standards, and accessibility standards to address the needs of both workers and customers.."*

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### ***Health Protocols for Austin Velocity Coaches:***

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- ✓ All coaches will be trained on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- ✓ All coaches will be screened before coming to the gym or sand courts:
  - Any coach who has any of the following new or worsening signs or symptoms of possible COVID-19 will be sent home. These include:

✓ Cough	✓ Sore throat
✓ Shortness of breath or difficulty breathing	✓ Feeling feverish or a measured temperature over 100°F
✓ Chills	✓ Diarrhea
✓ Repeated shaking with chills	✓ Loss of taste or smell
✓ Muscle pain	✓ Known close contact with a person confirmed to have COVID-19
	✓ Headache
  - Coaches with new or worsening signs or symptoms listed above will not be allowed to return to work until:

- If a coach was diagnosed with COVID-19, the coach may return to work when all three of the following criteria are met
    1. At least 5 days (120 hours) have passed *since recovery* (no fever)
    2. The coach has *improvement* in symptoms (e.g., cough, shortness of breath)
    3. At least 10 days have passed *since symptoms first appeared*;
  - A coach who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the coach is assumed to have COVID-19, and the coach may not return to work until the coach has completed the same three-step criteria above.
  - If a coach has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the coach must obtain a medical professional's note clearing them for return based on an alternative diagnosis.
- ✓ Coaches must wash or sanitize their hands upon entering the gym or upon arrival at sand courts.
  - ✓ Coaches shall maintain at least 6 feet of separation from other coaches and players.
  - ✓ Coaches shall wear a face mask (over nose and mouth) at all times.

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### ***Health Protocols for Austin Velocity Leased Facilities:***

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- ✓ No spectators allowed.
- ✓ To avoid contamination and multiple cleaning of the entrance, doors will only be opened by a coach at the beginning and end of practice.
- ✓ No seating will be provided/allowed.
- ✓ Volleyballs will be sanitized between practices.
- ✓ All volleyball poles and pads will be sanitized after every practice. The bottom and top "tape" of the volleyball net will be sanitized as well.
- ✓ Hand sanitizer shall be available at all practices provided by Austin Velocity.