

# Midnight Sun Volleyball Services LLC (knows as MSVB) COVID-19 Mitigation Plan

Updated 8/6/20

## Description:

Midnight Sun Volleyball Services LLC (herein known as MSVB) provides personal enrichment opportunities for hundreds of athletes within the Anchorage community on a regular basis. The following mitigation efforts are meant to protect to the best of our ability all athletes, coaches, as well as outside participants or spectators. These efforts will be implemented at all venues used by MSVB for practices, events, tournaments, clinics and such to grow these community relationships and maintain overall health and wellbeing of all those participating/attending our programs.

We will continue to implement the most recent published protocol of the everchanging guidelines from our State and local government.

## Definitions:

- Staff:** Director, Administrative personnel and coaches
- Participant:** Any person or persons involved in playing, practicing, or volunteering under the direct authority of MSVB.
- Spectator:** Any person or persons within the facility who are choosing to observe the activities operated by MSVB at any facility rented or used by us for our activities.
- Activity:** Any event put on by Midnight Sun Volleyball including but not limited to games, practices, meetings and/or workouts.

## Staff, Participant and Spectator Requirements:

1. All staff, participants and spectators will be allowed to enter the using facility through the doors designated by the facility. These will be clearly marked.
2. All staff, participants and spectators are encouraged to take their temperature prior to entering any location utilized by MSVB and must stay home if the reading is 100.4 degrees Fahrenheit or higher in accordance with CDC guidelines.

Screening questions will include the following:

- Do you have a fever now, or have you had fever symptoms within the last 72 hours?
  - Do you have any other symptoms of COVID-19?
  - Have you been in contact with anyone suspected to have COVID-19 within the last 14 days?
  - Have you been out of the state within the last 14 days?
  - Have you been in contact with anyone suspected of having COVID-19 or its symptoms?
  - Have you read, and do you understand this COVID-19 risk mitigation plan and agree to follow the stated guidelines?
3. Staff, participants and spectators must stay home if they exhibit any symptoms or knowingly were in contact with a suspected positive case of COVID-19 within the past 14 days.
  4. Staff, participants and spectators will not be allowed in the facilities unless they are in compliance with state guidelines for out-of-state travelers.
  5. Current CDC guidelines can be found at <https://www.cdc.gov>. The current Alaska State guidelines can be found at <https://covid19.alaska.gov>. The current Municipality of Anchorage guidelines can be found at <https://covid-response-moa-muniorg.hub.arcgis.com>

### **Staff, Participant and Spectator On-Site Guidelines:**

1. All staff, athletes and spectators will answer questions and sign in upon arrival at MSVB event/activity.
2. Signs will be posted throughout the facility encouraging all staff, athletes and spectators to adhere to “social and physical distancing”, maintaining 6+ ft. apart from each other. There will be signage that will be posted as reminder of “Do Not Congregate in Groups”.
3. Walk-ins will be allowed if the target maximum occupancy has not been met in that specific area. We reserve the right to deny entry to any facility with MSVB activity per current occupancy guidelines stated by local or state guidelines.

### **Athlete Personal Equipment**

1. Participants will dress in their volleyball clothing prior to entering the facility (minus court shoes).
2. Bleachers and/or chairs will be located in common area of the facility and will be placed and marked with 6 feet identifiers for participants to change from their outside shoes to court shoes
3. Bleachers will be wiped down after every group leaves the gym.

### **Common Shared Equipment**

1. Balls are disinfected between games and during time outs of matches. They are thoroughly wiped down with disinfectant wipes or spray at the end of each set of lessons, camps, clinics or match.
2. Uniform pieces can be loaned for use during activities and player’s direct coach will collect at the end of play to turn back in for cleaning. A plastic bag will be given when the uniform piece is checked out and the player MUST insert the loaner piece into the bag and it must be returned in same sealed bag.
3. All table equipment, ie: flip score boards, poster score boards, pens, whistles and table surface will be wiped down with disinfectant wipes or spray at each time out or at the end of each match.

### **General Risk Mitigation**

1. Municipal face-covering mandates will be followed by all spectators and participants who are not actively involved in physical court activity
2. Signs will be posted as a reminder for social distancing of at least ten feet between non-household individuals. This distance should be maintained while individuals are exercising, and six feet of distance should be maintained while they are not exercising.
3. Staff, participants and spectators will follow all social distancing guidelines with members outside of their household in the Seawolf Sports Complex.
4. All participants and spectators must refrain from handshakes, fist bumps, high fives and group celebrations.

### **Hygiene Protocols:**

1. Coaches, administrative staff, participants and spectators will be encouraged to use hand sanitizer or antibacterial soap and water during down times on the court. Coaches will be encouraged to wash hands frequently. Supplies of paper towels, soap and hand sanitizer will be readily available.
2. Coaches, administrative staff, participants and spectators should use hand sanitizer prior to attending any activity.
3. Sinks and toilet areas will be open in the facility restrooms. Bathroom sinks are already in place for hand washing and signage is already posted in those areas.
4. Participants will bring personal water bottles properly labeled with their name (No Sharing). Water fountains will be covered and therefore not usable.
5. All frequently touched surfaces, door handles, etc. will be wiped down between each use according to the equipment manufacturers’ instruction to make sure the cleaner will not harm the item.
6. Wipes and/or spray recommended disinfectants identified as being effective for killing COVID 19 particles will be utilized and the towels/rags will be washed or disposed of on a daily basis. They will follow the instruction labels on all cleaners and disinfectants, to make sure they are used safely and correctly.
7. Cleaning procedures and schedules will be reviewed with the staff of the facilities used by MSVB.
8. Sharing of personal equipment is not allowed.

**Staffing/Operations Protocols:**

1. Provide training for all coaches regarding state requirements and this COVID-19 Mitigation plan. Training will include when to use a PPE, what PPE is necessary, how to properly put on and take off PPE, and how to properly dispose of PPE.
2. MSVB administrative personnel will conduct pre activity screening and maintain a staff screening log. The screening questions will be identical to the participant screening questions referenced in earlier section of this mitigation plan.
3. No MSVB or guest staff displaying symptoms of COVID-19 may provide services to athletes. Symptomatic or ill, coaches may not report to an MSVB sponsored event. Staff who appear to have symptoms upon arrival or who become sick during the day should immediately be sent home.
4. No coach or staff may report to an MSVB activity within 72 hours of exhibiting a fever.
5. Midnight Sun Volleyball will frequently review CDC and state and MOA guidance for staff getting ill and availability policy.
6. Cashless and receipt-less transactions will be encouraged. MSVB will initiate more ways to pay for services on line.

**In event of a confirmed Occurrence of Positive COVID-19 test:**

Anyone who is sick or has been in contact with someone who has been diagnosed with COVID-19— including athletes, family members, coaches, staff and spectators — should not attend activities. Be on the lookout for symptoms of COVID-19, per current updated symptoms list on the local or state government websites. Notify your healthcare provider and MSVB immediately if you think you or a family member is sick. If an athlete tests positive, all participants will be notified via the primary email that was submitted during registration. It is the responsibility of the player's family to ensure that all email contact information is consistently current and updated with changes as needed.

AFTER READING THIS ENTIRE MITIGATION PLAN and you still have questions, contact us at [midnightsunvolleyball@yahoo.com](mailto:midnightsunvolleyball@yahoo.com) with COVID-19 noted on the attention line.

To report possible exposure, please email us at the address above. Please state the date, approximate time potentially exposed individual was on the property and if you know who was in contact with you at that time.