



## Oregon School Activities Association

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To: Volleyball Coaches and Athletic Directors

From: K.T. Emerson, OSAA Assistant Executive Director

Volleyball practices and competitions are underway across the state. The safety of all participants and attendees is critical. Below are reminders for the current OHA mask mandate as well as suggested best practices specifically for volleyball. As the OSAA continues to receive updated information from OHA or ideas for successful event management practices we will continue to update this document on the OSAA website.

### **Best Practices for Volleyball Practice:**

- **Masks shall always be worn by all individuals in attendance who are not actively participating in drills or a match.**
  - This includes coaches, trainers, and any other attendees.
- Consider maintaining consistent cohorts for practices.
- Health screening protocols should be completed by each individual before participating or attending practices.
- Physical distancing measures should always be in place other than for participants engaged in practice or competition.
- Water bottles and bags should be set up three-six feet apart. Athletes and coaches should use the same area for themselves for the entire practice.
- When possible, it is recommended that volleyball drills and conditioning models should be designed for athletes to remain three-six feet apart.
- Consider moving conditioning sessions of practice outdoors.
- It is recommended that schools take as much time as needed between practices to ensure the air is circulated appropriately and sanitization processes can take place for any shared equipment properly.

### **Best Practices When Hosting a Volleyball Match, Double Dual or Tournament:**

- **Masks shall always be worn by all individuals in attendance who are not actively participating in the match.**
  - This includes coaches, athletes on the bench, trainers, officials, event management, spectators, and any other attendees.
- The host site should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available.
- Health screening protocols should be completed by each individual before participating or attending an event. This includes spectators, participants, officials, event management, etc.
- The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- If extra space is needed, both sides of spectator bleachers should be available.
- All participants should be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to contest areas, before, during, or after contests and events.
- **TEAM BENCHES**
  - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols.
  - It is best practice to arrange bench personnel to observe social distancing of three-six feet.
- **DECIDING SET PROCEDURES**
  - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of three-six feet.
- **SUBSTITUTION PROCEDURES** – Maintain social distancing of three-six feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

- **OFFICIALS TABLE** – When possible, limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of three-six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) may not be deemed essential personnel and may need to find an alternative location.
- **VOLLEYBALL PRE AND POST MATCH CEREMONY** – Communicate the specific recognition procedure that will be followed for the pre and post-match sportsmanship ceremony. Consider waving from the end line or 10' line, instead of exchanging high fives, or handshakes between teams.
- If hosting a tournament, event management should encourage teams who are not currently competing to wait outside for their upcoming competition or in another non-congested area to allow space for those teams and spectators who are engaged in the current competition.
- If hosting a tournament, event management should encourage spectators who do not have students actively engaged in current competition to exit the building to allow for more space.