



## **2021 HEALTH & SAFETY GUIDELINES**

### **SEASON 1 SPORTS**

#### **Pre-Practice & Contest Screenings**

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

#### **Hygiene Practices**

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

#### **Facilities & Equipment**

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

#### **Limit Areas for Public Gatherings**

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

*These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to [https://www.cifstate.org/covid-19/All\\_Sports\\_Guidelines.pdf](https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf) for more information.*



## 2020 CIFSDS Volleyball Modifications

MODERATE

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

### **DRESSING ROOM FACILITIES, TRAVEL & PREGAME**

- Dressing facilities for game officials and teams may not be available.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- Team personnel (including players) must wear face covering during travel, pregame, and postgame.

### **RULE MODIFICATIONS**

#### **PREMATCH CONFERENCE**

- Suspend the coin toss to determine serve/receive. The visiting team will have the option to serve/receive first in set 1 and alternate first serve for the remaining of the non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials table prior to the 10-minute mark.
- No handshakes prior to and following the coin toss.

#### **TEAM BENCH**

- Suspend teams switching between sets, unless there is a distinct advantage as will be determined by the officials.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.

- Social distancing measures shall be in place at all times other than when engaged in competition.
- If necessary, maintain social distancing of 6 feet while switching sides.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.

### **DECIDING SET PROCEDURES**

- Coin toss should take place in the center of the court, with the team captains divided by the net while maintaining distancing with the second referee. A coin toss, called by the home team, will determine serve/receive.

### **BALLS**

- Balls should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball personnel should maintain social distancing of 6 feet at all times during the contest.
- Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

### **SUBSTITUTION PROCEDURES**

- Maintain distancing between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone and closer to the attack line.

### **OFFICIALS TABLE**

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended 3-6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.
- Officials' table personnel must wear a face covering.

### **VOLLEYBALL RULES INTERPRETATIONS**

- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

### **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES**

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

## **INTERMISSION BETWEEN PERIODS AND AFTER SCORING**

- The intermission between sets may be extended for hydration and to sanitize game equipment.

## **BENCH PERSONNEL**

- Persons on the bench must be restricted to players and coaches.
- All coaches, players and other personnel must wear face coverings.
- Team benches may extend past the end line.

## **POSTGAME**

## **HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

## **OFFICIALS**

## **PRIOR TO CONTEST & TRAVEL**

- Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face covering and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

## **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).
- The wearing of face covering and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on CIFSDS.org.**