

Arizona Region of USA Volleyball
Participation Guidelines and COVID 19 Waiver & Release of Liability

The novel corona virus, COVID-19, is an infectious disease that is extremely contagious and believed to spread mainly by person-to-person contact, including by individuals without symptoms. This disease has been declared a worldwide pandemic by the World Health Organization, and various activities have been curtailed or restricted across the country. As a result, federal, state and local governments and health agencies recommend the following guidelines:

- Wash hands with soap and water often; especially after using the restroom, prior to and after handling food and/or drink
- Use alcohol-based hand sanitizers in the absence of wash facilities
- Refrain from touching face – eyes, nose and mouth – with hands
- Cough into your elbow or a tissue – then throw the tissue away
- If you are not feeling well or are sick, stay home
- Keep at least 6 feet away from others to maintain social distance
- Those in the vulnerable age groups and/or with underlying medical conditions should protect themselves and not attend an event until the COVID-19 threat has passed.

In addition to the general guidelines, the Arizona Region of USA Volleyball has established the following participation guidelines in connection with voluntary participation in sanctioned events, programs and activities:

- Each individual is to bring their own towels, water bottles, water refills and keep their bags and personal items separate from any other participants' items.
- Each spectator and player should respect the distancing requirements set up by the event and not violate other's space.
- Spectators should wear masks at all times and distance themselves from unmasked participants.
- Participants should wear masks when not actively playing on the court – bench players, coaches, official, and ref crew.
- No handshakes, high fives, hand slaps, or any other intentional body to body contact.
- Groups of no more than 10 should gather at one team camp area.

Until COVID-19 is either eradicated, a vaccine is developed and readily available, or a cure is found, there is no way to completely eliminate the risk of infection and as such the Arizona Region of USA Volleyball strongly encourages all participants to follow these recommendations as safety precautions. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does USA Volleyball or any of its forty (40) Regions assume any liability or responsibility for the recommendations provided herein.

If an individual does not agree to comply with the guidelines for participation and/or does not accept the liability risk, then we ask that they not enter the event, program or the facility. The Arizona Region of USA Volleyball asks each person to understand the risk of contracting COVID-19 and take responsibility for their own personal health by following the guidelines and social distancing for the safety of themselves, their family, their teammates and all those participating in the program.

Participation in the scheduled events are strictly voluntary. No one is forced or required by anyone to participate. Participation in or attendance by anyone in the Arizona Region of USA Volleyball events is strictly voluntary and AT YOUR OWN RISK. There is no participant accident or liability insurance coverage for infectious diseases.

By indicating my acceptance or denial of liability below, I acknowledge the following: the contagious nature of COVID-19, the participation guidelines stated above, and the risk that my child(ren), my family at home and I may be exposed to or infected by COVID-19 while participating in this event/program. I understand that if I choose to participate and/or enter the facility, I must take responsibility for the personal protection of my child(ren), myself and others when entering the facility and placing my child(ren) or myself in the event. I agree to allow the temperature of my child(ren) and myself to be taken and recorded on the roster before I enter a facility. I agree to indemnify and hold harmless, the Arizona Region of USA Volleyball, USA Volleyball, the club and site/facility used for practices and/or tournaments, and any other unnamed organization associated with the events, programs, and activities, as well as their employees, agents, and representatives working to organize and operate the event/program, from liability due to COVID 19. I understand that if I choose NOT to accept the liability and risk inherent with participation/attendance, myself and/or my family members will not be able to participate or attend an event until such time as COVID 19 is no longer a threat. **Check one box below**

- I ACCEPT** the stated liability for myself and family and will voluntarily comply with the participation guidelines.
- I DO NOT ACCEPT** the stated liability and understand that neither myself nor my family members will be able to participate or attend an event.

Participant Name _____ Date _____

Participant's Signature (if 18 or older) _____

Parent/Legal Guardian Name(s) (for participants under 18) _____

Signature of Parent/Legal Guardian _____