

# “CONTACT-LESS” HEALTH PROTOCOLS

## ✓ CHECKLIST FOR AUSTIN VELOCITY STAFF



*Per Governor Abbott "Effective May 18, 2020, gyms and exercise facilities and classes may operate up to 25% of the total listed occupancy of the gym or exercise facility. Locker rooms and shower facilities must remain closed, but restrooms may be open. Employees and contractors of the gym or exercise facility are not counted towards the 25% occupancy limitation.*

*The following are the minimum recommended health protocols for all gyms and exercise facilities and classes, whether indoor, outdoor, individual, or group, choosing to operate in Texas. Gyms and exercise facilities and classes may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, and customers.*

*Please note, public health guidance cannot anticipate every unique situation. Gym and exercise facilities and classes should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Gyms and exercise facilities and classes 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 cloth face covering (over nose and mouth) at all times.
  - ✓ There shall only be one coach per court. Maximum of 12 athletes per court.

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

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- ✓ No spectators allowed. Austin Velocity will provide a Zoom link that spectators may use to watch practice. To the extent that there are no technical issues, coaches will also have microphones hooked to them.
- ✓ 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. Areas for athletes will be clearly marked with numbers.
- ✓ No ball carts will be used for balls during practice.
- ✓ Volleyballs will be rotated every 15 minutes during a mandatory break.
- ✓ Volleyballs shall not be used in practice again until they have been sanitized and allowed to dry.
- ✓ 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.
- ✓ Numbered areas to provide for at least 6 feet separation between athletes during breaks.
- ✓ Only coaches will be allowed to set up and take down nets.
- ✓ Hand sanitizer shall be available at all practices provided by Austin Velocity.