

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

The novel corona virus, COVID-19, is an infectious disease that is extremely contagious and believed to spread mainly from 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 hand with soap and water often and 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 or with underlying medical conditions should protect themselves and not attend an event until the COVID 19 threat has passed.

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

- Each individual is to bring their own towels, water and water bottles and keep their bags and 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 and distance themselves from unmasked participants.
- No handshakes, high fives, hand slaps.
- Groups of no more than 6 should gather at one team camp.

Until COVID-19 is either eradicated, a vaccine is developed, 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 and the USAV guidelines 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 the Arizona Region or USA Volleyball assume any liability or responsibility for the recommendations provided herein.

Participation in this program is strictly voluntary. No one has coerced or required anyone to participate. Participation by anyone in this program is AT YOUR OWN RISK. There is no participant accident or liability insurance coverage for infectious diseases.

If an individual does not agree to comply with the guidelines for participation, then we ask that they not enter the event 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 care by following the guidelines and social distancing for the safety of themselves, their family, their teammates and all those participating in the program.

By signing this agreement, I acknowledge the contagious nature of COVID 19, voluntarily agree to the participation terms, and assume 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 program. I agree that I will take responsibility for the personal protection of my child(ren) and myself when entering the facility and placing my child(ren) or myself in the event. I agree to indemnify and hold harmless, the Arizona Region of USA Volleyball, USA Volleyball, Victory Lanes Sports Complex and any other unnamed organization, their employees, agents, and representatives working to organize and operate this program.

Participant Name _____ Date _____

Participant's Signature (if 18 or older) _____

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

Signature of Parent/Legal Guardian _____