



Go play hard.  
You are covered.



Dear Coaches and Team Members,

Welcome to the 2021 Girls 18s Junior National Championship! We are so excited for this very special 2021 season!

As you are aware, COVID-19 completely disrupted the 2020 season. As we return to volleyball, our concerns for the health and safety of your “team”—players, coaches, parents and support personnel require some adjustments to our “business as usual.” To that end we have implemented the following:

We highly recommend that all team members obtain a COVID-19 test within 4 days of travel. This serves to attempt to identify those who are asymptomatic but who are spreaders. Any person traveling with your team who has tested positive within 10 days of travel should not travel unless cleared by a physician. USAV request that those meeting the CDC’s definition of “at risk” reconsider their attendance:

- 65 year of age or older
- Cancer
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart Conditions
- Pregnancy
- Sickle Cell Disease
- Smoking
- Chronic Kidney Disease
- Immunocompromised
- Severe obesity
- Diabetes or liver disease

While at home--Any team member sick at home prior to travel are strongly advised to be tested prior to travel. At the very least **DO NOT TRAVEL. DO NOT TRAVEL IF YOU ARE SICK!**

While at the hotel, if a team member has any signs or symptoms of illness, they should not go to the venue. Period. They should be separated from the team and seek testing in the host city. Global Event Medicine personnel will be on-site for consultation and advice on locations for testing in the host city. Please check with each team member prior to leaving the hotel to determine, to a person, whether they have any sign or symptom of COVID-19 including elevated temperature. We strongly encourage you to have a plan for taking the temperatures of each of your team members every morning. A fever, by definition, is temperature 100.4 F or higher. If anyone has such a temperature, that alone should stop them from traveling to the competition venue. Further, they should be quarantined from the team.



Go play hard.  
You are covered.



While at the competition venue, if any team member becomes ill, GEM personnel are available for evaluation including temperature and pulse oximetry in a special room. There will be no COVID-19 testing at the competition venue. If a team member has any signs or symptoms of COVID-19, they will be instructed to immediately leave the competition venue, given instructions on location of testing sites (if available), and advised to quarantine. They should not return to the competition venue during the remainder of the tournament. This requires teams to have some contingency plan for those who become ill during travel, including for alternative hotel rooms, air travel and care when returning home.

#### COVID-19 HOUSEKEEPING

- ✓ Do you know the quarantine rules of your local (home) public health department? For example, do you know the rules for returning home? Do you have to quarantine upon returning home?
- ✓ For those who work, what are your employer's rules regarding travel and quarantine?
- ✓ Do you have extra masks for your team? No masks will be provided on-site. You will be required to wear a mask for admittance into the competition venue. Consider masks like underwear, they need to be changed or laundered at least daily. You have to have an adequate supply.
- ✓ Do your team members have personal hand sanitizer? They all should.
- ✓ Do you have refills for the personal hand sanitizers? They will run out.
- ✓ Do you have sanitizing wipes?
- ✓ Have you counseled your team on social distancing? Remember, your team is not in any bubble. Therefore, 6 feet distancing should be strongly encouraged and practiced. Huddles during timeouts should be a larger space than typical, for example.

#### MEDICAL SERVICES

The GEM Medical Team will be easily accessible at the competition venue. They are available for injuries and illnesses. Due to COVID-19, however, efforts have been made to alter some of the courtesy services historically provided to limit gathering at the GEM Medical Tent.

Ice—In years past, GEM has provided ice on request—so-called “courtesy ice.” This will no longer be provided so as to avoid the inevitable congregation of athletes either waiting to receive ice bags or having ice bags placed on them. Ice will only be available for acute injuries which occur on-site. For example, for acute sprains or contusions. If your athletes require ice on a regular basis, we suggest you make plans for ice at the hotel. GEM will provide empty bags that you may take back to the hotel. However, we suggest you strongly encourage your “chronic icers” to purchase reusable ice bags which can be filled at the hotel.

Taping—in years past, GEM has provided “courtesy taping” on request. This will no longer be provided so as to avoid the inevitable congregation of athletes either waiting to be taped or actually being taped. Those who have chronic injuries for which they typically receive taping services should be strongly encouraged to obtain braces or other support devices prior to the



Go play hard.  
You are covered.



tournament. Taping will only be provided for acute injuries requiring the evaluation and care of GEM personnel.

We with USA Volleyball and Global Event Medicine wish for a safe and fun tournament. If you have any questions about the services provided by GEM, you may contact Lori A. Boyajian-O'Neill, D.O. for further information.

Sincerely,

Lori A. Boyajian-O'Neill, D.O.  
Global Event Medicine

GJNC 18s Staff  
USA Volleyball