

Parent/Player Handbook 2023/2024 Season



Dear Club Parent and Participant,

CONGRATULATIONS!!
YOU HAVE BEEN SELECTED TO REPRESENT
RIVAL™ V.C. FOR THE 2023-2024 SEASON!!

We welcome you to the RIVAL™ family! Please review this parent handbook in its entirety to further understand what comes with this AMAZING opportunity and responsibility of being part of this GREAT club. You have been selected as a reward for your hard work, determination and diligence. You're physical, mental and technical growth has not gone unnoticed. We feel that you can or will continue to embrace the RIVAL™ philosophy, and reach the standard of excellence that we have set out for you!! As part of RIVAL™, we hope you will continue to show those characteristics that are essential to our success:

WORK ETHIC!! PASSION!! MENTAL TOUGHNESS!! TECHNICAL PERFECTION!!

Our goal for you is simple...and that is to market and promote you, the team, and RIVAL™ to the highest degree!!

You are a viable part of this organization and we thank you for trusting us with your future!!

Sincerely,

Your RIVAL Staff



RIVAL™ PHILOSOPHY

RIVAL™ strives to provide athletes of all levels, a systematic developmental format of learning, designed to increase their levels! Our mission is to create the “complete athlete” physically, mentally and technically. This concept, and a commitment to those values, is the foundation of the RIVAL™ philosophy.

ADMINISTRATIVE STAFF/EXECUTIVE TEAM

Mike Cabeza – Club Director/Master Coach

Cell: 404.316.1525

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Sandi Morales – Administrator

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COACHING CODE OF CONDUCT

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal, as well as athletic development of their athletes. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport organization are channeled. Thus how an athlete regards his/her sport is often dependent on the behavior of the coach. The following Code of Conduct has been developed to aid coaches in achieving a level of behavior, which will allow them to assist their athletes in becoming well-rounded, self-confident and productive human beings.

RIVAL™ COACHES ARE COMMITTED TO:

1. Treat everyone fairly within the context of his or her activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
2. Direct comments or criticism at the rather than the athlete.
3. Consistently display high personal standards and project a favorable image of their sport and of coaching.
4. Refrain from public criticism of fellow coaches; especially when speaking to the media or recruiting athletes.
5. Abstain from the use of tobacco products while in the presence of her/his athletes and prohibit their use by athletes.
6. Abstain from drinking alcoholic beverages when working with athletes.
7. Prohibit the use of alcohol in conjunction with athletic events or victory celebrations at the playing site.
8. Refrain from the use of profanity, insults, harassment or otherwise offensive language in the conduct of his/her duties.
9. Ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and educate athletes as to their responsibilities in contributing to a safe environment.
10. Communicate and co-operate with registered medical practitioners in the diagnosis, treatment and management of their athletes' medical and psychological problems. Consider

the athletes' future health and well-being as foremost when making decisions regarding an injured athletes' ability to continue playing or training.

11. Recognize and accept when to refer athletes to other coaches or sport specialists. Allow athletes' goals to take precedence over their own.
12. Regularly seek ways of increasing professional development and self-awareness.
13. Treat opponents and officials with respect, both in victory and defeat, encourage athletes to act accordingly. Actively encourage athletes to uphold the rules of their sport and the spirit of such rules.
14. In the case of minors, communicate and co-operate with the athlete's parents or legal guardians, involving them in management decisions pertaining to their child's development.
15. In an educational institution, be aware of the academic pressures placed on student-athletes and conduct practices and games in a manner so as to allow academic success.

RULES & REGULATIONS

While representing RIVAL™, all athletes are expected to behave in a responsible manner. Determination of what is responsible lies solely with the RIVAL™ Club Directors. RIVAL™ is very proud of our image therefore requiring all athletes to look professional in your attire at all times. It's this simple: If it has the RIVAL™ logo on it or it is part of a RIVAL™ team uniform, it is your obligation to represent this organization in a professional manner. Any athlete damaging equipment owned by RIVAL™ or any facility used by the Club during practices, tournaments or other functions will be required to reimburse the Club and/or facility for the damages before continuing in the Club. In some cases, the athlete may be dismissed from the Club. An athlete with a delinquent account during the current season may be denied the privilege of playing in a tournament and/or asked to sit out at practice until the account is paid or arrangements are made with the Director. A specified percentage (TBA) of the athlete's current season's account must be paid in full before the athlete will be allowed to participate in any tournaments. All athletes must have the following items signed by their parents or guardians before they will be allowed to begin formal training: RIVAL™ Profile sheet, Registration & Liability Form, USA Volleyball Waiver Form and Medical Form. In case of inclement weather, a coach or someone from a phone chain will call your home to notify you of practice cancellations. We strongly encourage athletes who make an RIVAL™ team to take this participation seriously. This means we expect RIVAL™ practices and tournaments are of the highest priority.

FUNDRAISING COMMITTEE

A fundraising committee will be established to assist those interested in financial assistance. Detailed information will be available upon its establishment.

CLEANLINESS

RIVAL™'s image should be one of professionalism and cleanliness. Equipment must be clean and functional for tournament play. Uniforms must be laundered and neat for tournament play. Help clean up our area prior to leaving the tournament facility.

PRACTICE RULES

How to be a Supportive Athlete? Be mentally and physically ready to take part in practice. Listen, Think, and Act with 100% effort. Don't distract your teammates. Accept responsibilities

for your mistakes. Never put down fellow teammates or opponents. Keep your commitment to your team for the full season. **BE PROFESSIONAL AND TAKE PRIDE IN WHAT YOU DO!**

ATHLETES...YOU, are responsible for your performance! It is measured by your efforts both on and off the court during practices and competitions. Every practice is an opportunity toward excellence. Excellence comes by way of successful in practice, and in competitions.

100% on time. Practice attendance is the expectation. We can't train you if you are not here. Also, arriving late to practice is not fair to your teammates. You must contact the coach in advance if you intend to miss a practice or a tournament.

100% intensity. Mental toughness and intensity is a "learned skill". Everyone is responsible for challenging and supporting each other during practice. The harder we work the better we become. Distracting others while at practice will not be allowed. If you have any questions ask your coach. Have a caring, supportive attitude.

100% focus and effort. Aggressive posture is the expectation on the practice and on the competition court. Problems related to needs to be communicated with the coach at the beginning of any practice or tournament. Players must notify their coach immediately of any injuries or illness. Aggressive, positive errors are part of learning! Un-aggressive or thoughtless errors will be challenged for improvement.

Appropriate behavior when representing RIVAL™ will be expected at all times. Fellow players, coaches, Club staff, parents, and members of other clubs shall be treated with respect at all times. Jewelry or gum is not allowed during practice or at tournaments.

EXPECT SUCCESS, EXPECT TO LEARN! Expect our coach's best efforts and yours. Expect to have fun through hard work, discipline, consistency, and personal achievements.

DISCIPLINARY GUIDELINES

Athletes are expected to abide by the USAV Code of Conduct, Disciplinary Policies, Waiver and Release of Liability, and the Player Agreement they have signed. **Any athlete who willfully performs any act deemed detrimental to the RIVAL™ organization, teammates, or any staff members shall be subject to discipline, suspension, or expulsion from the RIVAL™ program. Club dues shall not be waived. Refunds will not be issued.**

Discipline: A form of corrective action deemed necessary to correct an individual problem. The athlete will be notified verbally, and be given a specific time to correct the deficiency. The athlete is expected to participate in team practices, team travel and tournaments even though player participation may be limited. If a player fails to make corrections to the deficient

behavior or actions in the specific time period, they may have further discipline action taken, or suspension, or expulsion from the RIVAL™ program.

Suspension: The individual shall not be permitted to take part in club or team activities for a specific time period. (# of days).

Expulsion: The individual shall be removed from the RIVAL™ program. Action may be for the remainder of the year, or specific number of years.

Examples are as follows but no limited to: Being issued **3 warnings** or reprimands; being in possession or under the influence of alcohol or illegal drugs, or failure to remove themselves from the area where such activities are taking place; assaulting, originating gross behavior or harassing others; failure to abide coach's decision or acting with flagrant disregard for one's own safety or the safety of others; Violation of the USAV Code of Conduct or disqualification from participation by USAV.

SAFETY RULES

Safety awareness is as important to volleyball as learning the skills of the sport. Players need to follow all safety rules. These rules are for your safety and the safety of those around you. Horseplay is not permitted at any time, in any place. You need to properly warm-up and cool-down before and after every practice and match. You need to wear proper equipment such as kneepads, footwear, and gym cloths to prevent chafing, blisters, and floor burns. You are not allowed to practice or play when you are injured, and medical approval is required for participation following serious injury or illness. Joint injuries are expected to be taped if deemed appropriate by your physician's advice. You need to treat bruises, sprains, and floor burns with ice packs or cold water to reduce swelling and pain. First aid kits are available which include ice packs, band-aids, tape, elastic bandages, splint materials, and gauze.

PLAYING TIME

We DO NOT guarantee equal playing time on any team or at any event. RIVAL™ has the philosophy that what you pay for is instruction time during practices. Playing time for athletes is determined by attendance, attitude, effort, performance, athlete's potential, the team's needs at the moment, and the team's needs in the future. This is left solely to the discretion of the RIVAL™ coach. The "coaching decision" is not up for debate or question. Athletes are encouraged to ask what they can improve on to get more playing time. (See Grievance Procedure)

TOURNAMENTS

Seating is sparse in most of the gyms so we recommend that you bring your own chairs. We strongly suggest that you pack a cooler for your athlete for the day of a tournament because they can run long.

Some players bring pillows and sleeping bags so they can rest between rounds. Games, homework, books, etc. are all recommended for some of the longer tournaments. Arrive early so you can help set up your team area and get ready to warm-up. Except for starting times, most tournaments do not follow a set time schedule. Matches will begin 10 minutes after the

end of the previous match. If the tournament is run well, it should be over around 6:00 p.m. But to be on the safe side, expect to be there all day.

Tournament Checklist: Following is a list of items you should or will need to have:

Mandatory:

- Team uniforms – jerseys (2), spandex
- Kneepads, volleyball shoes
- Athletic Bag, team Sweats
- Water jug
- Appropriate outerwear depending on weather
- Towels (1-2)

Should Have:

- Extra socks
- Cooler with healthy lunch & snacks
- Extra shoes / sandals for off court
- Personal needs (medicine, extra money, etc.)

Nice to Have:

- Books, Ipad
- Outerwear depending on weather
- Blanket / throw
- Camera
- Extra kneepads

TOURNAMENT RULES

All athletes are expected to be in the gym, ready to warm-up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 15 minutes prior to the scheduled arrival time. Earlier is always better. Proper conduct is expected for all members of the Club at all time. This includes athletes, parents, and supporters. This also means treating supporters from other teams, other parents, and officials with respect. Athletes and/or parents are expected to provide transportation for their athlete to and from tournament sites and practices. If an athlete cannot be at a tournament, the athlete is expected to call the coach as soon as the athlete knows she will be absent. It is the athlete's responsibility (not the parent's) to reach the coach before the tournament starts. Athletes will not be allowed to leave the tournament site until excused by the coach. Except in cases of true emergency, an athlete who has an officiating assignment may not leave a tournament before the assignment is completed.

OFFICIATING

Officiating is the shared responsibility of the entire team. Each coach will determine a procedure their team will follow for officiating assignments. Every player is required to stay until the entire team can leave. Please do not ask the coach if you can leave early. You are expected to stay!

The following are the conditions of the contract:

Terms and Conditions: RIVAL™ Volleyball Club Program

1. A provision for the penalty-free cancellation of the contract within 3 days, exclusive of holidays and weekends, of its making, upon the mailing or delivery of written notice to RIVAL™, and refund upon such notice of all monies paid under the contract, except that RIVAL™ may retain an amount computed by dividing the number of occasions services are to be rendered into the total contract price and multiplying the result by the number of complete days that have passed since the making of the contract or, if appropriate, by the number of occasions that RIVAL™ services have been rendered. A refund shall be issued within 30 days after receipt of the notice of cancellation made within the 3-day provision.
2. All terms and conditions of this Parental Agreement apply to all members (players and their parents and/or guardians).
3. All "Specialty Classes" or Programs are expenses that must be paid in full prior to that program/class. **The RIVAL™ Volleyball Club Program is NON-REFUNDABLE on the 4th day after signing the payment contract.** Members will be responsible for the full payment for selected payment plan, or if the member chooses to pay through our Monthly Payment Format laid out in our financial budget. Any overage or shortage of your child's membership will be adjusted at the end of your membership term. Any additional expenses related to training activities or programming will be the sole responsibility of each participant that chooses to participate in such programming.
4. Members are encouraged to pay all applicable membership expenses at the time the player joins RIVAL™. If the member's parents/guardians prefer, a payment schedule may be utilized to better budget membership payments. All payments are due the **1st of the month** for each payment. **IF YOU FORSEE THAT A PAYMENT WILL BE LATE DUE TO A LEGITIMATE PROBLEM YOU MUST CONTACT RIVAL™ PRIOR TO THE 1st IN ORDER TO NOT BE PENALIZED AND HAVE THE PAYMENT CHARGED TO YOUR CARD. A 10-DAY EXTENSION FROM THE 1st OF THAT MONTH WILL BE GRANTED FOR SPECIAL SITUATIONS. IF YOU DO NOT CONTACT US PRIOR TO THE 1st OF THE MONTH YOUR DUE PAYMENT AMOUNT WILL BE AUTOMATICALLY CHARGED TO YOUR CREDIT CARD.** Payments cover all Club related expenses incurred for a player to attend RIVAL™ for the USAV season. This includes, but is not limited to, expenses for dues, tournament entry fees, travel and accommodation, uniforms, equipment, rental fees, and director and coaching fees. Athletes are all provided an equal opportunity to participate in training activities. **HOWEVER, ATHLETES WILL BE SUSPENDED FROM TRAINING FOR NON-PAYMENT OF CLUB DUES.**
5. Members who suffer a hardship due to illness or injury and cannot continue participation at RIVAL™ may drop out and terminate their payment requirements. To drop out, a doctor's written excuse citing the date of the injury/illness and an estimated date of rehabilitation must be given to the coach and a copy mailed directly to RIVAL™ Club Director by US Mail. The member's parents/guardians are responsible for all payments due up to and including the date of injury or illness and for any non-refundable expenses that have been prepaid on behalf of that member for future activities such as, but not necessarily limited to tournament entry fees or travel expenses. No refund will be given to the member for such pre-paid expenses. Further, the member and her parents/guardians will not be held responsible for any future expenses for that year, until released by the Doctor to rejoin the team.
6. Members who wish to drop out for any other reason must give a written notification to the Owner and CEO, and will be required to pay a \$150.00 drop fee. The date of termination will be the US Mail postmark on the envelope received by the Owner and CEO. The member's parents/guardians are responsible for all payments and all pre-paid expenses as explained in #4 (above) that are due, plus the \$150.00 drop fee on the date of notification.
7. Failure to meet payments (including payment schedules) and due dates will jeopardize a player's eligibility to participate in RIVAL™'s Volleyball Club Program. All payments must be mailed or handed to the RIVAL™ Club Director by the due date(s) and cited before a player may participate in practices

and training modules scheduled for that month. If a player or parent becomes delinquent for more than 15 DAYS ON ANY PAYMENT OR IF THE CREDIT CARD IS DECLINED, that player shall be suspended from all participation in club events and shall remain responsible for the delinquent payment as well as the other payments required by this agreement.



Dispute/Grievance Procedure

Rival Volleyball Club fully comprehends the value of parent involvement and encourages our parents to offer feedback whether positive or negative, but to do so in a respectful way. The below procedure is designed to help athletes and parents with questions, concerns, or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

1. 24-hour rule: If the athlete or parent has a concern arising from a tournament or practice that needs to be addressed, they must wait at least 24 hours after the conclusion of the event to discuss the issue with the head coach. We trust that parents will be timely in communicating with coaches regarding potential issues that would distract that coach from their primary objective of coaching the team.
2. Don't approach the coach immediately prior to the start of practice, the coach must focus on the athletes' and the training required during practice.
3. The athlete must first ask for a meeting with the coach to discuss the issue at hand. In the case of players on 13's or younger teams, the parents may request the meeting, in which the athlete, parent and coach must be present.
4. If the issue is unresolved, the parents may ask for a meeting between themselves, the athlete, and the coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon by both the parent and coach – NOT at a tournament and/or practice.
5. If the issue is unresolved, the parent may ask for a meeting with the club director, the head coach, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, coach, and director and during a scheduled time away from practice or a tournament is appropriate. The decision of the club director at this point is **FINAL**.

It is essential that our parents serve as a support system for our club, players and coaches. To ask this, we, as the club director, staff, and coaches need to be available to empower parents and athletes with information and ensure understanding. When all parties share time together, the potential conflict creates a greater opportunity to learn from each other different strategies in how all parties can communicate effectively and be more congruent in cultivating a positive experience for our athletes.



Rival Volleyball Club
Mike Cabeza, Director

MINOR ATHLETE ABUSE PREVENTION POLICIES

Covered Organizations/LAOs are required to implement the following athlete abuse prevention policies

To satisfy these requirements, USA Volleyball provides these policies to USAV member clubs. Clubs may choose to implement stricter standards.

SafeSport Club Policies

1. One-on-One Interactions, including meetings and individual training sessions (Clubs are required to establish reasonable procedures to limit one-on one interactions, as set forth in federal law)
2. Massages and rubdowns/athletic training modalities Locker rooms and changing areas
3. Social media and electronic communications
4. Local travel
5. Team travel

These policies shall apply to the following:

- 1) Adult members at a facility that is either partially or fully under the jurisdiction of a **FLORIDA REGION CLUB**

- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) Any adult authorized by **FLORIDA REGION CLUB** that may have regular contact with or authority over an amateur athlete who is a minor
- 4) Adult staff and board members of a **FLORIDA REGION CLUB**

(Collectively "Applicable Adult" for the purposes of this policy)

Refund Policy

Rival Volleyball Club Registration Cancellation and Refund Policy

USAV and RVC recognize two categories of membership: Full and Limited Memberships. The following applies:

- Full memberships may be eligible to receive a refund of RVC registration fees
- Limited memberships are not eligible to receive a refund of RVC registration fees

Conditions for consideration of refunds:

- Cancellation of membership must be received by the director (mike.cabeza1@gmail.com) within 30 days of purchase
- IF the player has participated in a USAV sanctioned tournament, then NO refunds will be issued
- IF the player has NOT participated in a USAV sanctioned tournament, then a refund will be granted minus the cost of the prorated, participation portion. RVC does not have the authority to refund USAV memberships.

No refund of USAV required screenings will be considered.

RVC reserves the right to make exceptions to their refund policy at its sole discretion.



If an athlete/family decides to depart Rival Volleyball Club during the respective season, the following steps must take place:

Release Policy:

STEP 1 - The athlete/family in question must submit a written request for release to the Club Director, **Mike Cabeza, at the club's email address: rivalvball@gmail.com** and to the Florida Region at registrar@FloridaVolleyball.org stating the reason for the request.

STEP 2 - Club will release the athlete immediately once the following item(s) have been completed:

1. Athlete returns all club gear provided to athlete this season.
2. Member must remit all financial obligations agreed upon contractually. Payment Option – Member pays full cost of season.

Transfer Policy: A player can represent only one club during the Season. A change in geographical location of the family due to a change in job, military, scholastic or inner-collegiate status may receive special consideration. No player may participate in different Qualifying events with different clubs/teams. Proof of residency must be provided by the family at the time of the release/transfer request.

Once an athlete has participated in a **National Qualifier Event (Regional or NQ)** they may not be released for the rest of the season to another club. Please refer to the USA Volleyball (USAV) Championship Manual on releases for athletes that participate in regional or national qualifying/bid events.

Additional policies required by USAA:

REQUIRED POLICIES FOR ONE-ON-ONE INTERACTIONS

The U.S. Center for SafeSport recognizes that youth-adult relationships can be healthy and valuable for development. Policies on one-on-one interactions protect children while allowing for these beneficial relationships. As child sexual abuse is often perpetrated in isolated, one-on-one situations, it is critical that organizations limit such interactions between youth and adults and implement programs that reduce the risk of sexual abuse.

ONE-ON-ONE INTERACTIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following one-on-one policy

A. Mandatory Components

1. Observable and Interruptible
 - a. All one-on-one In-Program Contact between an Adult Participant and a Minor Athlete must be observable and interruptible, except in emergency circumstances.
 - b. The exceptions below may apply to specific policies, and if the exceptions apply, they are listed in the policy. These exceptions also apply to all one-on-one In-Program Contact not specifically addressed in other policies:
 - i. When a Dual Relationship exists; or
 - ii. When the Close-in-Age Exception applies; or
 - iii. If a Minor Athlete needs an Adult Participant Personal Care Assistant, and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
 - iv. In other circumstances specifically addressed in this policy that allow for certain one-on-one interactions if USA Volleyball, the Region or Club receives parent/ guardian consent.

MEETINGS AND TRAINING SESSIONS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Meetings and Training Sessions Policy

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must follow the one-on-one interaction policy in all meetings and training sessions where Minor Athlete(s) are present.

2. Individual Training Sessions

a. One-on-one, In-Program, individual training sessions must be observable and interruptible except if:

- i. A Dual Relationship exists; or
- ii. The Close-in-Age Exception applies; or
- iii. A Minor Athlete needs an Adult Participant Personal Care Assistant, and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

b. The Adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/guardian at least annually, which can be withdrawn at any time; and

c. Parents/guardians must be allowed to observe the individual training session.

3. Meetings with licensed mental health care professionals and health care providers (other than athletic trainers³)

If a licensed mental health care professional or licensed health care provider meets one-on-one with a Minor Athlete at a sanctioned event or a facility, which is partially or fully under USA Volleyball's jurisdiction, the meeting must be observable and interruptible except:

- a. If the door remains unlocked; and
- b. Another adult is present at the facility and notified that a meeting is occurring, although the Minor Athlete's identity needs not be disclosed; and

³ Athletic trainers who are covered under these policies must follow the "Athletic Training Modalities, Massages,

and Rubdowns” policy.

- c. USA Volleyball, the Region or Club is notified that the provider will be meeting with a Minor Athlete; and
- d. The provider obtains consent consistent with applicable laws and ethical standards, which can be withdrawn at any time.

B. USA Volleyball Recommended Requirements

1. Monitoring

If a permitted meeting or training session takes place between an Adult Participant(s) and a Minor Athlete(s) at a facility partially or fully under USA Volleyball’s jurisdiction, another Adult Participant will monitor each meeting or training session. Monitoring includes reviewing the parent/guardian consent form, knowing that the meeting or training session is occurring, knowing the approximate planned duration of the meeting or training session, and dropping in on the meeting or training session.

2. Parent Training

Parents/guardians receive the U.S. Center for SafeSport’s education and training on child abuse prevention before providing consent for their Minor Athlete to have a meeting or training session with an Adult Participant subject to these policies.

ATHLETIC TRAINING MODALITIES, MASSAGES, AND RUBDOWNS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Athletic Training Modalities, Massages, and Rubdown policy

A. Mandatory Components

1. Athletic training modality, massage, or rubdown

All In-Program athletic training modalities, massages, or rubdowns of a Minor Athlete must:

- a. Be observable and interruptible; and
- b. Have another Adult Participant physically present for the athletic training modality, massage, or rubdown; and
- c. Have documented consent as explained in subsection (2) below; and
- d. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
- e. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
- f. The provider must narrate the steps in the massage, rubdown, or athletic training modality before taking them, seeking assent of the Minor Athlete throughout the process.

2. Consent

- a. Providers of athletic training modalities, massages, and rubdowns or USAV, RVAs or Clubs, when applicable, must obtain consent at least annually from Minor Athletes' parents/guardians before providing any athletic training modalities, massages, or rubdowns.
- b. When possible, techniques should be used to reduce physical touch of the Minor Athlete.
- c. Only licensed providers can administer a massage, rubdown or athletic training modality.
- d. Coaches, regardless of whether they are licensed massage therapists, cannot massage Minor Athletes
- e. Minor Athletes or their parents/guardians can withdraw consent at any time.

B. Recommended components

1. Parent Training

Parents/guardians receive the U.S. Center for SafeSport education and training on child

abuse prevention before providing consent for their Minor Athlete to receive an athletic training modality, massage, or rubdown.

LOCKER ROOMS AND CHANGING AREAS

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Locker Rooms and Changing Areas policy

A. Mandatory Components

1. Observable and Interruptible

Adult Participants must ensure that all one-on-one In-Program Contact with Minor Athlete(s) in a locker room, changing area, or similar space where Minor Athlete(s) are present is observable and interruptible, except if:

- a. A Dual Relationship exists; or
- b. The Close-in-Age Exception applies; or
- c. A Minor Athlete needs a Personal Care Assistant and:
 - i. the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or the Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - ii. the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - iii. the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2. Conduct in Locker Rooms, Changing Areas, and Similar Spaces

- a. No Adult Participant or Minor Athlete can use the photographic or recording capabilities of any device in locker rooms, changing areas, or any other area designated as a place for changing clothes or undressing.
- b. Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes their breasts, buttocks, groins, or genitals to a Minor Athlete.
- c. Adult Participants must not shower with Minor Athletes unless:
 - i. The Adult Participant meets the Close-in-Age Exception; or
 - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- d. Parents/guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participant(s) during In-Program Contact. USA Volleyball and the Adult Participant(s) must abide by this request.

3. Media and Championship Celebrations in Locker Rooms

USA Volleyball may permit recording or photography in locker rooms for the purpose of highlighting a sport or athletic accomplishment if:

- i. Parent/legal guardian consent has been obtained; and
- ii. USA Volleyball, the Region or Club approves the specific instance of recording or photography; and
- iii. Two or more Adult Participants are present; and
- iv. Everyone is fully clothed.

4. Personal Care Assistants

Adult Participant Personal Care Assistants are permitted to be with and assist Minor Athlete(s) in locker rooms, changing areas, and similar spaces where other Minor Athletes are present, if they meet the requirements in subsection (1)(a)(iii) above.

5. Availability and Monitoring of Locker Rooms, Changing Areas, and Similar Spaces

- a. USA Volleyball, the Region or Club must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.
- b. USA Volleyball the Region or Club must monitor the use of locker rooms, changing areas, and similar spaces to ensure compliance with these policies at sanctioned events or facilities partially or fully under USA Volleyball's jurisdiction.

ELECTRONIC COMMUNICATIONS⁴

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Electronic Communications policy

A. Mandatory Components

1. Open and Transparent

- a. All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent except:
 - i. When a Dual Relationship exists; or
 - ii. When the Close-in-Age Exception applies; or
 - iii. If a Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b. Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant.
 - If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.
- c. Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

2. Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes' parents/guardians.

3. Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an exception in (1)(a) exists.

⁴ Electronic communications include, but are not limited to: phone calls, videoconferencing, video coaching, texting, and social media.

4. Requests to discontinue

Parents/guardians may request in writing that USA Volleyball or an Adult Participant subject to this policy not contact their Minor Athlete through any form of electronic communication. USA Volleyball and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

5. Hours

Electronic communications must be sent only between the hours of 8:00 a.m. and 8:00 p.m. local time for the location of the Minor Athlete.

6. Social Media Connections

Adult Participants, except those with a Dual Relationship or who meet the Close-in-Age Exception, are not permitted to maintain private social media connections with Minor Athletes and must discontinue existing social media connections with Minor Athletes.

TRANSPORTATION

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Transportation policy

A. Mandatory Components

1. Transportation

- a. An Adult Participant cannot transport a Minor Athlete one-on-one during In-Program travel, except if:
 - i. A Dual Relationship exists; or
 - ii. The Close-in-Age Exception applies; or
 - iii. A Minor Athlete needs a Personal Care Assistant and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and
 - (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or
 - iv. The Adult Participant has advance, written consent to transport the Minor Athlete one-on-one obtained at least annually from the Minor Athlete's parent/guardian.
- b. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
- c. An Adult Participant meets the In-Program transportation requirements if the Adult Participant is accompanied by another Adult Participant or at least two minors.
- d. Written consent from a Minor Athlete's parent/guardian is required for all transportation sanctioned by USA Volleyball, the Region, or Club at least annually.

2. Shared or Carpool Travel Arrangement

USA Volleyball mandates parents/guardians to pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

LODGING

USA Volleyball, RVAs and USAV member clubs, as well as all Adult Participants, shall comply with the following Lodging policy

A. Mandatory Components

1. Hotel Rooms and Other Sleeping Arrangements

- a All In-Program Contact at a hotel or lodging site between an Adult Participant and a Minor Athlete must be observable and interruptible, and an Adult Participant cannot share a hotel room or otherwise sleep in the same room with a Minor Athlete(s), except if:
 - i. A Dual Relationship Exists, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement;
 - ii. The Close-in-Age Exception applies, and the Minor Athlete's parent/guardian has provided USA Volleyball, the Region or Club with advance, written consent for the lodging arrangement; or
 - iii. The Minor Athlete needs a Personal Care Assistant, and:
 - (1) The Minor Athlete's parent/guardian has provided advance, written consent to USA Volleyball, the Region or Club for the Adult Participant Personal Care Assistant to work with the Minor Athlete and for the lodging arrangement;
 - (2) The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - (3) The Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.
- b Written consent from a Minor Athlete's parent/guardian must be obtained for all In-Program lodging at least annually.

2. Monitoring or Room Checks During In-Program Travel

If USA Volleyball, the Region or Club performs room checks during In-Program lodging, the one-on-one interaction policy must be followed and at least two adults must be present for the room checks.

3. Additional Requirements for Lodging Authorized or Funded by USA Volleyball, RVAs or Clubs.

- a Adult Participants traveling with USA Volleyball, the Region or Club must agree to and sign USA Volleyball, the Region or Club's lodging policy at least annually.
- b Adult Participants that travel overnight with Minor Athlete(s) are assumed to have Authority over Minor Athlete(s) and thus must comply with the Center's Education & Training Policy.

RECOMMENDED POLICIES FOR KEEPING YOUNG ATHLETES SAFE

A. Out-of-Program Contact

Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not have out-of-program contact with Minor Athlete(s) without legal/parent guardian consent, even if the out-of-program contact is not one-on-one.

B. Gifting

1. Adult Participants, who do not meet the Close-in-Age Exception nor have a Dual Relationship with a Minor Athlete, should not give personal gifts to Minor Athlete(s).
2. Gifts that are equally distributed to all athletes and serve a motivational or education purpose are permitted.

C. Photography/Video

1. Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.
2. Adult Participants should not publicly share or post photos or videos of Minor Athlete(s) if the Adult Participant has not obtained the Parent/Guardian and Minor Athlete's consent.

TERMINOLOGY

Adult Participant: Any adult (18 years of age or older) who is:

- a. A member or license holder of USA Volleyball, RVAs or Clubs ;
- b. An employee or board member of USA Volleyball, RVAs or Clubs ;
- c. Within the governance or disciplinary jurisdiction of USA Volleyball, RVAs or Clubs ;
- d. Authorized, approved, or appointed by USA Volleyball, RVAs, or Clubs to have regular contact with or authority over Minor Athletes.⁵

Amateur Athlete: An athlete who meets the eligibility standards established by the National Governing Body or paralympic sports organization for the sport in which the athlete competes.

Authority: When one person's position over another person is such that, based on the totality of the circumstances, they have the power or right to direct, control, give orders to, or make decisions for that person. Also see the Power Imbalance definition in the SafeSport Code. *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

Close-in-Age Exception: An exception applicable to certain policies when an Adult Participant does not have authority over a Minor Athlete *and* is not more than four years older than the Minor Athlete (e.g., a 19-year-old and a 16-year-old). Note: this exception *only* applies within the prevention policies and *not* regarding conduct defined in the SafeSport Code.

Dual Relationships: An exception applicable to certain policies when an Adult Participant has a dual role or relationship with a Minor Athlete and the Minor Athlete's parent/guardian has provided written consent at least annually authorizing the exception.

In-Program Contact: Any contact (including communications, interactions, or activities) between an Adult Participant and any Minor Athlete(s) related to participation in sport.

Examples of In-Program Contact include, but are not limited to: competition, practices, camps/clinics, training/instructional sessions, pre/post game meals or outings, team travel, review of game film, team- or sport-related relationship building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community service, sport education, or competition site visits.

⁵This may include volunteers, medical staff, trainers, chaperones, monitors, contract personnel, bus/van drivers, officials, adult athletes, staff, board members, and any other individual who meets the Adult Participant definition

Local Affiliated Organization (LAO): A regional, state, or local club or organization that is directly affiliated with an NGB or that is affiliated with an NGB by its direct affiliation with a regional or state affiliate of said NGB. LAO does not include a regional, state, or local club or organization that is only a member of a National Member Organization of an NGB. LAOs of USA Volleyball include all 41 Regional Volleyball Association regions and all volleyball clubs that are a member of those regions.

Minor Athlete: An Amateur Athlete under 18 years of age who participates in, or participated within the previous 12 months in, an event, program, activity, or competition that is part of, or partially or fully under the jurisdiction of, an NGB, PSO, USOPC, or LAO.

Partial or Full Jurisdiction: Includes any sanctioned event (including all travel and lodging in connection with the event) by the NGB, PSO, USOPC, or LAO, or any facility that the NGB, PSO, USOPC, or LAO owns, leases, or rents for practice, training or competition.

National Governing Body (NGB): A U.S. Olympic National Governing Body, Pan American Sport Organization, or Paralympic Sport Organization recognized by the U.S. Olympic & Paralympic Committee pursuant to the Ted Stevens Olympic and Amateur Sports Act, 36 U.S.C. §§ 220501, et seq. This definition shall also apply to the USOPC, or other sports entity approved by the USOPC, when they have assumed responsibility for the management or governance of a sport included on the program of the Olympic, Paralympic, or Pan-American Games.

Adult Participant Personal Care Assistant: An Adult Participant who assists an athlete requiring help with activities of daily living (ADL) and preparation for athletic participation. This support can be provided by a Guide for Blind or visually impaired athletes or can include assistance with transfer, dressing, showering, medication administration, and toileting. Personal Care Assistants are different for every athlete and should be individualized to fit their specific needs. When assisting a Minor Athlete, Adult Participant PCAs must be authorized by the athlete's parent/guardian.

Paralympic Sport Organization (PSO): an amateur sports organization recognized and certified as an NGB by the USOPC.

Regular Contact: Ongoing interactions during a 12-month period wherein an Adult Participant is in a role of direct and active engagement with any Minor Athlete(s). *NOTE: NGBs, PSOs, and the USOPC must submit/include categories of members/individuals that fall under the definition including specific volunteer designations.*

U.S. Olympic & Paralympic Committee (USOPC): A federally chartered nonprofit corporation that serves as the National Olympic Committee and National Paralympic Committee for the United States.

APPENDIX I

CHART OF POSSIBLE ADULT PARTICIPANTS IN USAV:

Adult Participant	Regular Contact	Authority Over
USAV Staff/Interns	X	X
USAV Board Members		X
Region/Club Staff	X	X
Region/Club Board Members		X
Coaches	X	X
Officials	X	X
USAV Members 18 years or over on teams with Minors	X	
Chaperones	X	X
Club Administrators	X	X
Arbitrators	X	X
Medical Professionals	X	X
Athletic Trainers	X	X
Independent Contractors	X	

USAV Members 18 and over who are only participating in Opens (i.e., not also a club coach, chaperone, or board member) with no minor players are not required to take training.



Rival Volleyball Club



2023-2024

We acknowledge that we have review the Rival Volleyball ~~2022-2023~~ Parent Handbook.

_____ Player's name

_____ Player's signature

_____ Parent's signature

_____ Date signed

Thank you! We hope you have a fantastic season!