



Developing Success One Player at a Time

2024 – 2025

Club Volleyball Handbook



CLUB VOLLEYBALL HANDBOOK

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MISSION

The USA South volleyball program is dedicated to providing its athletes with the fundamental, physical and mental training to reach their highest possible potential. We strive to provide each athlete an equal opportunity to reach their maximum potential regardless of age or ability.

ABOUT US

Since 1997 we have worked hard laying the foundation for USA South and propelling it to one of the elite clubs in the Florida Region that is known throughout the country. During that time the club has recognized the following accomplishments.

- Over **53 teams** have participated in the Girls National Championships
- More than **130 student athletes** have progressed to play college volleyball
- **180 + players** per season making their High School & Middle School Volleyball teams
- Players selected yearly for Florida's High Performance Team
- Established one of the top coaching staffs in the Florida Region

USA South has a proven training system which allows each of our player's access to elite training and equal growth opportunities. Our training systems are streamlined and monitored so that players achieve excellence through the relentless pursuit of technical development, physical ability and tactical skills. The attention to detail in our programming and implementation of training maximizes each player's success. Our elite coaching staff and wealth of coaching knowledge is spread among all the players in our program creating consistent and expedited individual volleyball growth.

USA SOUTH TRAINING PROGRAM

Our coaches are highly qualified and trained to design, implement, and facilitate the necessary volleyball fundamentals in a streamlined system. This system allows all players regardless of age or level to be trained in a manner in which each can reach their full potential. Our coaches design layered monthly practice plans that allow them to train players and reach weekly/monthly training goals consistently. This strategy allows all players in the program to continue on a steady growth path to maximize their volleyball skills.

The key to developing success, one player at a time, is the creation and execution of a technical architecture. This consists of a set of teaching principles, teaching cues, video reinforcement, and integrated practice drills by age group and ability that will assure each player learns each skill and game knowledge in a consistent fashion. Every coach teaches and trains from this technical architecture so that instruction is consistent, enabling a player who starts out in little spikers to move to our premier program in a rapid and seamless progression. This accelerated learning is facilitated by the fact that all players learn the skills using the identical cues and vernacular regardless of the coach.

All USA South coaches are taught the USA South architecture and will be required to teach to its standards. As part of our player and coach development plan, the coaches will be assessed based upon their effectiveness in a number of areas, a large piece of which is teaching each player in a consistent and correct fashion. Players will also be reviewed by their coaches to help them stay on task in learning skills correctly.

THE VALUE OF USA SOUTH

Volleyball Programs

- Coaching staff comprised of **70 years** of International experience, **75 years** of Collegiate experience, over **100 years** of High School experience. Totaling over **235 Years** of Combined coaching experience and counting!
- Top Rated Teams in the Florida Region of the USAV in ALL age brackets
- A Top Setters Training Program
- Collegiate Recruiting Program (over 135 collegiate athletes)
- Access to private lessons and position trainings
- Access to multiple facilities with the top training equipment
- Individualized Player Development
- Physical Training Program

Customer Service

- Prompt and friendly communication to all emails and questions. You are the reason we exist
- Consistent Communication and updates including our own USA South Volleyball App downloadable from the App Store
- First class online Player Management System
- Parent Advisory Committee
- End of year banquet to celebrate the hard work and dedication of our players and coaches

Training Facilities

- Estero Recreation Center – 2 courts
- USA South Training Facility – 2 courts
 - Newly renovated courts, parent lobby area with TV screens for viewing practices and a meeting room
- North Collier Regional Park- 3 courts

USA SOUTH ORGANIZATIONAL STRUCTURE



PROGRAMS

USA SOUTH SETTERS PROGRAM

USA South has a full standardized collegiate based setting program. This program is based on skills and training that the top recruited setters in the Nation are following. Our program is designed to provide the top setting training available in the Florida Region. All setters have a structured technical curriculum in which all will have the opportunity to receive the best fundamental and philosophical training when it comes to the position of setter. Our Setting Program Director will work hands on with all setters in the USA South program to ensure they are all following the correct technical skills, meeting age level benchmarks and game knowledge.

USA SOUTH RECRUITING PROGRAM

All High School players in the USA South program will have access to our Recruiting Director and services. Each year we will hold recruiting workshops in which player/parents can be educated and receive assistance in the recruiting process. We will also offer recruiting services to those in need of assistance. The recruiting director will assist in players in recruiting needs, network with collegiate coaches of all levels and mentor players when it comes to making commitments.

USA SOUTH PHYSICAL TRAINING PROGRAM

Physical training is an integral part of a player's volleyball development. USA South has partnered with Florida Gulf Coast University Strength and Conditioning Coach to develop a program that provides training to help all players of different fitness abilities to achieve their maximum skill level and potential.

USA SOUTH PREMIER PROGRAM

The USA South Premier Program has been designed for the player with a strong dedication and commitment to the sport of volleyball. This program includes three practice sessions and multiple out of state competitions. These out of state competitions are selected to give our players the greatest exposure to college coaches for recruiting purposes. Players in this program are expected to attend all training sessions, competitions and should plan on participating in volleyball training each weekend during the club season. Teams in this program will be expected to compete in the Open and National level. In addition, the following will be offered:

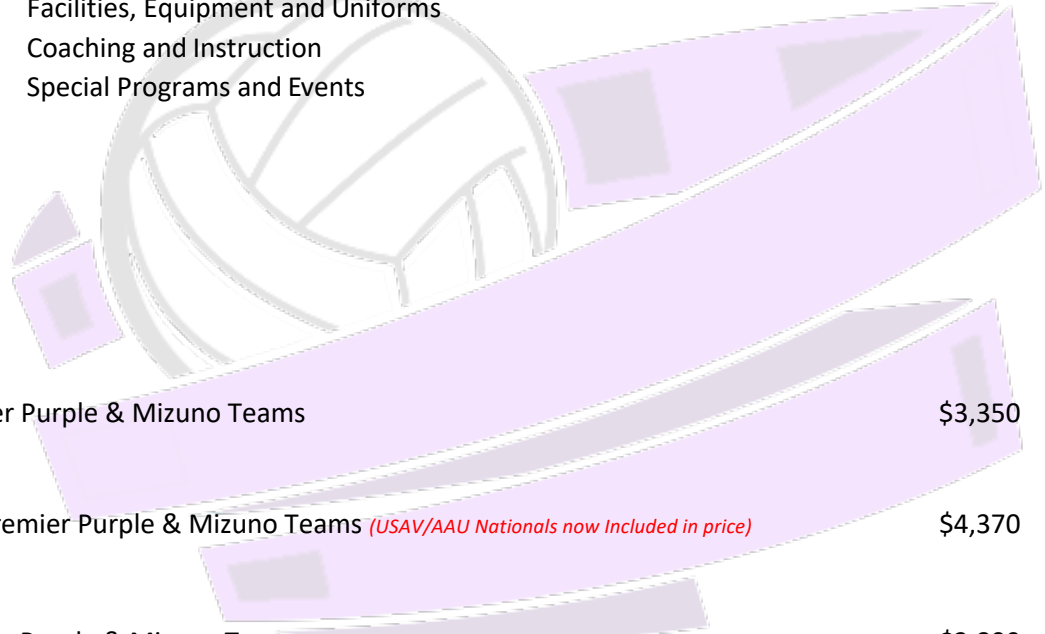
- Three practice sessions per week
- Weekly physical training sessions
- Full access to our volleyball facility and all supplemental training programs.
- Full access to USA South Coaches for Private Lessons
- Indoor club season runs from **October through USAV/AAU National Championships for all 12-14 Premier Purple teams.**
- Indoor club season runs from **November through USAV/AAU National Championships for all 15-17 Premier Purple teams.**
- Indoor club season runs from **October through Florida Regional Championships for all ages 11-14 Premier Black, White and Grey teams.** The season may be extend if they qualify for the USAV National Championship or choose to compete in the AAU National Championship.**
- Indoor club season runs from **November through Florida Regional Championships for all ages 15-17 Premier Black, White and Grey teams.** The season may be extend if they qualify for the USAV National Championship or choose to compete in the AAU National Championship.**
- Indoor club season for **18 Premier Purple and Black teams** will follow USAV Season Format and will have the option to compete at USAV or AAU Nationals.**
- Players will receive: 2 uniforms, game warm up, 3 practice shirts, spandex, knee pads and socks
- Tournament schedules vary based on team and age group.

**** All Premier Purple & Mizuno Teams are required to play at either the USAV or the AAU National Championships**

USA South Premier Program Club Fees include:

- **All Coaches Travel Expenses**
- Administrative Expenses
- Player Management System
- Insurance and Membership Registrations
- Facilities, Equipment and Uniforms
- Coaching and Instruction
- Special Programs and Events

Total



18 Premier Purple & Mizuno Teams	\$3,350
13 – 17 Premier Purple & Mizuno Teams <i>(USAV/AAU Nationals now Included in price)</i>	\$4,370
12 Premier Purple & Mizuno Teams <i>(USAV/AAU Nationals now Included in price)</i>	\$3,800
10-11 Premier Teams	\$1,825

The above Club Fees can either be paid in full or over the duration of eight scheduled payments (August-March)

****USAV/AAU National Championship fees included in fees for 12U to 17U Purple & Mizuno Teams.**

USA South Premier Program Club Fees include:

- **All Coaches Travel Expenses**
- Administrative Expenses
- Player Management System
- Insurance and Membership Registrations
- Facilities, Equipment and Uniforms
- Coaching and Instruction
- Special Programs and Events

Total



18 Premier Black	\$3,250
13 – 17 Premier Black, White, & Grey Teams	\$3,715
12 Premier Black, White, & Grey Teams	\$3,200
10-11 Premier Teams	\$1,825

The above Club Fees can either be paid in full or over the duration of eight scheduled payments (August-March)

****USAV/AAU National Championship fees not included.**

USA SOUTH NAPLES ELITE TRAVEL & NON-TRAVEL PROGRAM

The USA South Naples Elite Travel & Non-Travel Program has been designed for the player with a strong dedication and commitment to the sport of volleyball. This program includes two practice sessions and in-state travel tournaments as well as local tournament play. These tournaments are selected to give our players the greatest opportunity to develop and grow their volleyball playing skills. Players in this program are expected to attend all training sessions, competitions and should plan on participating in all volleyball training. In addition, the following will be offered:

- Two practice sessions per week
- Full access to our volleyball facility and all supplemental training programs
- Full access to USA South Coaches for Private Lessons
- Indoor travel & non-travel club season runs from **November through April**
- The season may be extended if your team chooses to compete in the AAU National Championship**
- Travel Players will receive: 2 uniforms, game warm up, 2 practice shirts, spandex, knee pads and socks
- Non-Travel Players will receive: 2 uniforms, 2 practice shirts, spandex, knee pads and socks
- Tournament schedules vary based on team and age group

**** AAU National Championship fees not included**

USA South Naples Elite Travel and Non-Travel Program Club Fees include:

- **All Coaches Travel Expenses**
- Administrative Expenses
- Player Management System
- Insurance and Membership Registrations
- Facilities, Equipment and Uniforms
- Coaching and Instruction
- Special Programs and Events

Naples Elite Travel Teams	\$2,575
Naples Elite Non-Travel Teams	\$1,825

The above Club Fees can either be paid in full or over the duration of eight scheduled payments (August-March)

****AAU National Championship fees not included.**

TRAVEL POLICY

At USA South we expect our players and coaches to represent the club in a professional and respectable manner when traveling to and participating in tournaments. All players will be expected to follow the rules stated in Player and Parent Contract. The off court actions of our players and coaches are just as important as those on the court. In today's recruiting atmosphere college coaches are looking for players who are well disciplined both on and off the court.

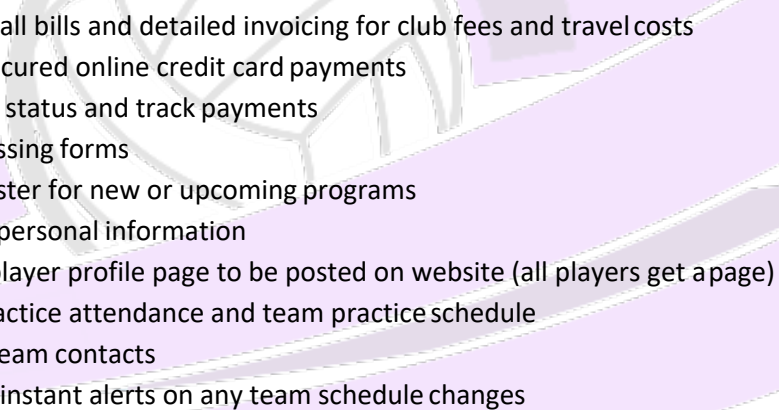
All players must secure transportation to and from all tournament locations. Players must arrive to the hotel and/or gym by the specified time and attend all team meetings designated by their coach. Players on all teams will stay in hotel rooms with their family. If the player's family is not attending the tournament they can arrange for their daughter to stay with another family. Families are welcome to reserve extra rooms for players to stay in as groups but those parents will be responsible for the player's actions while staying at the hotel. Families will be required to stay in tournament chosen hotels when required and will be notified by the club when that is required. Players must also remember to bring meal money when attending tournaments and when team meals are not provided.

Absolutely no boys are allowed at the team hotel. All players will have curfew every night. Players are not allowed to leave the room after curfew unless it is an emergency in which case they will call the coach. Prior to curfew players will always travel in groups and never alone.

Players are not to leave the hotel or playing venue without notifying their coach. Drugs, tobacco, and alcohol are of course strictly forbidden. Players caught with the above will meet with staff and their parents to determine the course of action. Punishments will be swift and firm.

PLAYER MANAGEMENT SYSTEM

USA South has a first class player management system. This system is the home for of all the operations, administration, billing and team management for USA South staff and members. Parents, staff, and directors alike access this web based system for all of their club needs. Below is a list of features and tools available to our USA South members.

- 
- Receive all bills and detailed invoicing for club fees and travel costs
 - Make secured online credit card payments
 - Account status and track payments
 - Print missing forms
 - Pre-register for new or upcoming programs
 - Update personal information
 - Create player profile page to be posted on website (all players get a page)
 - View practice attendance and team practice schedule
 - Access team contacts
 - Receive instant alerts on any team schedule changes

PARENT ADVISORY COMMITTEE (P.A.C.)

USA South has a Parent Advisory Committee that is comprised of a parent representative from each age group. This committee meets with the club directors on a monthly basis to discuss opportunities to improve USA South for the players, the parents, and the organization. Each representative will act as a communication resource for their age group. Representatives will assist the club in recommendations for new programs, travel, fundraising, events, and be a resource to address any club issues. This committee serves in an advisory capacity only and all final decisions will be made by the club directors. The committee's input and suggestions, however, are being sought and are valued by the USA South Club directors. The committee's input will be earnestly and thoroughly evaluated by the club directors before any material policy decisions are implemented.

FUNDRAISING

USA South understands that all our student athletes can use help in affording club volleyball year in and year out. It is very important to us that every athlete who wishes to play for USA South has the opportunity and is not discouraged from playing due to the cost. Each season athletes have the opportunity to participate in fundraisers to help reduce the cost of participation in our program. All fundraisers must be pre-approved by the club in order to use funds raised to offset Club Fees.

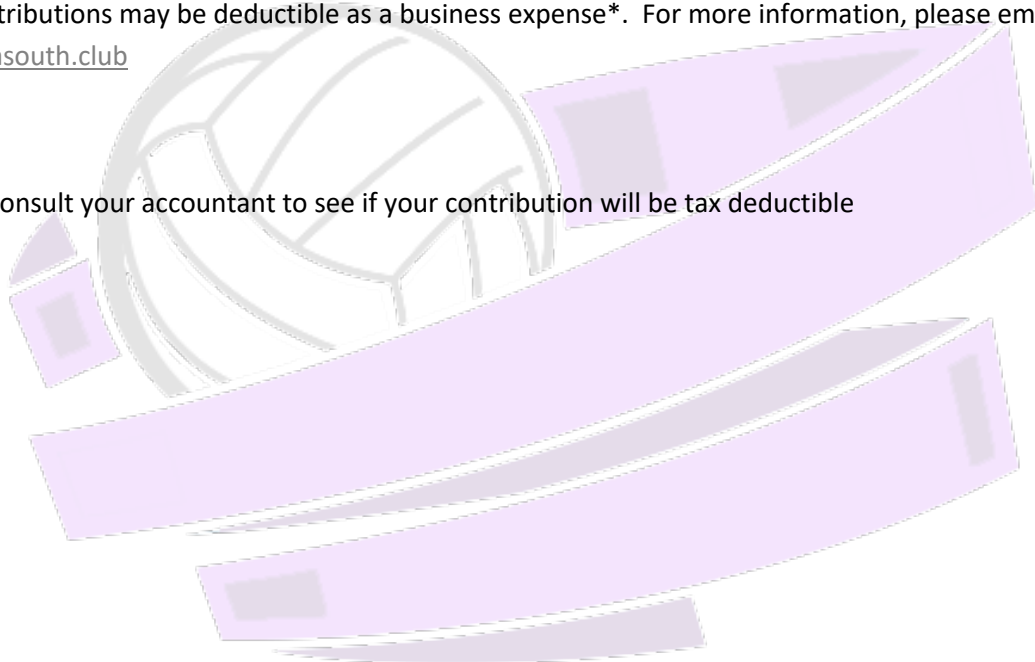
SCHOLARSHIPS

The Scholarship Fund allows USA South to assist those local athletes who may not otherwise have the opportunity to participate in a volleyball program or receive the training USA South provides. USA South believes that besides developing athletic skills, a player's participation in this club can foster lasting friendships, develop leadership and cooperation skills for everyday life, and may provide an avenue towards a volleyball scholarship at a major university. We do, however, understand that participation is expensive due to the costs of gym facilities, tournaments, travel, and coaching and administration staff. Therefore, we make every attempt to provide those in need with scholarship awards. Please visit the website for more information on how this program works.

SPONSORSHIPS

Our goal at USA South Volleyball is to make our program financially feasible to everyone. However, we realize that high-performance travel volleyball can be expensive and unaffordable to some families. In an effort to make USA South Volleyball available to everyone, we have created a Sponsorship Program available to raise funds for scholarships. 100% of all proceeds raised by our Sponsorship Program will be used to offset cost for our scholarship families. The more sponsorships we receive the greater the impact on those in need of financial assistance. Our Corporate Sponsorship Partners will receive advertising on our website and other club communications and their contributions may be deductible as a business expense*. For more information, please email info@usasouth.club

*Please consult your accountant to see if your contribution will be tax deductible



DISPUTE RESOLUTIONS & REFUNDS

USA South Volleyball 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.

In the event a participant/parent has an issue or dispute with the programming or billing of USA South that dispute and/or issue must be addressed with the coaches & directors of USA South. Both parties will meet and discuss viable options to resolve the dispute/issue in a manner that benefits both parties. If an amicable solution is not agreed upon AND the club deems the situation an appropriate situation for a refund, both parties agree to dissolve any type of ongoing commitments and contractual obligations with no further payments going to the club or refunds to the participant/parent.

If the issue is unresolved, the parent may ask for a meeting with the club's owners, the club director, and the athlete. The meeting should take place at a location considered adequate for private discussion, agreed upon by the parent, director, and owner and during a scheduled time away from practice or a tournament is appropriate. The decision of the club owner(s) at this point is **FINAL**.

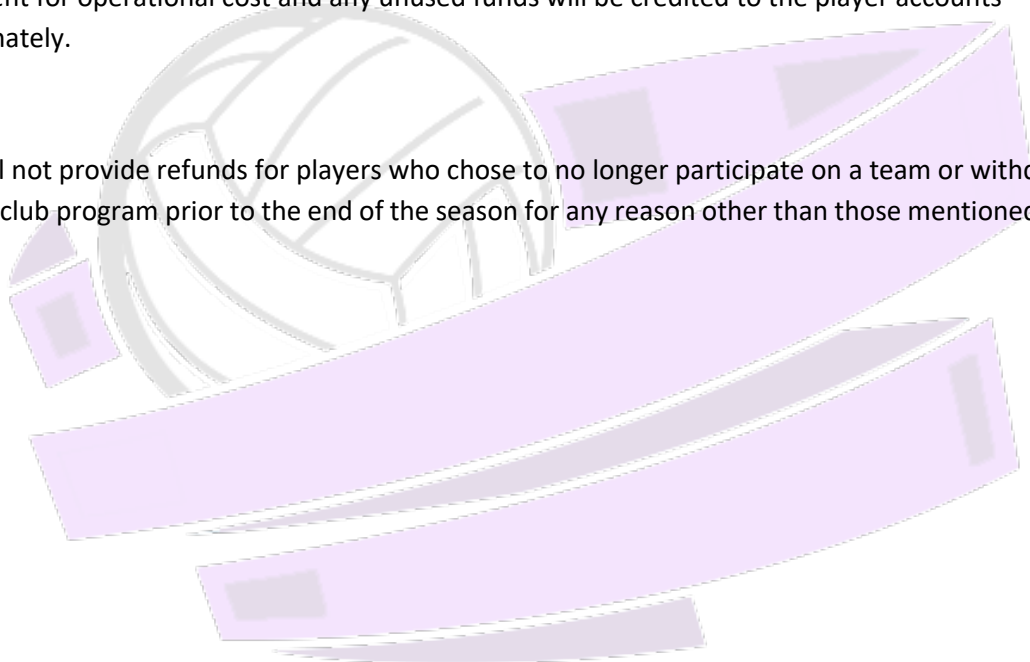
Refunds will be awarded for the following circumstances:

- 1) Player is injured during the course of the club season and will no longer be able to participate or complete the club season. Club will retain monies for services already rendered and return any monies paid for future services.
- 2) Player due to illness must miss an extended time of the club season, unable to participate in practices or tournaments. Club will retain monies for services already rendered and return any monies paid for future services.

Pandemic/Unforeseen Events

At USA South Volleyball, we are committed to providing volleyball training and development to all our players. From time to time, we may experience a national emergency which will require the club to discontinue training. In these events, we will do everything possible to provide the training promised at the beginning of the season. In the event this is impossible, the club will need to retain dollars spent for operational cost and any unused funds will be credited to the player accounts proportionately.

*Club will not provide refunds for players who chose to no longer participate on a team or withdraw from the club program prior to the end of the season for any reason other than those mentioned above.



Club Release Policy

If an athlete/family decides to depart USA South Volleyball during the respective season, and the club agrees to release the athlete, 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, **Charlie Castillo, at the club's email address: usasouthvolleyball@gmail.com** and to the Florida Region at registrar@FloridaVolleyball.org stating the reason for the request.

STEP 2 – If the Club agrees to release the athlete, the 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.

Parent Name (Print)

Parent Signature

Date:

Minor Athlete Abuse Prevention Policies (MAAP)

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.

Required Policies:

- a. One-on-one interactions
- b. Meetings and training sessions
- c. Athletic training modalities, massages, and rubdowns
- d. Locker rooms and changing areas
- e. Electronic communications
- f. Transportation
- g. Lodging

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

1. All one-on-one In-Program Contact between an Adult Participant and a Minor

Athlete must be observable and interruptible, except in emergency circumstances.

2. 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. (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
- 3. (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy; or

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
 - 1. 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. (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. (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
3. (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball’s screening policy.
2. 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
3. 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:

1. If the door remains unlocked; and
2. 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

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, MESSAGES, AND RUBDOWNS

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

1. Be observable and interruptible; and
2. Have another Adult Participant physically present for the athletic training modality, massage, or rubdown; and
3. Have documented consent as explained in subsection (2) below; and
4. Be performed with the Minor Athlete fully or partially clothed, ensuring that the breasts, buttocks, groin, or genitals are always covered; and
5. Allow parents/guardians in the room as an observer, except for competition or training venues that limit credentialing.
6. 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

1. 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.
2. When possible, techniques should be used to reduce physical touch of the Minor Athlete.
3. Only licensed providers can administer a massage, rubdown or athletic training modality.
4. Coaches, regardless of whether they are licensed massage therapists, cannot massage Minor Athletes
5. 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:

1. A Dual Relationship exists; or
2. The Close-in-Age Exception applies; or
3. 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

1. 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.
2. 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.
3. 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.
- 4. 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
 - 1. 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.
 - 2. 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

1. 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. (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. (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 - 3. (3) the Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2. 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.

3. 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. 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

1. 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. (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. (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
 3. (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.
2. Minor Athlete(s) or their parent/guardian can withdraw consent at any time.
 3. An Adult Participant meets the In-Program transportation requirements if the Adult

Participant is accompanied by another Adult Participant or at least two minors.

4. 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

1. 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. (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. (2) The Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and
3. (3) The Adult Participant Personal Care Assistant has complied with USA Volleyball's screening policy.

2. 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.
 1. 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.
 2. 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.

PART IV 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:

1. A member or license holder of USA Volleyball, RVAs or Clubs ;
2. An employee or board member of USA Volleyball, RVAs or Clubs ;
3. Within the governance or disciplinary jurisdiction of USA Volleyball, RVAs or Clubs ;
4. 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.

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.

