



HANDBOOK

HEIDI LIZARDI-CLUB DIRECTOR

EMAIL:
MOMENTUMVOLLEYBALL@YAHOO.
COM

TELEPHONE: 407-371-1053

FL Momentum Volleyball Academy
2102 Old Hickory Tree Road St. Cloud, FL 34772
2880 Michigan Avenue, Kissimmee, FL, 34744
Phone No. 407-371-1053

E-mail: momentumvolleyball@yahoo.com

Website: <https://momentumvolleyballacademy.sportngin.com/home>

REFUND POLICIES

Try out Fee

Try-out fees are non-refundable.

Private and Semi Private Lessons

Individual or group lessons are not a requirement but can benefit your athlete and their volleyball skills. However, taking individual lessons will not guarantee playing time. Full refund only if it is cancel 24 hours prior the appointment.

Club Season and Mini Club Season

Momentum Volleyball teams practice and play several times during the entire length of the volleyball season. Not excused absences could result in dismissal from the program without refund. There will be NO REFUNDS after Volleyball Season has started due to violation of the Attendance Policy.

There will be NO REFUNDS if an athlete or parent / legal guardian seeks to question a coaching decision. A coaching decision includes: playing time, position assignments, starting assignments, rotations and strategy. Any violations of the playing time policy can result in dismissal from the team with NO REFUND.

Refunds will be provided as per the following provisions: Momentum Volleyball Academy has the right to cancel any camp, clinic, lesson, or club team due to a lack of enrollment. A full refund will be provided.

Withdrawal prior to the start of the volleyball season: NO REFUND will be provided.

Withdrawal from the volleyball season within the first five months of the season due to personal injury incurred while playing or practicing with Momentum Volleyball Academy: May receive a prorated refund based on review from the Administration. Refunds will be based on total paid to club less uniform tournaments attended, equipment, gym rental, administration fees, coach's salary, and other expenses incurred. Must receive a physician's note establishing the specific limitations and rehabilitation time. If injury is not incurred while playing or practicing with Momentum Volleyball Academy there will be no refund or club fee reduction.

Disciplinary

Refunds will not be given for athletes or parents / legal guardians discharged from the club for disciplinary reasons or any other actions that the Administration understands is unacceptable.

Withdrawal from Club

Withdrawals from the club team must be made by the parent or legal guardian through the Administrator. A withdrawal letter to Momentum Volleyball Academy must be completed and signed by the parent or legal guardian. If an athlete is withdrawn to play for another club, they may request a release. All club fees must be paid in order to be considered for a release. If an athlete is withdrawn due to a dispute about playing time, the parent / legal guardian is still responsible to pay the remainder of the club fees owed. There will be NO REFUNDS if the athlete is withdrawn to play for another club. If an athlete is withdrawn due to a dispute about playing time NO REFUND will be provided.

DISPUTE AND GRIEVANCE POLICY

All athletes and parents / legal guardians in the *Momentum Volleyball Academy* programs are expected to behave according to *Momentum Volleyball Academy* Rules and Code of Conduct (all the sections included). Furthermore, any conflict that may arise between athletes or/and parents/legal guardians will be resolved by applying the *Momentum Volleyball Academy* Rules and Code of Conduct.

Momentum Volleyball Academy recognizes that there may be rare instances when these conflicts cannot be resolved directly by the parties or through the informal intervention. For those situations, if any should occur, *Momentum Volleyball Academy* has instituted a formal Grievance Procedure. All athletes and Parents/legal guardians should be aware that the Grievance Procedure is NOT a substitute for direct conflict resolution between the parties; it is a secondary procedure to be employed only in the unlikely event that the parties cannot amicably and responsibly resolve their dispute through direct communication.

Grievance Procedure

1. A grievance may be lodged by parent/legal guardian of the *Momentum Volleyball Academy* program for any suspected violation of the *Momentum Volleyball Academy* Rules and/or Code of Conduct, or for any suspected violation of local, state or federal law.
2. A valid grievance must be submitted in writing, and must explain the nature of the grievance, the circumstances surrounding the alleged violation, and the specific provision(s) of the Code of Conduct alleged to have been violated. The person filing the grievance must also identify all witnesses or other persons with knowledge of the alleged violation.
3. A valid grievance must be signed by a parent/legal guardian and submitted to the *Momentum Volleyball Academy* Director.
4. No grievance will be accepted from any person who fails to file the written grievance within three weeks of the incident in question.
5. No grievance will be accepted from any person who himself or herself has not complied with Code of Conduct, including speaking to a coach about the incident in question, or has engaged in any threatening abusive or harassing conduct, including verbal abuse.
6. No grievance will be accepted that seeks to challenge a coaching decision. For purpose of this provision, a coaching decision includes, but is not limited to, competitive team selection, playing time, position assignments, starting assignments, rotation and strategy.
7. Details of the grievance are not to be discussed with anyone other than the party(ies) directly involved with resolving the grievance.
8. Upon receipt, the program director will review the grievance and determine, in consultation with the *Momentum Volleyball Academy* administration staff whether the grievance will be accepted or rejected. The person filing the grievance will be notified promptly whether the grievance has been accepted or rejected.
9. If the grievance is accepted, the program director will thoroughly investigate the incident and attempt to resolve the grievance with the parties amicably.
10. In the event that the program director is unable to resolve the grievance to the satisfaction of the parties, the grievance will be turned over to the *Momentum Volleyball Academy* administration staff. The Administration staff of *Momentum Volleyball Academy* will evaluate the facts and circumstances surrounding the alleged Code of Conduct violation, conduct any further investigation he or she may deem necessary, and issue a recommendation to the *Momentum Volleyball Academy* Director for resolving the grievance.

11. The *Momentum Volleyball Academy* Director may accept the recommendation of the Administration staff or may decide that it is in the best interests of *Momentum Volleyball Academy* to resolve the matter in any other manner approved by the Director and Administration staff.
12. Decisions of the Director and Administration staff are final and will be communicated in writing to the grieving party(ies).
13. It is anticipated that the process will take between two to three weeks from the time the grievance is filed to the time a final decision is rendered by the Director, assuming all parties are prompt and forthcoming in providing the necessary information. In the event of concern for physical safety, a more expedited process will be implemented.

TRAVEL POLICY FOR MOMENTUM VOLLEYBALL ACADEMY

Momentum Volleyball Academy has some teams that travel regularly to play in tournaments, has some teams where travel is limited to a few events per season, and some teams where there is no travel other than local travel to and from our own area. *Momentum Volleyball Academy* prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Volleyball SafeSport Handbook. *Momentum Volleyball Academy* has established policies to guide our travel, minimize one-on-one interactions and reduce the risk of abuse or misconduct. Adherence to these travel guidelines will increase player safety and improve the player's experience while keeping travel a fun and enjoyable experience.

We distinguish between travel to training, practice and local tournaments ("local travel") and team travel involving an overnight stay ("team travel").

Local Travel

Local travel occurs when *Momentum Volleyball Academy* does not sponsor, coordinate, or arrange for travel.

- Players and/or their parents/guardian are responsible for making all arrangements for local travel. The team and its coaches, managers or administrators should avoid responsibility for arranging or coordinating local travel. It is the responsibility of the parents/guardians to ensure the person transporting the minor player maintains the proper safety and legal requirements, including but not limited to: a valid driver's license, automobile liability insurance, a vehicle in safe working order, and compliance with applicable state laws.
- The employees, coaches and/or volunteers of *Momentum Volleyball Academy* or one of its teams, who are not also acting as a parent, should not drive alone with an unrelated minor player.

Team Travel

Team travel is overnight travel that occurs when *Momentum Volleyball Academy* or one of its teams or designees' sponsors, coordinates or arranges for travel so that our team can compete locally, regionally or nationally. Because of the greater distances, coaches, staff, volunteers and chaperones will often travel with the players.

- When possible, *Momentum Volleyball Academy* will provide reasonable advance notice before team travel. Travel notice will also include designated team hotels for overnight stays as well as a contact person within *Momentum Volleyball Academy* or the team. This individual will be the point of contact to confirm your intention to travel and to help with travel details.
- Regardless of gender, a coach shall not share a hotel room or other sleeping arrangements with a minor player (unless the coach is the parent, guardian or sibling of the player).
- The coach or his/her designee will establish a curfew by when all players must be in their hotel rooms or in a supervised location. Regular monitoring and curfew checks will be made of each room by at least two properly background screened adults. At no time should only one adult be present in a room with minor players, regardless of gender.
- Team personnel shall ask hotels to block adult pay per view channels.
- Individual meetings between a coach and a player may not occur in hotel sleeping rooms and

must be held in public settings or with additional adults present, with at least one of those adults being the same gender as the player.

- Family members who wish to stay in the team hotel are permitted and encouraged to do so.
- The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent. If any special arrangements are necessary for your child, please contact the team personnel who can either make or assist with making those arrangements.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties.
- In all cases involving travel, parents have the right to transport their minor player.
- Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules.
- If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.
- Players are expected to remain with the team at all times during the trip. Players are not to leave the competition venue, the hotel, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.
- When visiting public places such as shopping malls, movie theatres, etc., players will be in groups of no less than three persons. Athletes 12 and under will be accompanied by a chaperone.
- Safety Policies
 - Additional guidelines to be established as needed by the coaches;
 - Supervised team room provided for relaxation and recreation;
 - Respect the privacy of each other;
 - Only use hotel rooms with interior entrances;
 - Must wear seatbelts and remain seated in vehicles;
- Behavior Policies
 - Be quiet and respect the rights of teammates and others in the hotel;
 - Be prompt and on time;
 - Develop cell phone usage guidelines;
 - Develop computer usage guidelines including social media;
 - Respect travel vehicles;
 - Establish travel dress code;
 - Use appropriate behavior in public facilities, including language;
 - Establish two different curfews – in own rooms and lights out;
 - Must stay in assigned hotel room; and
 - Needs and well-being of the team come first.
- Financial
 - No room service without permission
 - Players are responsible for all incidental charges
 - Players are responsible for any damages or thievery at hotel;
 - Players must participate in contracted group meals; and
 - Communicate travel reimbursement information and policies.

- General
 - Establish fair trip eligibility requirements;
 - Establish age guidelines for travel trips;
 - Parent(s) responsible for getting player(s) to stated departure point; and
 - Requirements for families to attend “Team Travel Tournaments.”

Code of Conduct / Honor Code

- Team members will display proper respect and sportsmanship toward coaches, officials, administrator, teammates, fellow competitors and the public at all times.
- Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- The possession or use of alcohol or tobacco products by any athlete is prohibited.
- The possession, use or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- Team members are reminded that when competing in tournaments, traveling on trips and attending other club-related functions, they are representing both themselves and *Momentum Volleyball Academy*. Athlete behavior must positively reflect the high standards of the club.
- Players are to refrain from inappropriate physical contact at team activities.
- Players are to refrain from the use of inappropriate language
- Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
 - Dismissal from the trip and immediate return home at the athlete's expense;
 - Disqualification from future tournaments, either local or traveling;
 - Financial penalties;
 - Dismissal from team; and/or
 - Penalties set forth in the USA Volleyball Participant Code of Conduct, which may include a lifetime ban.

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

- 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, 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:

- 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.

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:

- 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.

⁵ This 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.



MOMENTUM VOLLEYBALL ACADEMY CLUB RELEASE POLICY

If an athlete/family decides to depart Momentum Volleyball Academy 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, Heidi Lizardi at: momentumvolleyball@yahoo.com and to the USAV Florida Region Office at membership@floridavolleyball.org stating the reason for the request.

STEP 2: Momentum Volleyball Academy will release the athlete immediately once the following item(s) have been completed:

1. Athlete/Family returns all club gear provided to athlete for the season. (Uniforms shirts, practice shirts, pants, jackets, backpacks)
2. Athlete/Family must complete all financial obligations agreed upon contractually in our Financial Agreement and Letter of Commitment. Athlete/Family pays the total/full cost of the season in full, even if a scholarship, sponsorship, or discount had been offered in addition to a \$500 fee to cover administrative fees incurred with the release process.

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.

By signing this agreement, I certify that I have read, understood, and will abide by the agreement specified above.

Print Name and Signature of Parent

Athlete Name and Team

Date

2102 Old Hickory Tree Road St. Cloud, FL 34772
2880 Michigan Avenue, Kissimmee, FL, 34744
Phone No. 407-371-1053

E-mail: momentumvolleyball@yahoo.com

Website: <https://momentumvolleyballacademy.sportngin.com/home>



**MOMENTUM VOLLEYBALL ACADEMY
WAIVER AND RELEASE FORM**

Season: _____

Liability Release and Parental Consent Form

In consideration of the acceptance of my application for the above program, I hereby waive, release, and discharge any and all claims for damages for personal injury, property damages or which may here after occurring to my daughter or son, as a result of participation in said event. This release is intended to discharge in advance **FL Momentum Volleyball Academy Inc.**, its officials, employees, and volunteers from liability, even though that liability may arise out of perceived negligence on the part of persons mentioned above. It is understood that some recreational and sports activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assignees.

Photo Release

Pictures of your child may be taken during your play session and used to create a video. By signing this waiver, you are releasing these images for such use.

Parental Consent

I give consent for my child _____ to participate in the **FL Momentum Volleyball Academy** activities and I execute the above liability release on their behalf.

Consent for Treatment

I hereby give my consent to have the above applicant treated by emergency medical personnel, a physician, or surgeon, in case of sudden illness or injury while participating in the above activity. It is understood that **FL Momentum Volleyball Academy** will provide no medical insurance for such treatment, and that the cost thereof will be at my expense.

I have read and understood the foregoing registration liability release and parental consent form and agree to all of its terms and conditions.

Print Name and Signature of Parent

Athlete Name and Team

Date

2102 Old Hickory Tree Road St. Cloud, FL 34772
2880 Michigan Avenue, Kissimmee, FL, 34744
Phone No. 407-371-1053

E-mail: momentumvolleyball@yahoo.com

Website: <https://momentumvolleyballacademy.sportngin.com/home>