

## **Volleyball Two-a-days**

**August 2020**

### **Pre-Practice Procedures:**

1. All athletes will bring their own water bottles and encouraged to bring personal hand sanitizer.
2. All athletes and coaches will wear a face covering upon entering facilities and practice areas, and when not actively exercising.
3. Athletes will line up on dots outside of the gym 6ft apart with social distancing until screened by coaches.
4. Covid screening and temperature checks will be conducted daily for both students and coaches.
5. Attendance will be taken each day.

### **Practice Procedures:**

1. Athletes will keep face coverings on until workouts begin.
2. Athletes will be reminded to maintain social distancing when feasible in between drills. When possible students will be placed in smaller groups to limit close contact.
3. Athletes will wear face coverings during transition (moving from gym to track, etc.) of workouts.
4. Weight room procedures: Coaches will limit the number of athletes in the weight room. Equipment will be disinfected after each use.
5. Locker room procedures: Athletes are required to wear face coverings while inside locker rooms.
6. During workouts, athletes will be reminded to periodically wash hands or use hand sanitizer.

### **Post Practice Procedures:**

1. All athletes will be reminded to wash hands and/or use hand sanitizer at the completion of practice.
2. Coaches and athletes will wear face coverings when exiting facilities and practice areas.
3. Athletes will maintain social distancing when exiting facilities. If an athlete has to wait for a ride, then they will wait on the designated spots.
4. Any equipment used will be disinfected after the completion of each practice.