

## Volleyball Training Guidelines

- Use self monitor your symptoms
  - Ask if they have self checked prior to coming to the training
  - If you have a fever STAY home
  - If you do not feel well STAY home
  - Do not put others at risk
- Everyone will sign in at the front desk and use hand sanitizer before heading to the courts
- Anyone under the age of 13 must have an adult check them in before going back to the court.
- Maximum number per court is 10, that includes the coach
  - Athletes cannot go from court to court
  - If you are working in small groups try to keep the groups the same each week.
- Skill training ONLY no Competition (6 v 6)
- Equipment
  - 1 cart of balls on per court
    - Cannot let the balls go from court to court if another session is being run on an adjacent court
  - Ladders/jump boxes/cones
    - Cannot use between multiple courts unless cleaned first
- Social Distance during all drills
  - Blocking is not allowed at this time- footwork is okay, but no live or one on one blocking drills
  - No high fives or huddles
- No Sharing Water Bottles
  - Water fountains are turned off
  - Can fill water bottle using the refilling station at the water fountain
- Social Contact Log
  - This will need to be done per training session
    - List kids names and contact info
- Handsanitizer must be used multiple times
  - Use before session begins and at the end of the session
  - Hand sanitizer bottles are in the room or provide your own
- All bags and water bottles must be placed 6 feet apart
  - Sections will be marked off
  - No personal items can be shared
  - All items must go in your bag during training session and bag zipped up
    - Especially their cell phones
- Paper towels/Cleaner are used to wipe up sweat spots on the floor
- Be sure NO trash is left in the court area
- Clean equipment
  - BEFORE and AFTER
- Staggered start to multiple training sessions
  - Kids are not to pass each other coming and going if possible
  - Cannot congregate after training
- No Spectators will be allowed on the second floor
  - No spectators can be on the court
  - Would like for the them stay outside the facility
    - If you have to be in the facility you can sit in the concession stand area.