

2020 Fall Practice Protocol – 7th & 8th Grade Volleyball

Guidelines for practicing:

- Do not arrive to practice earlier than 10 minutes.
- If you have felt sick within 24 hours of the scheduled practice session, you must stay home.
- Wash hands prior to arriving at practice. You will be asked to use hand sanitizer frequently during practice.
- Do NOT come in groups. All vehicles should include family members only.
- Bring your own water bottle and label it. No access to water fountains.
- There will not be space at the elementary for you to change. If you have practice after school, change into practice clothes at the high school before walking to the elementary. If you have late practice, come to practice dressed to play volleyball.
- You will be asked to maintain 6 feet of social distancing at all times. No congregating before the workouts and after.
- You must enter practice through the elementary gym's side door (adjacent to the teacher parking lot) do NOT use the main entrance or main gym entrance at the front of the school. We want to eliminate unnecessary contact with elementary students. You must exit school grounds immediately following the workout.
- Players are not to wander through the elementary school at ANY time. Athletes are to be in the gym only.
- Practice groups are closed on Monday, September 14. No new athletes can register to participate after that.
- If practice occurs on a day in which you have participated in distance learning, you MUST attend EACH of your academic classes throughout the day in order to practice.
- You must wear a mask.

In addition, please be honest and open about illnesses in your family. Here are some other important guidelines relating to athletes and families who have illnesses.

- If an athlete has a fever, they must go 72 hours with no fever reducing medication before they can return.
- If an athlete has any COVID-19 symptoms, they are out of participating for 10 days from the start of the illness.
- If a parent or immediate family member of an athlete tests positive for COVID-19 that player is self-quarantined for 2 weeks.
- If an athlete tests positive for COVID-19, the entire team is self-quarantined for two weeks. This includes coaches.