



Guidelines for Entry and Training

(subject to change, current as of 11/17/20)

***The following pertains to athletes and staff who are in a good state of health (not been sick or run a fever in the last 24 hours without the aid of medication), have not been exposed to COVID-19 in the last two (2) weeks, have not been exposed to a person in the process of being tested for COVID-19, have been diligently self-isolating and social distancing, and are not currently identified in a contact tracing situation.**

ENTRY: Face Masks Required at all times – entering, training, and exiting – new as of 11/17/2020

1. **PARKING** – Players must stay in their car until the assigned start time. No early entry into gym. Parents may drop off kids at the curb at the start time with their own water, sweat towel, hand sanitizer, shoes on, ready to go. If athletes are not ready to step on the court and train, they must do so in their cars or in the parking lot before entering the facility.
2. **NO SPECTATORS** – parents/guests will not be permitted inside the gym under any circumstances
3. **DESIGNATED GYM ENTRANCE** – All entry to the gym will be through the front door and front lobby. Please follow distancing when entering facility. **Masks are required for entering and exiting the building.**
 - a. **Required before allowed entry –**
 - i. COVID 19 waiver must be on file prior to entering, no exceptions. Waivers are collected through online registrations.
 - ii. NCVVC will perform temperature checks and screenings on athletes prior to entering gym; any athlete with a fever 100.4 or higher, answering “yes” to any screening question or displaying COVID symptoms will be sent home immediately.
 - iii. Athletes must use hand sanitizer prior to entering the gym (provided by NCVVC, but we highly recommend you bring your own)
 - iv. Athletes must be logged in by the check in coach prior to entering the gym
 - b. **NO BALL HANDLING** prior to start of training
 - i. A select number of balls will be provided to each court; only these balls may be used by the athletes on that court. At the end of each training, the balls and carts will be switched out to be disinfected
4. **DESIGNATED GYM EXIT** – **all must wear masks for exiting** and exit through the side doors on the court where you were training (no contact with net or balls on other courts) and proceed immediately to the curb to be picked up or wait in the patio area, practicing social distancing.

TRAINING:

1. **SKILL SPECIFIC DRILLS AND CONDITIONING ONLY** – No team volleyball will be played at this time to comply with State and County guidelines.

2. **BREAKS** – Athletes will be assigned a chair for individual use during breaks. **Athletes must bring their own water bottles.** The water fountain may be used only to refill water bottles. Only one person at a time in the restrooms. Athletes may remove face coverings when on their chair.
3. **COURT INTERACTION** – Athletes and coaches are discouraged from close contact with other athletes and coaches to help limit contact tracing. Participants must always remain 6 feet apart. No movement from court to court to limit touch points and contact tracing.
4. **HAND WASHING** – Athletes are expected to use the provided hand sanitizer on every court regularly.
5. **BALLS/CARTS** – Drills will limit contact with the cart to the coach only, and a designated set of balls will be used by each group of athletes.

FACILITY AND HEALTH:

1. **LIMITED ACCESS** –
 - a. The follow areas will be closed to athletes during training:
 - i. Lobby – except for initial check-in
 - ii. Office
 - iii. Equipment Closet
 - b. Coaches are expected to practice social distancing if they enter the following areas:
 - i. Office
 - ii. Equipment Closet
 - c. Restrooms – emergency use only - one at a time
2. **PERSONAL PROTECTIVE EQUIPMENT** –
 - a. **Athletes are required to wear face coverings while training.** Athletes are expected to practice social distancing when training and limit touch points to their designated court and balls.
 - b. Coaching staff will be required to wear face coverings while in the facility; disposable masks will be provided by NCVS should staff not have one available to them.
 - c. Staff are also expected to continue to practice social distancing and wash their hands or use hand sanitizer between each training session.
3. **MONITORING PARTICIPANTS** –
 - a. If any player or staff begins to exhibit symptoms of fever, cough, or shortness of breath they will be asked to leave the gym and call (or go to) the doctor.

ENHANCED CLEANING PROCEDURES:

1. **FACILITY** – in addition to a thorough cleaning and disinfecting daily, the facility will adhere to the following procedures to help limit the spread of viruses and bacteria:
 - a. **EQUIPMENT** – balls and carts will be switched out to be disinfected after each training session; nets and net systems will be disinfected between sessions.
 - b. **FANS/DOORS** – for maximum air distribution, all fans must be running, and doors may be opened during training hours.
 - c. **HIGH CONTACT POINTS** – door handles, hand sanitizer stations, chairs, and other high contact areas will be disinfected between each training session.