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1. **RETURN TO PLAY/ACTIVITY GUIDELINES FOR INDIVIDUALS AND COACHES (Practice, Clinics, Tryouts, Privates, Open Gym)** – Follow all CDC, federal, state and local guidelines when participating in any activities. Adhere to the USA Volleyball Return to Play Guidelines May 2020.

## Prior to Participation and entry into the Heritage Oak Gym and during activity:

* + - Be symptom free for at least 14 days prior to any activity.
    - Stay home if you are sick or do not feel well or other family member is sick.
    - Register online so there is “no-touch” payment
    - Complete Waiver – available online
    - Bring your own waters – drinking fountains are NOT available
    - Restrooms are for emergencies only and should be avoided
    - Maintain social distancing while waiting in line to enter the gym
    - Bring your own sanitizer and wipes
    - Have your temperature taken at the door
    - No parents allowed in the gym
    - Comply with all regulations that apply for Heritage Oak Private School.
    - Wash and sanitize your hands after practice.
    - Refrain from contacting other participants and attendees (high fives and huddles).
    - Practice social distancing as often as possible.
    - Properly dispose of your personal drinking cups, bottles, or utensils used.

## ACT Volleyball Coaches before and during activities:

* + - All coaches will have their temperatures taken before the event
    - Volleyballs and volleyball equipment are sanitized after the event
    - Comply with all permissible regulations approved for Heritage Oak
    - Wash and sanitize your hands after practice
    - Refrain from contacting other participants and attendees (high fives and huddles)
    - Practice social distancing as often as possible
    - Will record the names of all players admitted to the gym
    - Activities will be designed to minimize close contact
    - Will only allow 14 players per court at any time