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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