

Cape Coast Volleyball Club

Return to Play Protocol

Player Protocol

1. No one is allowed inside the facility unless it is your time for practice and then, only players and coaches may enter the building. If you are waiting for the prior practice to end, you must remain outside the building. See parent/non-player protocol.
2. Upon entering the building, Players and Coaches, must immediately proceed to the bathrooms and wash their hands thoroughly. Make sure to follow the safe distancing protocol prior to washing your hands (i.e. while waiting in line to wash your hands). Using hand sanitizer is not enough alone but is recommended at each water break.
3. Players will then proceed to the designated area to place their bags. Each player is only allowed one backpack (please sanitize before and after each practice), one water bottle and one towel. There will be absolutely no sharing of water bottle or towel.
4. Players are encouraged to wear masks.
5. When practice is complete, players will wash/sanitize hands before leaving facility (this is mandatory).
6. If there is anyone that is or becomes sick in your household, you are not allowed to attend practice until there is no fever for three full days.
7. Player's will not be allowed to high five or any other contact that can be avoided while practicing. There will be some contact and close proximity (blocking for an example), however, we are just looking to limit. An example of eliminating when players huddle quickly between plays, in this situation we can eliminate 40 to 50 times the players would do that during a 25-point set. After an ace, players can do an ace dance in their own space rather than running to the middle and doing so...
8. Make every attempt to refrain from touching your face.

Parent/Non-player Protocol

1. Parents and Non-players who attend practices will not be allowed inside the building as any time. Parents wishing to stay and watch can do so from outside the building. We will be marking the pavement with a distancing line where parents can put a chair and safely watch.
2. Parents and Non-players may not pass things to their kids into the building unless they have sanitized them first.
3. Players that are not a part of the practices going on at that exact time are considered Non-Players and must adhere to rules 1 and 2 in this section.

Coach Protocol

1. Coaches will proceed immediately upon entering the building to the bathrooms to wash and sanitize their hands.
2. Coaches will wear masks.
3. Coaches will be assigned ball carts that will have been sanitized for each practice.
4. Coaches will receive balls that they will keep and are to sanitize prior to each practice. It is highly recommended to sanitize your volleyballs after each practice as well.
5. When coaches bring their team in during practices to discuss things, the players will need to remain at least 3 feet apart.
6. Coaches will make sure to remind players about touching each other and their own faces during practices. This will be to reinforce players rules 7 and 8.
7. No coach should attend practice if they or anyone in their household has a fever until there is no fever for three full days.