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 **RETURN TO PLAY GUIDELINES**

**GUIDELINES FOR PARTICIPANTS:**

 **Before Activities**

• Register Online (Lessons contact 1 hour ahead)

• Complete the COVID-19 Waiver & Release upon registering

• Be symptom free for at least 14 days prior to any activity.

• Stay home if you are sick or do not feel well, and/or have been in the presence of someone ill or has COVID-19

• Be aware of and disclose any potential contacts with affected individuals.

• Do not touch your face, eyes or mouth with unclean hands.

• Practice social distancing upon entry.

• Cover your mouth and nose with a tissue or your elbow if you cough or sneeze

**-During Activities**

• Comply with all permissible regulations approved for the venue.

• Do not touch your face, eyes or mouth with unclean hands.

• Refrain from contacting other participants and attendees (high fives and hand-shakes).

• Practice social distancing as often as possible.

• Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

• Bring hand sanitizer

• Bring own water

• Properly dispose of your personal drinking cups or bottles used.

• Wash hands for full twenty seconds after using the restroom and sanitize hands before resuming play

 **-After Activities**

• Wash and sanitize your hands after the activity

• Do not touch your face, eyes or mouth with unclean hands.

• Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

• Wash and sanitize all gear, uniforms and apparel used during the activity.
• Practice physical distancing as you exit

• Monitor your health and report any symptoms after an activity to 360 Volleyball Admin at. Info@360volleyball.com

**GUIDELINES FOR COACHES:**

• 360 Administration will initially disinfect all balls, carts and equipment with newly purchased UV Ray and cleaning supplies.

• Coaches will disinfect balls, carts and any equipment needed prior to each clinic/practice and after each clinic/practice

• Practice physical/social distancing when not on the court ie. During water breaks

• Wash hands for full twenty seconds after using the restroom and sanitize hands before resuming play

• Remove anyone from a club activity if they appear ill or exhibit any symptoms of COVID-19

• Modify activities to limit/reduce exposure including: high fives, hand-shakes.