

Coach's Rules – RIM Park

1. Coaches must show up 20 minutes before your scheduled start time at RIM Park, Door E. Door E is in the back of the building between the gym and the hockey rink.
2. Coaches must have their mask on when meeting the athletes and wear them throughout the duration of the practice.
3. It is not mandatory, but if you have an opportunity to get a COVID test, please do.
4. Coaches will meet their athletes and administer a Health Screening Questionnaire (attached). This test can be verbal.
5. You must have, on file, an Assumption of Risk (AOR) form for each player and coach on your team and anyone else that will be practicing with your team. You might have one from the summer training and this will suffice. Any athlete for whom you do not have an AOR form cannot practice with your team. Attached is a blank AOF form. Please send this to any athlete that needs to complete this and please make sure that it is completed and signed. Keep these with you at all times.
6. Coaches must complete a tracking sheet for every one of your practices (attached). Please note that every field has to be filled in and that the athletes must initial the tracking sheet. Please keep these for a minimum of 3 weeks. Athletes should sanitize after initializing the sheet.
7. **Ensure that each athlete has sanitizer and hand wipes with them.**
8. While waiting for the doors to open, coaches will keep their athletes in their group, but distanced properly.
9. Ensure that each athlete has their mask on properly.
10. Five minutes before your scheduled start time, the doors will open and the coaches will lead their athletes into the facility and to their court.
11. Make sure that the gym bags that the athletes bring in with them are not near the court and that each bag is distanced properly.
12. During the practice, ensure that your team stay together on their own court.
13. 14 active athletes are allowed to be on the court at one time. Please create drills that allow this to happen. The OVA rule is **“Up to 6 active participants per side on the court for training and game play played on 9 Metre x 18 Metre courts (9m x 9m side). A libero may switch in and out per regular volleyball rules, but the libero must respect physical distancing when off the court. Therefore 14 athletes can be active in the training/ game play session”**.
14. It is the recommendation of the club that everyone wear their mask for the whole practice. OVA rules state that masks must be worn by inactive players. If you are not active in the practice you must have your mask on. This will be at the discretion of your coach.
15. There will be a break at every half hour and the athletes must sanitize their hands during these breaks.
16. If an athlete must use the restroom, they must be accompanied by a coach of the same gender who will wait outside the door. Only one person is allowed in the washroom at a time.
17. Each group will have a different numbered ball (e.g. all the balls on court 1 will be numbered 1, etc.). If a ball comes on your court, do not touch it with your hands. Find the number on the ball and give it a light kick in the direction of their court.

At the end of camp

1. Make sure that each athlete uses one of their hand wipes to sanitize a ball and then put it in the ball bag.
2. Make sure that the athletes hand sanitize.
3. Make sure that your athletes stay on their court, distanced from their teammates, until you lead them out of the building.
4. Once you and your athletes leave the building, please make sure that you have everything with you. You will not be allowed back in the building after you leave.