



Centennial Volleyball Club COVID-19 Procedures Plan

Centennial Volleyball Club will continue to assess the COVID-19 pandemic and adjust our club season procedure plans according to the Minnesota Department of Health (MDH), Centers for Disease Control and Prevention (CDC), and the federal Occupational Safety and Health Administration (OSHA).

Please abide by the following safety precautions we will have in place this season. It is the responsibility of our CVC athletes, coaches, families, and board members/directors to comply with these guidelines to help ensure a safe season.

All athletes and parents/guardians will be asked to sign a liability waiver at registration.

1. Only CVC athletes/coaches should enter the building for practice.
 - a. Parents/Guardians should stay in their vehicles during drop-off and pick-up time
 - b. If parent/guardians need to talk to the coach, meet outdoors and stay 6 feet apart.
2. All athletes/coaches must wear a mask entering the building and must keep it on at all times unless participating in vigorous activity (practice play).
 - a. Exception: athletes/coaches with medical conditions
3. Coaches and athletes should utilize restrooms before arriving at the facility and after they depart if possible.
4. All players/coaches will have their temperatures taken upon arrival. Temperatures over 100.4 F are considered a higher fever and will not be allowed into the gym.
5. Bags and water bottles must be spaced 6 feet apart while in the gym (Exception: Siblings or same household participants). Bags will not be allowed in the hallways.
 - a. All players must bring their own water bottle. Water fountains will not be available.
6. All players and coaches will sanitize hands before and after practice.
7. Coaches will be supplied with disinfectant and all equipment must be wiped down after every practice.
8. Social distancing must be followed when appropriate (i.e. before practice, after practice, while talking as a team.)
9. Coaches must be notified if a player exhibits any COVID-19 symptoms.
10. Coaches and athletes can only enter the building 5 minutes before their allotted practice time.