



Volleyball Covid Guidelines



- Note: this is in addition to SYC's return to play guidelines

Phase 2 up to 50 total attendees training

Program Activity Plan

- "Teams" will be limited to practice/training only.
- "Teams will not interact with any other "teams".
- "Teams will be no more than two coaches, one manager/monitor, and 12 players.
- During practice there should be no more than six on either side of the net.
- Players and coaches should keep 10 feet apart as much as possible.
- There will be breaks at least every 30 minutes for water and sanitizing.
- There will be no high fives, handshakes, knuckle bumps, hugs, or any other personal physical contact unless medically necessary (i.e. first aid).
- Fall season start and completion dates
 - Tentatively 8/31 through 10/30
- Competition restrictions.
 - No competition
- Location changes
 - We will have all practice at Key MS, outside in the grass.

Before you leave your house

- Make sure to do the following before leaving for practice
 - Complete the online screening.
 - Make sure to put your/your players name on water or Gatorade.
 - If needed (not recommended) make sure any personal snacks have your/your players name on it.
 - If bringing a small towel, make sure it has your/your players name on it.
 - Make sure to have a mask for everyone involved in practice, drop off, or pick up.
 - Make sure to use the restroom before leaving, as there will not be one at practice.

On-site Field Procedures

- Arrival:

- If you arrive early, please stay in your vehicle until no more than 10 min before your practice start time.
- Please make sure all players and volunteers have completed the daily online screening at least 10 minutes before practice starts, but no more than 4 hours.
- No one can participate without doing the screening each and every time.
- If you or your player do not feel well or have a temperature of 100.4 or above, please stay home!
- If possible do not carpool, if not try to limit carpooling as much as possible.
- When dropping off please do not remain within 10 feet of the court. Please return to your vehicle. If waiting at practice, please wait in your vehicle.
- All players, volunteers, and parents must wear a mask for drop off, from the time you leave your vehicle.
- Number of participants within activity, *social distancing, *mask wearing-mandatory and optional
 - There should be no more than 15 people on or around a court at one time, this includes players, coaches, and managers/monitors.
 - Mask are mandatory for all during drop off and pick up.
 - Mask should be worn by players and coaches while activity is being explained and during breaks.
 - During breaks players should be by their personal items, at least 10 feet from other players.
 - Masks are not mandatory when physically active.
 - Players and coaches should try to maintain 10 ft of distance as much as possible.
- Player personal item placement on court
 - Please bring your own water bottle (preferably a reusable one) with your/ your players name on it.
 - As we are outside you may have Gatorade, still labeled with name.
 - Again, as we are outside you may bring a small snack (not recommended). If brought it must have your/ your players name on it.
 - Since we are now outside you may bring a small towel, it must have your name on it.
 - There will be no sharing of any of the above items.
 - All personal items should be spread around the court at least 10 feet apart from the personal items of others.
 - Make sure to police up the area where you put your personal items, do not leave any personal items or trash at the court.
- *Spectator guidance.

- You may drop off your player in the area where you check in with the manager/monitor. You will pick up your player in the same area.
- During practice you must remain at least 10ft from the court and at least 6 ft from other spectators.
- *Departure: do not socialize or linger in court area.
 - Please do not arrive to pick up your player more than 10 minutes early.
 - Please do not be late!
 - Please make sure to leave the court area within 10 minutes.
- Team meals, snacks and *water
 - There will be no shared or team snacks!
 - Any snacks brought should be small and for your player and your player alone.
 - Water will not be shared either
 - Gatorade is allowed outside but cannot be shared.
 - This means no team snacks, no team water/Gatorade cases, and no birthday snacks.
- Signage display, storage, and responsibility.
 - The team manager/monitor is responsible for getting out the sign and putting it away.
- In event of confirmed or suspected exposure/infection
 - Refer to SYC return to play guidelines appendix A, B, and C.
 - Appendix A contains a list of both common and less common symptoms to look for.
 - Appendix B lists what must happen before you/your player can return to practice if you/your player have confirmed or suspected infection
 - Appendix C list what must happen before you/your player can return to play if you/your player have been exposed to a person with confirmed or suspected diagnosis.
 - If either one of these happen, please follow the guidelines as well as email both your/your players coach and the commissioner at volleyball@sycva.com

Equipment

- *Sharing and sanitization over and above SYC General Guidelines
 - There will be no sharing of anything other than the volleyballs, cones, and nets.
 - Only coaches will be handling both the nets and the cones.
 - Volleyballs, cones, and nets should be thoroughly wiped down before and after each practice.

- Volleyballs should be wiped off every 30 minutes during practice.

- Nets and cones will be stored at the field.
- Volleyballs will be kept by the coaches.
- Nets will be put up and taken down by coaches only.
- The first “teams” coaches will put up the net on their court.
- The last “teams” coaches will take down the net on their court.
- If you are the first “team” and you have a “team” taking the court after you, you will wipe down the net and leave it up.
- If you are the first “team” and you do not have a “team” taking the court after you, you are also the last team and will take the net down.

Coaches/Activity Volunteers

- *Use hand sanitizer issued to coaches to spray participants hands
 - Coaches and players should sanitize their hands before and after practice, as well as during all breaks.
- *mask wearing
 - Mask should be worn by all on the way to and from the courts/ court area.
 - Masks should be worn during any instructional time by both players and coaches.
 - Masks should be worn during breaks by both players and coaches. With the exception of when drinking/eating.
 - Mask are not required during times of physical exertion.

Field Monitor Volunteers (required)

- There will be one Monitor/manager per “team”
- This person will stay 15-20 feet from court and monitor the practice to make sure policies are being followed.
- This person will be checking coaches and players in by making sure they have completed the online screening.
- This person will wear the identifying pinnie provided by SYC
This person should stand or sit 15-20 feet from the court.

Communication

- If you have any questions or concerns, please email commissioner at volleyball@sycva.com

Phase 3 up to 250 attendees with training, games, and scrimmages

- Differences from phase 2
 - Each practice should have at least one break, preferably two.
 - If we stay in phase 3 for the duration of the season, we can consider setting up games for the last week of the permits.

SYC General Guidelines

These were written based on state and local mandates)