

COVID-19 Preparedness & Safety Plan

Volleyball

Practice Guidelines

- Sign in sheets and questionnaires will be completed prior to practice each day. All completed paperwork will be placed in the school office in the Athletic Directors box.
- Practices will be limited to no more than 6 (six) student/athletes at one time.
- Participants shall stay 25 (twenty-five) feet apart at all times.
- Practice sessions may be no more than 45 minutes at a time.
- Masks must be worn the entire time.
- Participants must come dressed and bring their own water bottle.
- Each student/athlete is responsible for washing their practice gear each day after practice. This includes knee pads.

Sanitization

- Hand sanitizer shall be available at all times for use by student/athletics and coaching staff.
- Facility will be sanitized between practice sessions and immediately after.
- All equipment will be sanitized between sessions and immediately after. This includes benches, balls, and net.
- Balls shall be cleaned each time immediately after use with sanitizing wipes. No two students/athletes shall touch the same ball without thorough cleaning.

Use of Facilities

- Locker rooms are off limits to all student/athletics and coaches.
- One entry and one exit will be established.

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Cross-Country

Practice Guidelines

- Sign in sheets and questionnaires will be completed prior to practice each day. All completed paperwork will be placed in the school office in the Athletic Directors box.
- Participants shall stay 6 (six) feet apart at all times.
- Masks must be worn the entire time.
- Participants must come dressed and bring their own water bottle.
- Each student/athlete is responsible for washing their practice gear each day after practice.

Sanitization

- Hand sanitizer shall be available at all times for use by student/athletics and coaching staff.
- All equipment will be sanitized between sessions and immediately after.

Use of Facilities

- Locker rooms are off limits to all students/athletics and coaches.
- One entry and one exit will be established.

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Contest Guidelines

- Prescreen team prior to contest or before leaving for any away contest.
- Share prescreening form with opposing team upon arrival.
- Provide roster to opposing team.
- This document should be shared with the opposing team.
- Participants shall stay 6 (six) feet apart at all times.
- Masks must be worn the entire time.
- Participants must come dressed and bring their own water bottle.

Sanitization

- Hand sanitizer shall be available at all times for use by student/athletics and coaching staff.
- All equipment will be sanitized between sessions and immediately after.

Use of Facilities

- Locker rooms are off limits to all student/athletics and coaches.
- One entry and one exit will be established.