

THE ST·JAMES

Volleyball Return to Play Protocol

OVERVIEW

- The St. James designed and adopted the following return to play protocols to align with current medical guidelines and best practices to continue the fight against COVID-19.
- These guidelines are designed to prevent the spread and reduce transmission of COVID-19, however we can not guarantee or completely eliminate the risk to all members of society of contracting COVID-19.
- All training sessions and events are optional for coaches, players and parents. Nothing is mandatory and everyone is participating at their own risk.
- All participants must sign a waiver before returning to practice or events. Those who choose to participate must follow all guidelines and protocols. Failure to follow protocols will result in removal from future sessions.

NOT ALLOWED TO PRACTICE OR ATTEND EVENTS

PEOPLE WHO MEET THE FOLLOWING CONDITIONS ARE NOT ALLOWED TO ATTEND PRACTICE OR EVENTS

- You have tested positive in the past 21 days for COVID-19.
- You have been in contact with someone who has tested positive for COVID-19 in the past 21 days.
- Anyone who showing symptoms of COVID-19 should not attend should seek medical advice and test negative before returning to practice.
- Anyone who feels sick or shows any symptoms of any illness should stay home out of an abundance of caution.
- We advise anyone with underlying medical conditions to avoid attending practice or events.

ARRIVAL GUIDELINES

- All coaches and players will be required to go through the check in process.
- Players are to arrive no earlier than 15 minutes prior to their scheduled session.
- Players are to stay in their cars and pull up to the check in station at the front entrance.
- Each player will have their temperature checked.
- Player's temperature must not exceed 100.4 degrees or they will not be allowed to participate. Please help by checking your child's temperature at home.
- After completing check in, players will be permitted to head to the Court House through the main stairwell.
- Parents will park in the guest lot located at the front of the building.
- Court House entry is for coaches and participants only.
- Hand sanitizer stations will be available.

TRAINING RULES

- No more than 10 players per group with 2 coaches.
- Time in lines will be limited. If players find themselves in a line they should be conscious of social distancing and stay 6 feet apart.
- No high fives, no team cheers and no team huddles.
- No sharing of water bottles.
- Fresh balls will be used with each clinic so that balls that were used during the prior clinic can get sanitized.

COACHES GUIDELINES

ALL COACHES MUST

- Wear a mask while teaching.
- Wash hands before and after each session.
- Disinfect all cones, balls and bleachers near the courts after each clinic.
- Avoid any physical contact with other coaches, players or parents.
- Have temperature tested before every session.
- Stay at home if demonstrating any of the symptoms or signs of illness or COVID-19.
- Do not let players touch or set up equipment.

PLAYER GUIDELINES

ALL PLAYERS MUST

- Have temperature checked before each practice and show no signs of a fever.
- Bring and wear their own equipment.
- Wash hands before and after each session.
- Avoid any physical contact with coaches, players, or parents.
- Do not gather in groups.
- Stay at home if demonstrating any of the symptoms or signs of illness or COVID-19.
- Do not bring your own ball. Balls that have been sanitized will be provided.
- Players should bring minimum amount of gear needed for practice. Locker rooms will not be available for athletes to store their belongings. Bags are discouraged.
- Bathrooms are available but for emergency use only.

PARENT GUIDELINES

PARENTS ARE ASKED TO

- Stay home with your child if you are demonstrating any of the symptoms or signs of COVID 19.
- Remain in the parking lot until the end of practice.
- There is a 50 person venue limit in the Court House. We would like to limit those persons to players, coaches and Court House staff. Please remain in your car.
- Avoid any physical contact with coaches, players and other parents.
- Avoid carpooling where possible.
- Avoid congregating in the parking lot.
- Wash hands with sanitizer.
- Remind your son/ daughter to wash their hands before and after practice and follow all return to play protocols.

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Thank You