



## COVID-19 Protocols for OFF and ON Court Activities

### OFF-COURT ACTIVITIES

Physical Distancing	<p>Athletes and coaches must follow facility guidelines for the designated entry/exit door. Athletes and coaches are required to maintain a physical distance of at least 2 metres. All participants must leave the court and facility immediately after the on-court activity.</p> <p>Individuals should avoid deliberate contact.</p>
Spectators	No parents, guardians or spectators are allowed in the facility.
Personal Items and Hygiene	<p>As per Ontario Public Health recommendations:</p> <ul style="list-style-type: none"> <li>• Individuals are to wash/sanitize hands upon entry to and exit from the facility.</li> <li>• Individuals must bring and use their own water, hand sanitizer, disinfectant wipes, and other personal items (such as Kleenex, band aids, etc.).</li> </ul>
Warm-up/Cool down	Physical distancing of 2 metres to be maintained whenever possible, including any off-court warm-up and cool down.
Personal Protection	All individuals must wear a non-medical face mask at all times while in the building. The nose, mouth and chin must be covered by the mask.
Locker/Change Rooms	Individuals must arrive at the facility ready for practice. Court shoes may be put on once the individual is screened and inside. Based on government regulations, locker rooms and change rooms at site/facility will not be used with exception of washrooms. In general, facility rules must be followed.



## COVID-19 Protocols for OFF and ON Court Activities

<b>ON-COURT ACTIVITIES</b>	
Physical Distancing and Contact	Individuals should avoid deliberate contact (no huddles, high-fives, etc.). When an athlete is engaged in on-court volleyball activities, incidental brief physical contact is allowed between athletes, however, coaches and athletes must remain at least 2 metres apart.
Personal Items and Hygiene	<p>Recommendations:</p> <ul style="list-style-type: none"> <li>Athletes and coaches should clean their hands often; the maximum time between hand washings is 30 minutes.</li> <li>Individuals must bring and use their own water, hand sanitizer, disinfectant wipes, and other personal items (such as Kleenex, band aids, etc.). Individuals are also asked to bring their own Ziploc bag for garbage, wipes, etc. that is disposed of at home or at the facility based on facility rules.</li> <li>Individuals must keep all personal items in their designated area along the wall.</li> </ul>
Personal Protection	All individuals must wear a non-medical face mask at all times while in the building. The nose, mouth and chin must be covered by the mask. A mask can be temporarily moved (e.g., to have a drink) as long as the player/coach is 2 metres away from any other person.
Equipment Cleaning	Volleyballs must be sanitized and disinfected between practices and at least every hour during a practice. Each team is assigned a set of volleyballs for their use only.
Coaching	<p>When coaching on-court:</p> <ul style="list-style-type: none"> <li>Coaches must stay at least 2 metres apart from an athlete.</li> <li>Coaches should limit their contact with the ball.</li> <li>If handling the ball, coaches should use hand sanitizer when working with other individuals.</li> <li>Training sessions should not be longer than 120 minutes.</li> </ul>