

Vital Volleyball Club : COVID-19 Safety Plan

**Indoor**

* Each clinic will consist of “pods” of no more than 10 people on a court, including one coach (9 players : 1 coach). If there are two pods, we will do our best to keep one empty court in between the two courts in use.
* Each pod will have its own cart of balls filled with labeled balls that are assigned to each court. Players and staff are not to touch a ball from outside their own pod. When possible, players will use their own ball individually. When necessary to share, balls will be shared between the fewest people possible.
* All people should practice normal disease-preventing behavior like keeping hands clean and avoiding touching face.
	+ Vital will provide hand sanitizer to use for before and after each session. Balls will also be disinfected after each session.
* Each player’s temp will be taken before your clinic.
* Each player must have our waiver filled out in order to be able to participate in the clinic.
* Should anybody test positive for Covid after attending any Vital Volleyball event, we ask that they alert us so we can take proper care to prevent any further infection, whether this means cleaning, shutting down, or whatever is necessary. The player’s name will be kept confidential.
* The doors to outside will be open during training to provide better ventilation.

**Players/Parents**

* **Do not come to a clinic if you are exhibiting any symptoms of COVID, such as fever, shortness of breath, or cough. If you show symptoms at the gym, you will be asked to leave.**
* Except for your playing shoes, come dressed and ready to go.
* Bring your own water bottle. You may use the filling station to fill up (it’s hands free).
* Physical contact is not allowed - no high fives, handshakes, etc.
* Do not enter the building until 5 minutes before your clinic is scheduled to start.
* No parents or spectators should enter the building unless you need to fill out our waiver. The waiver will be emailed out to everyone registering for our clinics and we prefer having that filled out prior to showing up. The waiver is also available on our website.
* Please call Jeff Hochstein if you have questions immediately before the clinic start time.
* Wearing a mask is highly recommended except when on the court participating in volleyball activities. This includes time putting your backpack in its spot and putting equipment on.
* Players must use hand sanitizer (provided by Vital) before and after entering the gym area.
* Players should maintain 6’ of social distancing whenever possible.
* Please try to avoid carpools. If carpools are necessary, let the Vital coaches know in advance so that players who carpool can be placed in the same “pod.”
* “Walk-ins” will not be allowed. All participants will need to register online.

**Coaches**

* Coaches are encouraged to wear masks, but it’s not mandatory.
* Coaches must hand sanitize before and after each session.
* Coaches will follow all regulations that players follow.
* Coaches must sanitize all balls and equipment after each session.
* Balls and ball carts will be labeled to keep minimal touching of the balls.