



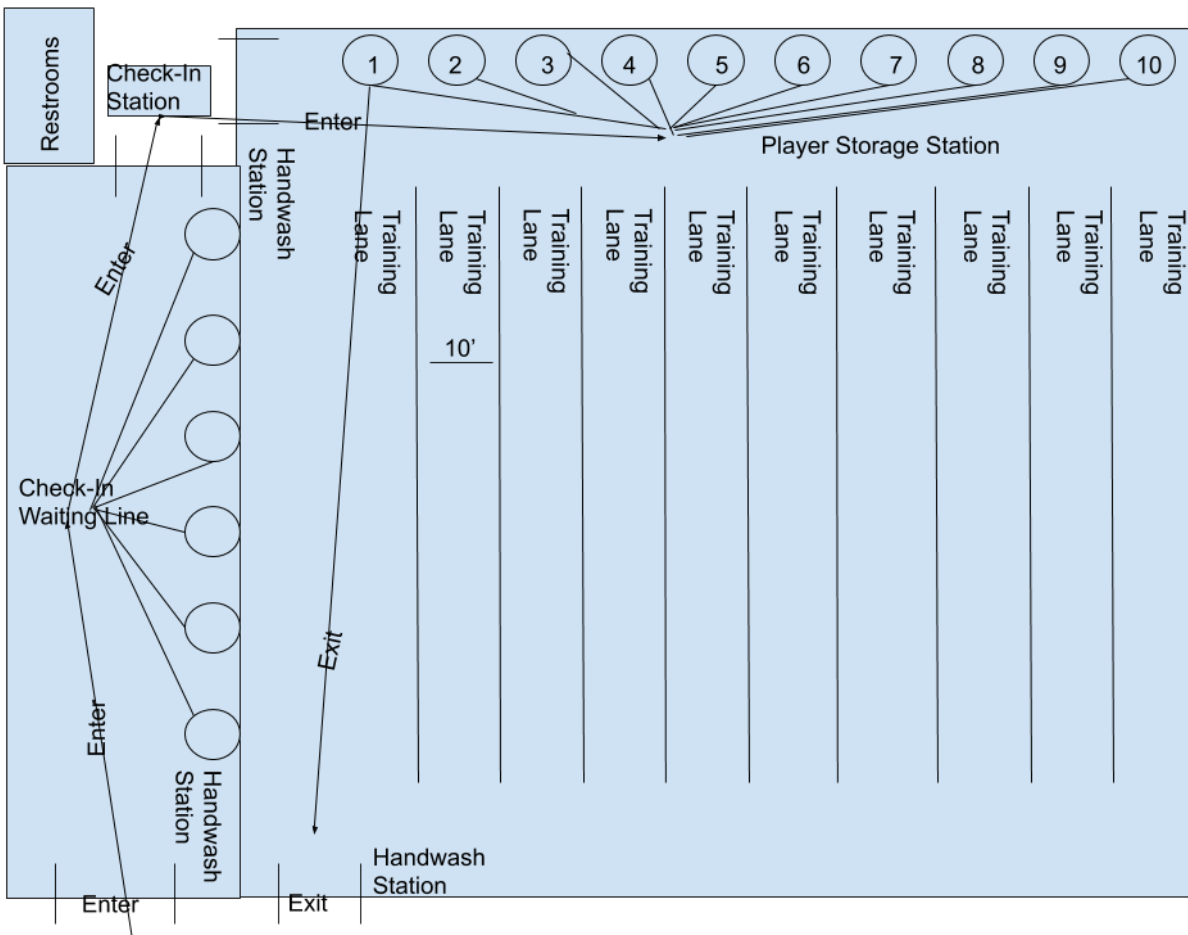
VOLLEYBALL RETURN TO ATHLETICS PLAN

Phase 1

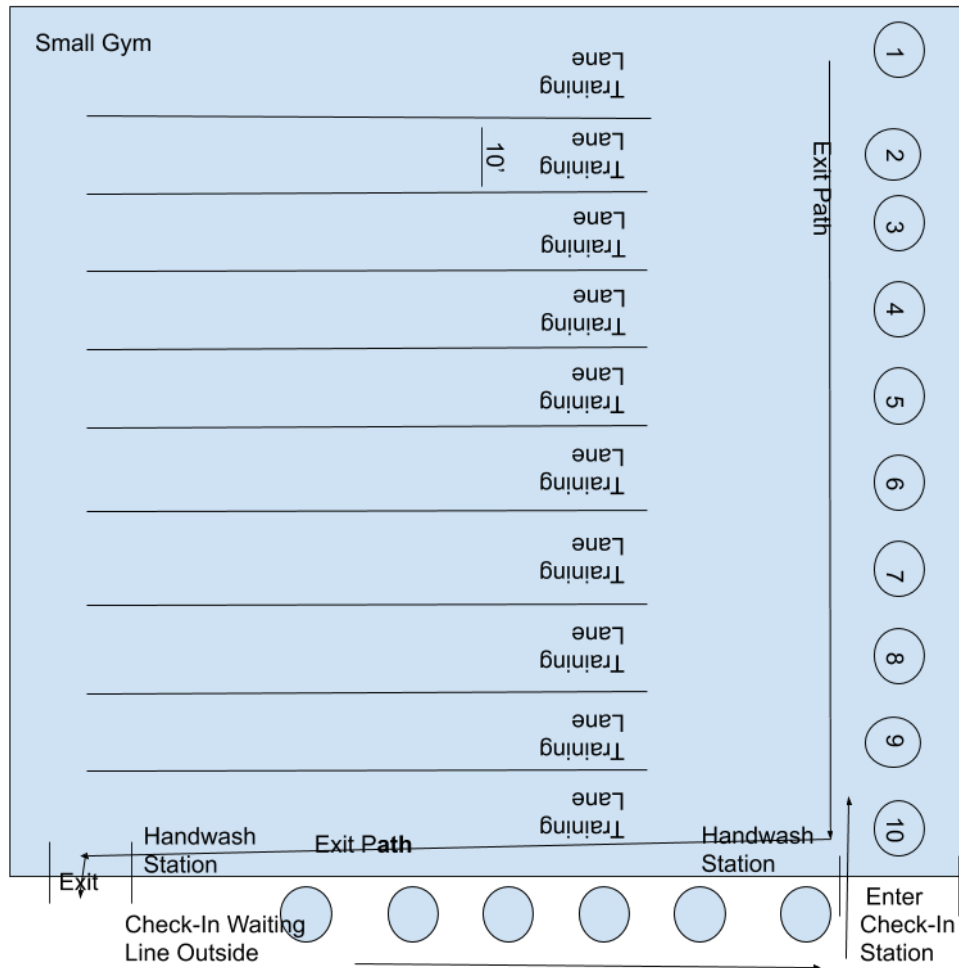
COVID-19 WAIVER OF LIABILITY

All students will be required to have a signed COVID-19 Waiver on file prior to the start of returning to play in Phase 1.

Flow of Traffic for Main Gym



Flow of Traffic for Small Gym



All student athletes would enter and exit through different doors in order for flow of groups through the facility. Athletes would stay in their designated gym throughout the training session.

Physical Exams

Athletes are required to pass a physical prior to their season of sport.

New Athletes: Require all athletes to (first-time athletic participants in a school's athletic program) to obtain a pre-participation physical examination.

Returning athletes: Must have a current physical on file.

Athletes with underlying, pre-existing conditions, injuries or illnesses must obtain an updated pre-participation physical examination or appropriate clearance from the treating physician upon situation

Summer Workouts

Summer workouts are voluntary and cannot be used in 2020-2021 as a reason for exclusion during the season of the sport. Volleyball does require tryouts and cuts, not all players will make the team regardless of summer workouts or not.

Groups

There will be a maximum of 10 athletes to 1 coach per gym through the duration of Phase 1 or until instructed otherwise with a minimum distance of 6' radius. Athletes may not switch groups at any time. They must go to the assigned group and time.

Medical Kit

NUSD shall create an expansive medical/injury kit for each level of sport and provide to the Varsity Head Coach to distribute to all levels before Phase 1 can begin. Some items included: thermometer, gloves, ice packs, PPE, and basic first aid items.

Sanitation

During phase 1, we will only be utilizing the gym floor. Sanitizing of the gym floor will take place in between groups of athletes training. We will work closely with the AD and Janitorial staff regarding this.

Washing of Hands

All student/athletes and coaches should wash their hands for a minimum of 20 seconds with warm water and soap upon entering the building. Depending on what the school provides it will either be in the restroom or a hand wash station.

Pre-Workout Screening

Per District regulation, we would have the student/athlete hand wash as soon as they walk through the door and form a line on designated spots for waiting. The coach would go through taking the temperature and the list of questions and entering it onto a spreadsheet or on an ipad. If the player does not meet criteria of a "healthy" state by the district, the player would be instructed to go home for 14 days or unless approved by a doctor.

Preparing for practice

The student/athlete would then go to their designating spot to change into their shoes and put their stuff for the training including a water bottle.

Designation of workout space

Workout lanes will be designated by painters tape throughout the facility. Due to the maximum of 10 students/athletes, we would designate 10' lanes by the length of the basketball court to do the workout in. They would be required to stay in those designated lanes for the entirety of the training.

Workouts

During Phase 1: Workouts would include speed & agility, plyometrics, volleyball specific footwork, transition and approach footwork. No balls would be used during this phase. As many of the athletes have not been working out regularly, we will be progressive in getting the athletes into volleyball condition.

Hydration Expectations

All students/athletes are required to bring their own water bottle and towel. Be sure to bring enough water for an entire 2 hour practice. All water bottles must have the student athletes name on them. There will be no sharing water bottles. Drinking fountains will not be available for use.

Locker Rooms

No locker rooms will be utilized during Phase 1.

Dates/Time Information

Thursdays, the stairs and track will be used for conditioning outside.

Gym Times:

Dates: June 22 - July 3, 2020

Days of the Week: Monday-Thursday

| | | |
|----------------------|----------|-----------|
| | Main Gym | Small Gym |
| 7:00-7:45 am: | Group 2 | Group 4 |
| 7:45-8:15 am: Clean | | |
| 8:15-9:30 am: | Group 1 | Group 5 |
| 9:30-10:00 am: Clean | | |
| 10:00-10:45 am | Group 3 | Group 6 |

Dates July 6-July 10, 2020 Break for 4th of July

Dates July 13-July 31, 2020 Tentatively

| | | |
|---------------------|----------|-----------|
| | Main Gym | Small Gym |
| 5:00-5:45 pm | Group 5 | Group 6 |
| 5:45-6:15 pm: Clean | | |
| 6:16-7:00 pm | Group 3 | Group 4 |
| 7:00-7:30 pm: Clean | | |
| 7:30-9:00 pm | Group 1 | Group 2 |