



## **Action Plan for LGA Boys & Girls Volleyball Fall 2020**

**Practices start:** Tentatively July 6th

### **Daily Schedule:**

Monday / Wednesday - Group A tba (see coach)

Tuesday / Thursday - Group B tba (see coach)

### **Protocol for when students arrive on campus:**

- Coach will arrive before any athletes to ensure proper social distancing.
- Athletes will arrive in workout attire including knee pads and volleyball shoes (no locker room access).
- Athletes will enter through the gate closest to the main office on the left hand side and will meet outside of the gym by the restrooms. When athletes arrive at the check in area they will stand on a marking on the ground so that they stand six feet apart.
- Once all athletes are checked in, the coach will walk athletes to the bathroom located in the gym lobby, allowing one at a time per gender.
- If any athlete arrives by bicycle or on foot, they will be allowed a cooling off period before check in. .
- Gym lobby bathrooms will be available for use.

### **Pre-Screening Process**

- Pre-screening station will be located near the outside bathrooms connected to the gym:
  - Athletes will have their temperature taken
  - Athletes will complete the pre-screening survey.
  - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom to wash their hands.
  - Athletes will be lined up using social distancing to wash their hands.
  - Students will also be required to wash their hands before they leave for the day.
  - Once athletes have washed their hands, they will proceed to either the blacktop or gym

### **Phase 1**

- Athletes will be required to maintain 6 feet social distancing at all times.
- Athletes can bring their own water bottle and bags with their names on them and keep them spaced 6 feet apart. Athletes will not be permitted to share water bottles at any time.
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathroom will be located in the gym lobby.
- No parents or non-team members will be allowed at practice, only athletes and coaches.
- After practice and athletes have washed their hands, the coach will walk athletes to the front of the school while maintaining social distance to await pick up.
- Practices will consist of conditioning, and individual skill development.
- If indoors, athletes will be grouped in pods of 10. If outdoors, pods of 25 or less.
- Each athlete will be assigned their own ball.