



FOR INDIVIDUAL PLAYERS AND PARENTS

When possible, please try to adhere to the most stringent federal, state or local guidelines when participating in any activity.

Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- It is recommended that you wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

During Activities

- Refrain from attending any activity if displaying COVID-19 symptoms or other infectious disease symptoms.
- Upon arriving at the facility, will be admitting players into the facility one at a time.
- It is recommended that you wear a face mask when entering and exiting the building. As a reminder, we will not be wearing a face mask when playing or practicing volleyball.
- Please proceed directly to your assigned space from your coach and do not remove your personal items from that space during the entirety of practice.
- Come to practice dressed and ready to play. The only item you should change at the gym is your shoes.
- Practice social distancing by staying 6 feet apart unless otherwise directed by your coaches. Violating the 6-foot rule will only occur when social distancing is not possible.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes. *We have this available as well.
- The water fountain is closed, so please have your own water bottles filled for each practice.
- Please use the bathroom before you leave home and do everything possible to wait to use the bathroom until after you have arrived at home. *They are available if needed.

For Parents During Practice

- No one other than approved Dayton Junior coaches and players will be allowed inside the facility. Please refrain from congregating in the parking lot during practice. If staying during practice, please remain in your vehicle. If socializing with another parent, please try to do so from your vehicle maintaining the proper 6-foot distance between each vehicle.
- Please comply with all permissible regulations approved for the venue.

After Activities

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- It is recommended that you wear a face mask to reduce exposure to airborne particles.
- Wash and sanitize all gear, uniforms and apparel used during the activity.

**Based off USA Volleyball Return to Play Guidelines, which can be found on OVR.org or teamusa.org. We reserve the right to change these guidelines as needed for the safety of our players, coaches, families, and fans.*