

Hammerhead Volleyball Training Guidelines

PLAYERS • If you are not feeling well, stay home! • Maintain no more than 25 players per half field. • Maintain proper social distancing when feasible – practice is allowed. • Water and personal equipment should not be shared. • Face coverings must be worn by all participants and coaches at all times. • Stay in your team's designated area. • Player bags and equipment should be placed spaced apart on the sideline. • Pack hand sanitizer to use before and after training. • Get on and off the courts as quickly as possible to prevent excess contact between players.

PARENTS • If you think your player is sick, keep them home! If a coach has a concern about your player's health, you will be asked to pick up your player. • Spectators are not allowed at practice. • Masks are mandatory in the gym at all times. • Do not drop players off more than 10 minutes early to practice. • Pack hand sanitizer in your player(s) bag. • Encourage your player to get on and off the courts as quickly as possible to prevent excess contact between players. • Email jhack@hammerheadvolleyball.com with any concerns or if your player tests positive for COVID-19.

COACHES • If you feel sick, stay home! • Disinfect shared equipment before and after training. • Maintain no more than 25 players per court. • Maintain proper social distancing on the sidelines • Wearing a mask mandatory inside the gym. • Monitor water breaks to ensure social distancing. • Encourage that player bags are spaced apart on the sideline. • Use hand sanitizer before, and after training. • Encourage players to get on and off the courts as quickly as possible.