

KVBC Covid-19 Preparedness Plan

- 1) Practices will not be open for parents, siblings, spectators, or any other non-players. When dropping players off for practice, parents should NOT enter the building. Players should be dropped off and picked up at the door.
- 2) Athletes should NOT attend a practice if they have had any cold/flu/COVID-19 symptoms in the last 72hrs. Symptoms or conditions include:
 - a. A fever (100 DegF or higher)
 - b. Cough or sore throat
 - c. Shortness of Breath
 - d. Chills or Repeated shaking with Chills
 - e. Unusual muscle pain not related to working out or doing something athletic
 - f. Headache
 - g. New loss of taste or smell
 - h. Diarrhea and/or vomiting
 - i. Direct contact with any person experiencing any of the symptoms above.
- 3) The facilities personnel at the buildings that are used will frequently clean and disinfect the areas in use.
- 4) Athletes will be required to wear masks. Athletes should leave all extra items at home or in their car, and they should arrive at the school dressed and ready to play. They should only bring a backpack or duffel bag with their court shoes and their water bottle into the gym with them. Jackets, hats, gloves, etc should be stored in the backpacks or duffel bags after they are taken off. Locker rooms will NOT be available.
- 5) Coaches will maintain records of every player that was in attendance for each practice for contact tracing.
- 6) Athletes will be required to wash their hands with soap and water or disinfect their hands with hand sanitizer prior to entering the gym.
- 7) During each training session, the instructor will encourage the athletes to do their best to stay at least 6ft away from each other when doing controlled drills in which players are fairly stationary. The idea is to make sure that players aren't close to each other continuously for long periods of time. When doing dynamic drills or playing volleyball, the athletes will be in close proximity to each other for small amounts of time but they shouldn't remain within that close proximity for extended periods of time.
- 8) Athletes will be directed to not give each other high fives, etc. The instructor will NOT be able to physically restrain the athletes in order to enforce this requirement. So ultimately it is up to the athletes to do their best to make sure that this happens.
- 9) At the end of the session we will ask that the athletes wash or disinfect their hands and arms and then leave the building directly. Athletes will be told not to stand around in the school to socialize before or after the training sessions. Locker rooms will NOT be available. Athletes should change at home.
- 10) Water fountains are not available, but filling stations for water bottles should be available. All athletes should bring their own water bottles and never share them with anyone else.