

Elevate VBC/Cottonwood Creek Gym Health & Safety Protocols

Gym Rules (Athlete & Coaches)

- Athletes are **REQUIRED** to wear a face covering into the gym until physical activity has begun and must put the face covering back on immediately after the clinic has ended.
- Coaches are **REQUIRED** to wear a face covering into the gym, during practice, and leaving the gym. They may remove the face covering if they are participating in game play during practices.
- Athletes and coaches must enter through “B Hall” doors (closest to sand courts) and exit through “A Hall” doors (closest to playground).
- Athletes and coaches will have to check in prior to their scheduled practices. Their temperatures will be checked upon entry.
- Any participant with a temperature exceeding 100.3 degrees Fahrenheit will be sent home.
- Athletes and coaches will be required to sanitize their hands upon entering and exiting the gym. We recommend sanitizing during water breaks as well. We encourage participants to have hand sanitizer of at least 65% alcohol in their bags.
- Athletes will be asked to place their bags in assigned areas with water bottles and sweat towels to be kept in their bags. It is recommended bags and equipment are sanitized at home.
- Any athlete or coach that is sick or has been sick in the previous 72 hours is asked to remain at home.

Gym Rules (Parents)

We are currently encouraging parents to not attend practices so that we can limit capacity numbers and possible exposure. However, if a parent does decide to attend a practice, they will be required to follow the guidelines below.

- Only 1 parent per player will be allowed into the gym.
- Parents are **REQUIRED** to wear a face covering into the gym, during practice, and leaving the gym.
- Parents must enter through “B Hall” doors (closest to sand courts) and exit through “A Hall” doors (closest to playground).
- Parents will have to check in before entering the gym. They will have their temperatures checked upon entry.
- Any parent with a temperature exceeding 100.3 degrees Fahrenheit will not be permitted into the gym.
- Parents will be required to sanitize their hands upon entering
- Parents must bring their own chair if they are going to sit inside the gym. Elevate will not be providing chairs.
- Parents must sit in the designated area for spectators and must keep at least 6 feet away from player bags and at least 4 feet away from other spectators. No exceptions.
- We are asking parents not to handle volleyballs or equipment.

COVID-19 Protocols

Our priority is the health and safety of our coaches, athletes, and families. Our goal is to prevent mass quarantine in every possible scenario. We are utilizing UIL guidelines as a baseline for navigating this season. We will handle each situation case-by-case in consideration of the guidelines provided by the State of Texas and the CDC.

- If an athlete or coach is being tested for COVID-19 outside of a quarantine mandate, they cannot attend practices or events until they receive a negative test result.
- Any athlete or coach that is under a quarantine due to exposure from school, work, or otherwise is required to honor those dates or follow the suggestions from the most up-to-date CDC guidelines.
- An athlete or coach that tests positive for COVID-19 is required to self-quarantine for 14 days from the date of the test or from when symptoms occurred according to your health provider.
- Suggestion for team quarantine due to exposure of a teammate, will be handled on a case-by-case basis. Investigation will be done to determine the date and length of exposure.
- Elevate VBC is not required to disclose a positive case to non-exposed participants. Concurrently, we are not required to disclose the name of an athlete who tests positive to their team in accordance with HIPPA laws.

General Health Etiquette

- Always wash your hand for at least 20 seconds with soap.
- Refrain from touching your face as much as possible.
- Sneeze/cough into your elbow.
- Stay home if you do not feel well.
- Keep hand sanitizer in your bag or purse.