

LJV SAFETY PROTOCOLS

We know there is a very wide variance in everyone's comfort level about returning to any sort of indoor activity, so we'd like to share what we are doing to ensure your child's safety while participating in La Jolla Volleyball activities:

- every coach and player will answer a series of COVID-19 screening questions prior to be allowed to enter the gym.
- every coach and player will have their temperature checked to be sure it is not above 100 degrees prior to entry
- do not send your child to the gym if she has any symptoms or has had any contact with a suspected-positive person
- we maintain a detailed record of every person's attendance, in case of necessary contact tracing later
- everyone will use hand sanitizer prior to entering the gym, and upon departure (and encouraged to use their own personal sanitizer at every water break, too)
- no spectators allowed in gym (reduce potential contacts), and no congregating outside of the gym. everyone is expected to maintain social distance wherever possible, including outside of the gym
- parents, please allow your daughters to check themselves in! All players must be pre-registered online, so they can be by themselves (and reduce crowding, too)
- bring your own water, as drinking fountains have been turned off, to comply with CDC and county regulations
- bring a personal-sized hand sanitizer to use during water breaks
- FACE MASKS will be worn at all times by staff, coaches and players. Masks must be covering mouth and nose at all times, and players should refrain from touching or fiddling with their masks. Feel free to bring multiple masks to change during water breaks or see which style works best for you. Make sure it stays on while you play/sweat and fits snugly. LJV has spare disposable masks if necessary.
- players are expected to self-regulate (be aware of how you are feeling!) may take a break from exercising at any time during activities.
- personal belongings will be placed at marked areas along perimeter of gym, to keep items and players at least 6ft away from each other during breaks
- no high-fives, fist-bumps, hugs or personal contact will be allowed per County guidelines
- after every session, the gym will close for 20 minutes for building sanitization: floors, nets, bleachers, bathrooms, door handles, and all surfaces. LJV staff will also sanitize all volleyballs and ball carts prior to the next session.

If we continue to abide by all these procedures, we should be able to continue to play volleyball in our gym(s)!

Thank you for your support, understanding and cooperation!