

IRONWOOD RIDGE

VOLLEYBALL

2020 SEASON: RETURN TO PLAY POLICIES AND PROCEDURES

The following policies, practices and conditions are set forth to incorporate guidance from the Centers for Disease Control and Prevention (CDC), the Pima County Department of Health (PCHD), the National Federation of High School Interscholastics (NFHS), and the Arizona Interscholastic Association (AIA).

Knowing that eliminating all risk is impossible, the Ironwood Ridge Volleyball Program is committed to providing an environment that is as safe and healthy as reasonably possible for all coaches, student-athletes, and families. We will continually monitor the policies and procedures and modify as needed. Any changes will be sent via email to all student-athletes and families.

By participating in interscholastic activities and the volleyball season, all adults and guardians of minors assume ALL risks associated with participation including but not limited to exposure to COVID-19. Exposure to COVID-19 can lead to temporary or permanent health consequences and death.

Our goal is to mitigate the potential for transmission of COVID-19 in our facility and volleyball teams, and that requires full cooperation. Any violations by student-athletes may result in suspension and/or removal from the Volleyball Program.

PRE-PARTICIPATION REQUIREMENTS

All student-athletes must be cleared in the Athletic Office prior to any participation (remote or in-person) with the Volleyball Team. This clearance includes additional **COVID-19 Pre-Participation Forms** that must be completed prior to any live practice or training.

- **Athletic Clearance** (including current physical examination dated after March 1, 2020)
- **COVID-19 Pre-Participation Health Screening Questionnaire**
- **COVID-19 Waiver, Release, and Assumption of Risk Form**

VOLLEYBALL RETURN TO PLAY PHASED PRACTICES

We are behind. With the loss of our traditional Off-Season Strength and Conditioning Program, the Volleyball Program's Return to Play will include different phases to safely recondition each student-athlete. These phases will hopefully promote injury prevention upon return to sport after a prolonged period of relative inactivity and regain lost skills and teamwork during the shutdown.

- **WEEK I** **September 21-26** **Athletic Evaluation and Fitness Assessment; Re-Conditioning Athletes**
- **WEEK II** **September 28-October 3** **Conditioning, Skill Development, Introduce Team Systems**
- **WEEK III** **October 5-10 (Fall Break)** **Recondition to "game-shape" and rest for structured practices/scrimmages**
- **WEEK IV** **October 12-17** **TBD (Competition scheduled to begin)**

Once we are able to finally assess our volleyball athletes, the staff will work to recondition everyone to return to competition safely. Some will be ready within three weeks and some will not. **Athletes will not be permitted to play until they are ready.**

PRACTICE PROTOCOLS

Once on campus, coaches and student-athletes will not be permitted into any unassigned areas. Ironwood Ridge requests that all parents and/or siblings not attending any training activity and/or practice to limit the number of people in the facility. All coaches, student-athletes, and families will adhere to all Amphitheater District policies and procedures while on site.

Please review the Athletic Department's and the Volleyball's Practice Protocols and Procedures (next page) before training.

Players that do not follow the mandated protocols will be immediately sent home and suspended from the program.

ATHLETIC TRAINING ROOM

The Athletic Training Room will be available for injuries and appointments only for treatment. If an athlete needs any pre-practice treatment, please contact the Head Coach via email so that we can forward to the ATC staff.



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PRE-ARRIVAL

- Coaches, staff, and athletes must be symptom free for at least 14 prior to any activity. Athlete or coach should stay at home if they are sick or do not feel well.
- Coaches and participating athletes will be required to self-assess (including a temperature reading) before coming to practice.
- Utilize a restroom if needed and wash hands prior to arrival at the school.
- **All athletes will need a mask, personal hand-sanitizer, and gallon water bottle (FULL) for practice**

ARRIVAL AT SITE

- **The Volleyball Program will use the FINE ARTS PARKING LOT for staff and athletes to park or get picked-up.**
All volleyball staff and athletes will use the EAST HALLWAY ENTRANCE to enter the facility
- Athletes will be allowed on campus 10-minutes prior to their scheduled session.
- Coaches and athletes are required to enter the facility at their assigned area. **Athletes will NOT be admitted if they attempt to enter through a non-assigned area.** DO NOT congregate outside of the volleyball areas.
- Athletes will be greeted by coach or other assigned coaching staff member who will document attendance and temperatures before engaging in activity.
- **All coaches and athletes will be required to wear masks for the duration of their time on campus.**
- **LOCKER ROOMS WILL NOT BE AVAILABLE.** Athletes are required to leave all extra items including bags, purses, additional clothes, shoes, and all other personal items locked in their car. **Exit your vehicle ready to practice or train.** Be sure to take normal precautions including locking valuables in the trunk or out of sight in a vehicle that does not have a trunk. It is recommended to leave all items of value at home.
- All water bottles/personal belongings will be placed in assigned locations – evenly spaced out in the assigned zones.

DURING ACTIVITIES

- Drinking fountains will be turned off. **Athletes will be required to bring their own, FULL, water bottle.**
- **All Coaches and Staff are always required to wear a face mask during all practices and training activities.**
- No handshakes, high fives, fist bumps, nor other physical interaction.
- All huddles and coaching will occur with a minimum of 6' of distance between all athletes and coaches.
- Coaching staff will adjust practice/training plans to allow for Social Distancing and opportunity for athletes to periodically wash or sanitize hands during activity.
- **ALL TRAINING SESSIONS WILL BE CLOSED TO THE PUBLIC.** Unauthorized visitors are prohibited on campus at this time.

AFTER ACTIVITIES

- At the conclusion of the training session, all coaches and athletes will be directed to wash/disinfect hands and arms.
- **Athletes will leave the facility immediately following the training session.**
- Parents need to wait in their cars for their daughter at the end of practice.
- Athletes are encouraged to shower as soon as they arrive home and wash practice clothes before the next use.

