

Winona Winhawk Volleyball 2020 Safety Plan

Where: WSHS Gym and WMS Gym

Reminders for Players:

- Players should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same students always working out together. This ensures more limited exposure if someone develops an infection, current pod size is 25.
- There must be a minimum distance of 6 feet between individuals when arriving and leaving the session. Players must leave the gym within 10 minutes of the end of practice.
- Social distancing does not end until players are back in their vehicles to go home. Masks must be worn until entering their personal vehicle.
- Masks will be worn before, during, and after the practice sessions for all players and coaches. There will be exceptions if 6 feet of distance is possible.
- Locker room use will be minimal, please plan accordingly.

Pre-Workout Screening and Gathering Requirements:

- Temporal scans and screening questions will be done daily by one of the coaches and records will be maintained electronically. Health checks will be done before participants enter the gym space. Coaches will also participate in the health checks.
- If any student shows symptoms or cannot effectively answer the screening questions, they will not be allowed to enter the building.
- Players will enter and leave through the front doors of the high school. Please arrive only 5 minutes early.
- Players will enter side doors of middle school off of Bundy Blvd. (directly into the gym) and exit through the same way. Please arrive only 5 minutes early.
- No individuals will be allowed on site prior to or after workout sessions. We must minimize congregating.
- Only students scheduled to participate are allowed at the facility. No parents, friends, other players (not scheduled) allowed at the facility.

In Case of Exposure:

- The coaching staff will notify the Activities Director if there has been exposure to the virus.

Cleaning and Sanitizing:

- Equipment will be sanitized before use and at the end of each day..
- Students must use hand sanitizer or wash hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer will be available to students at all times.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Players are encouraged to shower and wash their workout clothing immediately upon returning to home.

- Participants must bring their own water bottles and towels.
- Participants will take breaks to sanitize hands.
- Coaching staff will set-up, take down and sanitizing of equipment.