

DEPOSIT-HANCOCK CENTRAL SCHOOL DISTRICTS **Eagles Athletics Restoration**

Athletics Reopening Protocols and Procedures | Fall Sports

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All information on the following pages is subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, the New York State Education Department, Delaware County Public Health, and the New York State Public High School Athletic Association.





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PROTOCOLS AND IMPLEMENTATION PROCEDURES

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DEPOSIT-HANCOCK EAGLES ATHLETICS RESTORATION

Deposit-Hancock's Strategic Approach to
Safely Reopening Athletics During the
COVID-19 Public Health Crisis

NYSDOH Risk Definitions

Risk definitions that appear on the following pages are subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, the New York State Education Department, Delaware County Public Health, and the New York State Public High School Athletic Association





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NYSDOH GUIDANCE: RISK DEFINITIONS

Low, Moderate, High

In accordance with New York State Department of Health guidance (Interim COVID-19 Guidance for Sports and Recreation), the ability to participate in sports and recreation activities is determined by a combination of the risk for COVID-19 transmission (1) inherent in the sport or recreation activity itself and (2) associated with the “type of play” (e.g. individual practice vs. game). Sports and recreational activities are categorized by NYSDOH as “low” risk, “moderate” risk, and “high” risk.

Low Risk (NYSDOH)

Bowling, Cross Country, Golf, Tennis, Track and Field

Low-risk sports and recreation activities are characterized by:

- Greatest ability to maintain physical distance and/or be performed individually;
- Greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all.

Moderate Risk (NYSDOH)

Baseball, Field Hockey, Softball

Moderate-risk sports and recreation activities are characterized by:

- Limited ability to maintain physical distance and/or be done individually;
- Limited ability to (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.

High Risk (NYSDOH)

Basketball, Football, Volleyball, Wrestling

High-risk sports and recreation activities are characterized by:

- Least ability to maintain physical distance and/or be done individually;
- Least ability to (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.

Note: Risk definitions are subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, and the New York State Public High School Athletic Association.

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Deposit-Hancock's Strategic Approach to
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Appendix

Risk definitions that appear on the following pages are subject to change pending future COVID-19 pandemic guidance from the Centers for Disease Control, the New York State Department of Health, the New York State Education Department, Delaware County Public Health, and the New York State Public High School Athletic Association





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CROSS COUNTRY PROTOCOLS

General Considerations

The NYSDOH has determined that cross country is a **low-risk sport** (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each activity in case contact tracing is required.

Coaches will:

- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate running clothes (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Bring your own water bottle.
- Once the activity is concluded, all borrowed materials must be collected and disinfected.

Student-Athletes will:

- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).

Considerations for Parents/Guardians

- Provide personal items for your child and clearly label them.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.



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Parents/Guardians will:

- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.



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CROSS COUNTRY IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the course utilizing one designated point of entry.
- All students arriving on buses will enter the course utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses.
- All game management personnel will enter the course utilizing one point of entry and check in with assigned staff upon entry.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Daily attendance will be emailed to coaches notifying which students were absent.

Activity Procedures

- Social distancing is recommended for spectators.
- Spectators may not congregate in one area.
- Spectators will check in with assigned staff upon entry.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- Meets should consider using staggered, wave or interval starts, with a minimum of one minute.
- Have a plan in place at the finish line to avoid congestion. Consider using FAT timing system or image-based equipment to assist.

Departure Procedures

- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment (e.g. warm-up equipment, stopwatches) between use.
- Disinfect shared chairs and tables (scorer's table and bench chairs) between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – is encouraged to wash hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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FIELD HOCKEY PROTOCOLS

General Considerations

The NYSDOH has determined that Field Hockey is a **moderate-risk sport** (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is required.
- Bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard lines. There must still be 5 yards between the sideline and the bench area.

Coaches will:

- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Immediately stop any activity for the day if guidelines are not being followed.
- Place ball retrievers on the opposite side of the team bench.
- Clean and disinfect frequently touched surfaces and equipment, including balls.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc., can be done with the one player/one ball concept. Balls should be sanitized before and after each practice/game.
- A participant who does not have his/her own ball will be issued a ball that only that participant can use for the duration of the activity.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.



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Student-Athletes will:

- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).

Considerations for Parents/Guardians

- Provide personal items for your child and clearly label them.
- Pick up their child immediately if they are contacted regarding any indications that their child might have symptoms of COVID-19.
- Get medical clearance for their child to participate in activities, if directed by the district.

Parents/Guardians will:

- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.



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FIELD HOCKEY IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry.
- All game management personnel will enter the course utilizing one point of entry and check in with assigned staff upon entry.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Daily attendance will be emailed to coaches notifying which students were absent.

Activity Procedures

- Social distancing is recommended for spectators.
- Spectators may not congregate in one area.
- All spectators will check in with assigned staff upon entry.
- Surplus of chairs will be available for players on the bench for proper social distancing.
- Field hockey bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard lines. There must still be 5 yards between the sideline and the bench area.
- Coach will have a designated area by the sideline while play is live to maintain proper social distancing.
- Support staff will be seated away from others to maintain proper social distancing (utilize two scorer's tables).
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand, until otherwise notified.

Departure Procedures

- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).

Cleaning Procedures

- Consider spraying field hockey balls with disinfectant (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean field hockey balls on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – is encouraged to wash hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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FOOTBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Football is a **high-risk sport** (Least ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is required.

Coaches will:

- Help other coaches identify student-athletes who should not be at field (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



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Considerations for Parents/Guardians

- Provide personal items for your child and clearly label them.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.

Parents/Guardians will:

- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.



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FOOTBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the field utilizing one designated point of entry.
- All game management personnel will enter the course utilizing one point of entry and check in with assigned staff upon entry.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the field utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Daily attendance will be emailed to coaches notifying which students were absent.

Activity Procedures

- Social distancing is recommended for spectators.
- Spectators may not congregate in one area.
- All spectators will check in with assigned staff upon entry.
- Surplus of chairs will be available for players on the bench for proper social distancing.
- Football bench area may be extended to the 15-yard line for teams with 30+ players. Coaches are still restricted to remain between the 45- and 25-yard lines. There must still be 5 yards between the sideline and the bench area.
- Coach will have a designated area by the sideline while play is live to maintain proper social distancing.
- Support staff will be seated away from others to maintain proper social distancing (utilize two scorer's tables).
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand, until otherwise notified.

Departure Procedures

- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).

Cleaning Procedures

- Consider spraying footballs briefly with disinfectant (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean footballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – is encouraged to wash hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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GOLF PROTOCOLS

General Considerations

The NYSDOH has determined that Golf is a **low-risk sport** (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is required.
- Each participant should use his/her own scorecard.
- All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to COVID-19, especially local rules for bunker play and not touching the flagsticks.

Coaches will:

- Help other coaches identify student-athletes who should not be at the course (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own equipment.
- Golf towels may not be shared and should be washed after every practice and match.
- Players may only touch and use their own golf balls and may not touch other players' golf balls or equipment.
- Bring your own water bottle.

Student-Athletes will:

- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



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Considerations for Parents/Guardians

- Provide personal items for your child and clearly label them.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.

Parents/Guardians will:

- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment that was used by participants must be disinfected.



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GOLF IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the clubhouse utilizing one designated point of entry.
- All students arriving on buses will enter the clubhouse utilizing one designated point of entry.
- All bused students must wear face coverings while disembarking the buses.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Daily attendance will be emailed to coaches notifying which students were absent.
- Access bags and clothes will need to be in a designated area for their team.

Activity Procedures

- Social distancing is recommended for spectators.
- Spectators may not congregate in one area.
- All spectators will check in with assigned staff upon entry.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand, until otherwise notified.
- Single tee starts should be staggered.
- When directed to, each group of players will move to the first tee, remaining socially distanced.
- Scorecards and pencils will be handed out to players by the home coach. Each player will receive a scorecard for their own scorekeeping and the other player's score. There should be no scorecard exchanges.
- Refer to course modifications specific to COVID-19 regarding bunker play and not touching the flagpoles.

Departure Procedures

- All bused students must wear face coverings while boarding the bus. Dismissal will be staggered to maintain proper social distancing (front-back).

Cleaning Procedures

- Rigorously clean and disinfect any shared equipment between use.
- Remind players and coaches to clean and disinfect equipment before and after use.
- Bathrooms may be used one person at a time.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – is encouraged to wash hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.



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VOLLEYBALL PROTOCOLS

General Considerations

The NYSDOH has determined that Volleyball is a **high-risk sport** (least ability to maintain physical distance and/or be performed individually; least ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

Considerations for Coaches

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students, always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each activity in case contact tracing is needed.
- Social distancing is required at all times.
- Wear face covering at all times.

Coaches will:

- Help other coaches identify student-athletes who should not be at the facility (must leave immediately).
- Communicate directly with the athletic director before starting activities for the day to assure that all procedures have been completed with student-athletes and coaches.
- Keep their athletes in groupings 10 or less at all times, with social distancing enforced.
- Wear a face covering at all times.
- Immediately stop any activity for the day if guidelines are not being followed.

Considerations for Student-Athletes

- Consider making each student responsible for his/her own supplies.
- Students should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every activity immediately upon returning home.
- Once the activity is concluded, all borrowed materials will be collected and disinfected.

Student-Athletes will:

- Wear face coverings unless they can't tolerate them during physical activity.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).



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Considerations for Parents/Guardians

- Provide personal items for your child and clearly label them.
- Make sure their student-athletes complete the daily screening.
- Pick up their child immediately if contacted regarding possibility that child has COVID-19 symptoms.
- Get medical clearance for their child to participate in activities, if directed by the district.
- Spectators are permitted, but they must wear face coverings and may not congregate by others at the facility.

Parents/Guardians will:

- Follow the NYSDOH guidance if permitted to attend as spectator.
- Check in with assigned staff upon entry.
- Refrain from congregating by others at the facility.
- Wear a face covering, until otherwise notified.
- Wash hands/use hand sanitizer frequently.

Facility Cleaning

- All areas and equipment used by participants must be disinfected.



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VOLLEYBALL IMPLEMENTATION PROCEDURES

Arrival Procedures

- All walkers and those who self-transport will enter the building utilizing one designated point of entry (Locker Room Entrance). Face coverings and proper social distancing are required upon arrival.
- All game management personnel will enter the course utilizing one point of entry (Locker Room Entrance) and check in with assigned staff upon entry. Face coverings and proper social distancing are required upon arrival.
- Officials will use the coach's office one at a time to maintain social distancing.
- All students arriving on buses will enter the building utilizing one designated point of entry (Locker Room Entrance).
- All bused students must wear face coverings while disembarking the buses and entering the building.
- Athletes will be verbally dismissed from the buses by the driver, one row at a time, to maintain proper social distancing (front-back).
- Daily attendance will be emailed to coaches notifying which students were absent.
- Spectators from home and away teams, if permitted, must enter the gymnasium through the front entrance.

Activity Procedures

- Face coverings must be worn at all times by coaches and spectators (if permitted).
- Enforce social distancing of at least three feet for spectators (if permitted).
- Staff will wear face coverings, until otherwise notified.
- Access chairs will be available for players on the bench to be three feet apart. Bench players must wear face coverings.
- Coach will have a designated area three feet from others by the sideline while play is live.
- Support staff will be seated three feet from others (utilize two score tables).
- Recommendation: Rotate sanitized volleyball prior to every serve.
- Refrain from hugging, hand-shaking, fist-bumping, etc. (i.e. no contact).
- No concession stand, until otherwise notified.



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Departure Procedures

- All spectators (if permitted) will exit the building utilizing one designated point of exit (Front Entrance). Face coverings and proper social distancing are required when departing grounds.
- All walkers and those who self-transport will exit the building utilizing one designated point of exit (Locker Room Entrance). Face coverings and proper social distancing are required when departing grounds.
- All students departing on buses will exit the building utilizing one designated location (Locker Room Entrance).
- All bused students must wear face coverings while exiting the building and boarding the buses. Dismissal will be staggered to maintain proper social distancing (front-back).
- All officials will exit the building utilizing one designated location (Locker Room Entrance).

Cleaning Procedures

- Consider spraying volleyballs with disinfectants (i.e. Lysol or Clorox) during any stoppage of play.
- Use of clean volleyballs on a regular basis is encouraged.
- Everyone in attendance – participants, coaches, game personnel, officials, spectators, trainers, etc. – is encouraged to wash hands for minimum 20 seconds or use hand sanitizer upon arrival and departure. Hand sanitizer will be available at the venue, if needed.