



# TEULON COLLEGIATE

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**At Teulon Collegiate we value the importance of athletics and are working on our return to practice protocol for volleyball. Below you will find information that is required to be followed by our coaches and student athletes. If you have any questions or concerns, please feel free to contact Mr. Blahut or Mr. Darragh**

- Practices are limited to 90 minutes and restricted to cohorts.
- All participants must wash or sanitize their hands upon arrival to practice.
- Balls used are to be cleaned and sanitized every 30 minutes and limit ball sharing when possible. Have a minimum of 18 volleyballs at each practice. Have a “sanitized bin” and a “dirty bin”.
- Practices are limited to a maximum of 12 students and 2 coaches in a single court setting. The maximum number of players on the court at 1 time is 12. (Volleyball Manitoba has changed this to 6 on 6 court time)
- When the gym is divided by the curtain, we will treat this as two separate courts with a maximum of 9 players and 1 coach per court.
- By having two courts we could have two different cohorts use the gym at the same time.
- All players must be aware of the rules regarding the return to practice. Masks will still be worn during close contact drills unless the athletes are from the same household.
- All players must refrain from personal contact; for example, high fives and huddles.
- Participants must wash or sanitize their hands upon completion of their practice.
- Allow breaks between drills to permit players to wash their hands and sanitize balls.
- Maintain a physical distance of 2 meters, as often as possible, when participating in drills, and maintain this distance consistently, when not actively participating in a drill.
- There will be **NO** league and/or exhibition play until further notice.
- Coaches are to keep accurate, dated attendance lists at each practice and are required to keep this information on file for at least 28 days.
- No spectators will be allowed.
- Coaches are to reinforce staying away, if feeling ill.
- Sanitizing wipes will be available to wipe down equipment and frequently touched surfaces.
- First aid kits will be available at all practices. All first aid kits will be equipped with wipes, masks and gloves, in the event that first aid is required.