

COVID-19 Return to Play COACH'S CHECKLIST



This checklist has been created to help you, as a coach, stay within the guidelines of Niagara Rapids Volleyball Return to Play protocols.

WHAT YOU NEED TO DO:

- Review the Niagara Rapids COVID-19 protocols and related documents.
- Be a role model in following all COVID-19 guidelines.
- Host a virtual parent/team meeting to educate families of the Return to Play guidelines.
- Remind athletes each session of the restrictions:
 - ✓ Medical questionnaire must be completed prior to each session
 - ✓ Face masks must always be worn indoors during all on and off court activities (athletes are exempt from wearing masks during on court training and game play)
 - ✓ Social Distancing
 - ✓ No sharing of personal items
 - ✓ No handshakes, high five, celebratory team huddles
- To eliminate further risk, coaches are expected to have closed practices until further notice.
- Social distancing must be adhered to during team huddles and meetings.
- Ensure that a team volunteer will act as the COVID-19 Health & Safety Representative (and that all COVID-19 protocols are being monitored and followed at each event). This volunteer will act as door monitor to each team practice.
- Designate an isolation area within the facility in case an athlete or coach becomes ill during practice.
- Request that athletes arrive 15 minutes ahead of practice, not earlier (to allow time for the previous team to exit the building and complete sanitizing protocols).
- Athletes must come prepared with their own water bottle. Where possible, backpacks should be left in vehicles.
- In collaboration with the team's Health & Safety Representative, ensure all equipment is disinfected after each session.

THANK YOU FOR YOUR DEDICATION AND COOPERATION