



Colleyville Heritage Volleyball Skills Protocol

The Colleyville Heritage volleyball program will use all guidelines outlined by the U.I.L. for sport specific skill training sessions starting the week of June 8th. CHVB will also implement the guidelines outlined by USA volleyball return to play guidelines in response to COVID-19.

Attendance Requirements

- All athletes prior to attending each skill session must complete the COVID-19 symptoms checklist the morning of activity. All forms will be submitted through google forms. If any athlete answers “yes” for any of the symptoms listed below they must stay at home.
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain not attributed to working out
 - Headache
 - Sore throat
 - Loss of taste of smell
 - Diarrhea
 - Fever greater than or equal to 100.0 degrees Fahrenheit
 - Known close contact with a person who is lab confirmed to have COVID-19

Additional Requirements(Before, During and After Activity)

- Be symptom free for at least 14 days prior to attending CHVB volleyball training sessions
- Do not touch your face, eyes, or mouth
- Wash or sanitize hands regularly during CHVB volleyball training sessions.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze
- All athletes must provide their own water (no shared water or food will be permitted)
- Properly dispose of your personal drinking cups or bottles.

CHVB Skills Specific Training Requirements

- Skill training sessions will take place at Heritage Middle School
 - Athletes will be required to enter the gym through the gym foyer area and required to exit the gym through the side doors that open to the bus lane to limit the interaction between training groups.
- Each volleyball training session will be 60 minutes. The training times will have a 15 minute break between sessions to limit the amount of interaction between training groups.
 - This ensures that athletes are not waiting in the foyer to enter the gym area.
 - There will be a max of two training groups per day.

- Each training group will consist of a maximum of 10 athletes. Two courts will be set up in the gym and 5 athletes will occupy each court to help maintain social distancing requirements.
 - Only one working group will be in a gym at any given time.
- Daily training groups will not share volleyballs.
 - Each training group will have their own set of balls and ball carts.
 - The balls will be sanitized at the end of each session.
- Drills will be modified to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.

If there is a positive case or if students/staff are displaying symptoms of COVID-19 we will follow the UIL guidelines for a positive test or displaying symptoms. The link to the guidelines are below.

- <https://www.uiltexas.org/files/policy/COVID-19-strength-conditioning-2020.pdf>

Groups (Times are subject to change due to gym availability)

- Training Sessions will consist of 4 groups
 - Group 1 (Monday/Wednesday): 10:15am-11:15am
 - Group 2 (Monday/Wednesday): 11:30am-12:30pm
 - Group 3 (Tuesday/Thursday):10:15am-11:15am
 - Group 4 (Tuesday/Thursday):11:30-12:30pm

Register HERE: <https://forms.gle/Wt2AuSvdh1DFvmDk7>

DISCLAIMER – These guidelines are provided for general informational purposes only and are not intended as, or should be relied upon as, specific medical or legal advice. All participants are strongly encouraged to consult with qualified medical personnel and/or public health officials for medical advice.

Additional Resources

- a. <https://www.uiltexas.org/athletics/covid-19-strength-conditioning-2020>
- b. <https://www.teamusa.org/usa-volleyball/features/usa-volleyball-response-on-coronavirus>
- c. <https://www.cdc.gov>