



We here at Dash Sports Inc. take the health and safety of all of our players, coaches, and staff very seriously. With all that has been happening during the Covid-19 pandemic, we are forced to change the way we live our daily lives. DASH Volleyball will proceed with the club season, as deemed allowable by the Badger Region and USA Volleyball. Upon using gym space for practices, in order to keep all athletes and coaches safe during these times of gym use, the following precautions will be in place. These guidelines have been established based on recommendations from the Center of Disease Control, USA-Volleyball, the National Federation of High School Sports, and Health Department.

- HAND WASHING - all coaches and athletes will be required to wash their hands with soap and water or the use of hand sanitizer *before* and *after* sessions. If possible, athletes should bring their own sanitizer; there will be some for general use at the gym. It is recommended that the athletes shower and wash their clothes and knee pads upon returning home.
- Pre-Session Screening - all coaches and athletes will need to be symptom free for at least 14 days prior to the gym session. All coaches and athletes will need to have their temperature checked on the day of the activity before they leave home
 - Anyone with a fever of 100 degrees or higher is not allowed to enter the gym/facility or participate. They will need to be fever free for 72 hours before returning to participate.
 - A COVID-19 questionnaire will be administered to all entering the gym.
 - If you report any symptoms, you will not be allowed to partake in the workouts. We suggest you contact your primary care provider or other appropriate-health care professional
- Equipment Sanitation - all volleyballs and carts will be disinfected before and after each session; the nets will be set up and taken down by coaches only
- Personal Equipment - all athletes will be required to bring a water bottle - bubblers will not be available for use; all bags and personal belongings will be kept in the gym - no locker room use, and will be separated so there is not any contact between bags
- Masks - coaches and athletes will be required to wear masks at all times
- Testing - the City of Milwaukee Health Department requires that COVID testing be completed throughout the season; please notify the coaches and club directors when testing occurs and provide results
- Small Groups - groups will be limited to 15 or less athletes per court; attendance will be kept at each practice to keep track of who the athletes and coaches for contact tracing
- General Precautions - coaches and athletes will be encouraged to avoid touching their faces at all times; there will be no contact with others: no high fives, no team huddles, no team meetings - to follow social distancing recommendations; no spectators will be allowed; the number of coaches in the gym will be limited; mouth whistles will not be used; social distancing on the court will be enforced if possible; scrimmages may occur during practices