**ASPIRE COVID RETURN TO PLAY POLICIES AND PROCEDURES**

The health and safety of Aspire’s players and coaches are the primary concerns in developing these return-to-play policies and procedures. We are considering these new steps as Phase 1 of return-to-play. The exact duration of Phase 1 has not yet been determined. We will let our players and coaches know when we consider it prudent and safe to relax some of the restrictions. Please understand we are going through unprecedented times and these new procedures have been developed with guidance from federal and local authorities. However, there is always some inherent risk in returning to training activities during this pandemic.

ATHLETES PRIOR TO COMING TO ASPIRE:

* Check your temperature and make sure you are symptom-free and have not been in close proximity to someone infected with COVID-19.
* Come to the gym ready to train with all your necessary gear already on. We will not provide areas to change clothing at this time and we will not allow backpacks or other bags.
* Plan to bring only your water bottle and phone and keys (if you are driving) or a small wallet. Aspire’s water fountains will not be available during this time.
* Plan your time carefully. We will be staggering start times but it is important for athletes to arrive at their scheduled time – not too early and not too late. Parents, please understand athletes will be asked to exit the gym immediately after their training is complete. Please make driving arrangements accordingly.

ASPIRE STAFF:

* Will be trained in our new procedures prior to allowing them to conduct training
* Will check their temperature prior to entering the gym and make sure they are symptom-free
* Will thoroughly wash their hands and make frequent use of hand sanitizer
* Depending on the gym schedule may be asked to assist in disinfecting volleyballs and frequently touched surfaces
* Will wipe down and disinfect all frequently touched surfaces between all training sessions

ASPIRE TRAINING PROTOCOL:

* Each court will start training at separate intervals of :15 minutes. Court #1 will begin at the top of the hour. Court #2 at :15 past the hour. Court #3 at :30 past the hour. And Court #4 at :45 past the hour. This will ensure minimal gathering of players upon entry and registration.
* Players will report to the registration desk promptly at the start of their training time (no more than 5 minutes early). Players will have their temperature taken by authorized staff with a touchless infrared thermometer. Players whose temperature reads 100 degrees or above will not be allowed to participate in training.
* Staff will record player names along with others involved in that training session and the name of the Coach.
* Players will place their belongings (except water bottles) in a designated area for their court.
* Players will be asked to wash their hands and arms up to their elbows with soap and water.
* Players will then be allowed to go to their courts.
* We will allow a maximum of 6 athletes per court for Phase 1 training.
* One cart with 10 cleaned and sanitized volleyballs will be placed on each court.
* Each court will have a large trash receptacle, hand sanitizer and facial tissues available. Players will be asked to apply hand sanitizer at scheduled intervals. If players need to cough or sneeze, tissues and trash are close by.
* Upon completion of training hour, the cart and balls used will be returned to the sanitizing area and a fresh cart and volleyballs will be placed on the court for a new group of athletes.
* Coaches and players will pay close attention in order to avoid having any volleyballs roll on to other courts and have those balls immediately kicked back to their assigned courts.
* All players will be allowed to enter through one door (main entry) and asked to leave through the small gym door.
* Only one bathroom stall for female athletes and one for male athletes will be provided. Athletes must report to staff if they need to use the restroom to ensure that only one person is in the restroom at a time.
* Players will be instructed in these new protocols and new restrictions on social gathering and physical contact during their first training.
* IMPORTANT: During Phase 1 of training, each athlete will be assigned one coach and one set of fellow athletes with whom they are allowed to train. Athletes will not be allowed to jump from court to court or from coach to coach during this time. They will be, in-effect, frozen on a roster for purposes of minimizing potential cross-contamination and easing the process of contact tracing if it should become necessary. If a player or coach were to become infected, the club will alert all players and coaches suspected of being in close contact with the infected person with confidentiality and guidelines set forth by the ADA.
* IMPORTANT: Parents and other family members or friends will be asked to stay outside of the gym. If you need to talk to Aspire staff, have the player inform staff of that request and please be patient while we come find you to answer your questions.