




HOW DO WE BOUNCE BACK: A SAFE RETURN TO VOLLEYBALL

As our nation begins to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus.







FACILITY CONSIDERATIONS

-  Outdoor activity has been deemed safer than indoors.
-  Beach and grass volleyball would be deemed safer than indoor volleyball at this time.
-  Minimize the total amount of users in one space at any given time.
-  Avoid or minimize contact with commonly touched surfaces.




PARTICIPANTS

-  Group sizes should always be minimized.
-  Stay at home if displaying symptoms of COVID-19 in the past 14 days.
-  People over 65 years of age or people with underlying health conditions are deemed to be higher risk.

CONTACT MINIMIZATION

-  Physical distancing should be practiced whenever possible.
-  Spectators should be discouraged and if present must abide by physical distancing guidelines.
-  Participants should not be sharing equipment.
-  Keep volleyballs designated for specific groups of participants.
-  Use sanitizing spray or wipes on balls at frequent intervals.
-  Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be avoided.

GOOD HYGIENE

-  Hand washing or sanitizing at intervals throughout should be encouraged.
-  Avoid touching ones face throughout play.
-  Consider wearing a mask and gloves.

RETURN TO VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally.

The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.

