



Coastal Volleyball Academy

COVID-19

Safety Guidelines

**As USA Volleyball resumes play on Friday, May 15, BAJA / Coastal Volleyball Academy will begin conducting in-person training sessions, workouts and modified practices. All coaches and athletes should follow USA Volleyball and the CDC Guidelines which include but are not limited to the items listed below.**

**In addition, by participating in any BAJA/CVA led training session, workout or practice, the athlete and family assume full responsibility for their athletes health and safety. In no way will BAJA/Coastal, our coaches, staff, facility being used or facility owner be held responsible for any injury or illness.**

**When participating in training sessions, workouts or practice, all athletes, coaches and staff must adhere to the following:**

- In the last 14 days, if you have been sick, shown symptoms of sickness, have been in close contact with anyone who has tested positive for COVID-19 , are coughing or consistently sneezing please do not attend.
- Do not gather in groups.
- No handshakes, high-fives or intentional touching
- No sharing drinks or food. Water bottles should be labeled and kept in a safe distance from other water bottles.
- Though masks are not required to be worn during activity, please bring your mask.
- Athletes are to train in groups of 12 or less. BAJA/Coastal will make every possible effort to keep the groups small and athletes spread apart.
- If using a ball, it will be wiped down at the end of each session
- Bring a personal towel and do not share with others.