



## Miami Elite COVID-19 Safety Guidelines

**As USA Volleyball resumes play on Friday, May 15, Miami Elite 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 Miami Elite-led training session, workout or practice, the athlete and family assume full responsibility for the athlete's health and safety. In no way will Miami Elite, 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.
- Maintain 6 feet of distance between people. Do not gather in groups.
- No handshakes, high-fives, intentional touch.
- No sharing drinks or food. Water bottles should be labeled and kept at a safe distance from other bottles.
- Though masks are not required to be worn during activity, please bring your mask.
- Athletes are to train in groups of 10 or less. Miami Elite will make every possible effort to keep the groups small and athletes spread apart 6 feet.
- If using a ball, it will be wiped down at the end of each session.
- Bring personal hand sanitizers and/or wipes to clean hands after each session.
- Bring a personal towel and do not share with others.