



# NORTH WESTERN VOLLEYBALL CLUB

## BEST PRACTICES

1. Change and use the bathroom at home prior to attending a volleyball session. Participants are encouraged to strictly follow all public health hygiene rules and general recommendations.
2. Wash or sanitize hands before, during and after each volleyball session.
3. Avoid touching your face, and cough or sneeze into your elbow.
4. Long hair should be tied back to discourage participants touching their faces.
5. Each participant should bring and label their own water bottles, towels, and hand sanitizer.
6. Do not share your equipment or personal items with other participants.
7. Avoid using change rooms, washrooms, meeting rooms, and water fountains.
8. Avoid cheering/singing, these activities have a higher risk because infected people can transmit the virus through their saliva or respiratory droplets.
9. Avoid unnecessary contact between participants (e.g. handshakes, high-fives, hugs, etc.), and whenever possible all participants should maintain physical distancing of 2 meters.
10. Coaches and training staff are encouraged to wear masks, athletes should not wear masks.
11. Use electronic whistles over traditional whistles.
12. Individuals over 65 years of age or with underlying health conditions are deemed to be higher risk. These people should not attend volleyball activities until they have medical clearance and approval to participate. This includes spectating.
13. Those who live with high-risk individuals should also seek medical consultation prior to their participation.