

CSHS Volleyball Sport Specific Training Protocols & Schedule

Students must park in the designated parking lot and walk to the entrance to the main gym. Students must remain socially distant (6 feet apart while on school grounds.) Only one entrance will be open for entering the facility. The entrance door is the main gym door on the first floor, the same one you would use as entrance to an event. The exit door is the main gym door on the back staircase.

Prior to entering students will be screened by a coach. They will be asked if they feel any of the following symptoms and their temperature will be taken and recorded as well as their attendance. Coaches will also be screened.

COVID Symptoms for Screening

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is a lab confirmed to have COVID 19

Hand sanitizing stations will be placed at the entrance, exit, and inside the gym. Athletes must sanitize their hands prior to entering, as well as exiting the gym.

Athletes must bring their own labeled water jug. Water fountains are not available for use. Shared water or food is not allowed.

Upon entering athletes will place their water jug on the designated poly spot. During water breaks, athletes must remain on their poly spot. There can be no huddles.

Athletes will have previously informed Coach Street via a Google form at the beginning of the week about their attendance for the Sport Specific Training (SST.) They will receive gym set up assignments in order to remain socially distant and avoid huddles. *If attendance changes, athletes must notify Coach Street.* An athlete that does not notify Coach Street before about attending the session will not be allowed to participate. There is a 10 to 1 player to coach ratio, so communication about attendance is of the utmost importance.

The screenings will begin at 7:45am. There can not be any huddles while waiting to be screened. If a line is formed then athletes must remain 6 feet (two stair steps) away from the athlete in front or behind them. Athletes will be placed in a group of 10 or fewer and will remain

with that group for the entire session. Each group will have its own ball cart, and the balls and carts will be sanitized prior, during, and at the conclusion of the sessions.

Athletes will not high five, hug, form huddles, or conduct any other physical contact. Markings/spots will be designated for athletes to stand in order to maintain social distancing when not active in the drill. Coaches will remain socially distant.

Masks and coverings may be worn, but will not be required. There will be a designated area for players to remove their masks if needing to take a break, breathe, or cool off.

Upon exiting, athletes will stand on their designated water bottle poly-spot and will be released by the coach one at a time. Each athlete will sanitize their hands as they exit the facility through the designated door.

The schedule for SST is as follows. Athletes are able to attend as few or as many sessions as they like. However, priority is given to the athletes in positional practices if that is their specified position. For example, a defensive specialist can sign up for the OH/RS & setting session, however, if the session is full then priority will be given to the OH/RS or setter positions.

SST will be available for the following weeks:

| | |
|---------------------|---------------------------|
| June 8 -12 | June 29 - July 2 |
| June 15 - 19 | July 6, 9 & 10 |
| June 22 - 26 | July 13th-17th |

Sport Specific Training Schedule 9th-12

| Time | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|-----------------|-------------------------------------|---------------------------------------|-----------------------------------|------------------------------------|--------------|
| 8:00am - 9:00am | Attacking/Serving Technique work | OH/RS & Setters Positional work | Defense/Passing Technique work | Middles/Setters Positional work | Optional SST |

Sport Specific Training 7th & 8th
Wednesdays and Thursdays 1:00-2:00 Beginning the week of June 15th.

Players are allowed a maximum of 5 hours of SST per week. Athletes can not exceed 60 minutes of SST in a single sport per day. They are allowed another 30 minutes of SST per day for another sport. A multi-sport athlete cannot exceed 90 minutes of SST per day.

SST is not required. If an athlete or parent feels it unsafe to attend, they are recommended to stay home.

All protocols must be followed. If an athlete cannot follow protocol, they will be asked to leave.