

# Volleyball – Health protocol to learn the sport

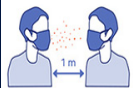
*The recommendations given on this sheet are subject to change depending on the evolution of the health situation.*

## Permanent Health Precautions

### Anytime during the day



Masks are compulsory all the time except during practice.



Avoid close contacts with each other and make sure to practice social distancing (>1m).



Wash your hands regularly.



Cough or sneeze into your elbow.



Use single-use tissues and throw them away in a closed trash can.



Greet your friends but don't shake hands.



Avoid touching your face.

### General Instructions to enter the gymnasiums :

- **Display of health precautions.**
- **Masks are compulsory.**
- **Specific pedestrian traffic directions depending on gymnasiums.**
- **Locker rooms will be available near the entrance but we strongly recommend the students to come already dressed, except for the shoes. No personal belongings may be left in the locker rooms. A clean pair of gym shoes is required.**
- **Every student must come with their own distinctive water bottle.**
- **The public is not allowed to come during practice.**

### Chronological organization of practice :

**Practice starts 10 minutes after the scheduled time, students may enter the sport facilities 5 minutes after the scheduled time and NOT BEFORE.**

**Students must wash their hands at the facility's entrance (soap or hydro-alcoholic gel are available).**

### Start of practice :

- **A distribution of roles will be determined : setting up/taking down the net and cleaning the equipment used.**
- **Wearing a mask is compulsory while giving out the instructions.**
- **For the first practice and for each newcomer, health precautions shall be communicated.**

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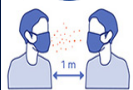
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## During practice :

- *Students may take their mask off during practice. We recommend them to store it in a plastic bag (e.g. ziplock bag) they will bring.*
- *Students must practice social distancing and health precautions while the general instructions are given out and as much as possible during practice.*
- *Physical contacts such as handshakes are forbidden.*
- *The equipment (cones etc.) is to be handled by the teacher only.*

## End of practice :

- *15 minutes before the end of class : general debriefing (students put their mask back on and wash their hands).*
- *Depending on the determined roles, the students and teacher clean and put away the equipment used.*
- *Students take their belongings and get out of the gymnasium by following the signs 10 minutes before the end of the scheduled time.*
- *The gymnasium is to be ventilated by opening all doors and emergency exits.*