

Return to Play Guidelines - CoVid 19

MHS VOLLEYBALL

2020 – 2021

TRANSPORTATION:

Date	Opponent	Location
9/11	Memorial & Rock Hill	Frisco Memorial
9/12	Liberty, Lovejoy, Prosper	Lovejoy
9/18	The Colony	Colony
9/19	Wylie	Wylie
9/25	Guyer	Guyer
9/29	Allen	Allen
10/13	Little Elm	Little Elm
10/16	Braswell	Braswell
10/30	McKinney Boyd	Boyd
11/3	Prosper	Prosper

Buses will be provided to and from every away match/scrimmage. Athletes are expected to ride the bus to the match unless otherwise discussed with your head coach, but athletes may ride home with their parents or other rides listed on the travel form.

LOCKER ROOM SCHEDULES:

- Locker Rooms will **not** be available prior to school in the morning. Locker rooms will be utilized ONLY for changing before practice (6th period will be open before practice, but athletes will not be able to re-enter the locker rooms before 7th period; BRING COVER SHORTS).
 - 9A 12:48-12:58PM – ½ of 9A will change while the other ½ sets up courts.
 - 9B 12:58-1:08PM – ½ of 9B will change while the other ½ sets up courts.
 - V 1:42-1:52PM – ½ of varsity will change while the other ½ is setting up the nets.
 - JV 1:52-2:02PM – ½ of JV will change while the other ½ is setting up the nets.
- Athletes will be expected to wear a mask while they are in the locker room. While they are in the locker room, there will be a coach present to make sure athletes are 6ft apart during the allotted time.
- After the allotted change time, athletes will grab their bags and belongings and keep them in an organized line in the bleachers.
- Once athletes are done changing, they will be completely cleared out and another group will follow and go through the same procedures.

ATHLETIC PERIODS:

- 12:48-12:58PM - ½ 9A will enter locker room, change, and exit with all belongings to be placed in the gym for practice while the other ½ of 9A is putting up the nets in the gyms. 9A will switch after 5 min; 9A/9B will switch after 10 minutes. Coaches will make the groups and give athletes specific responsibilities so there is no confusion on who goes where. Face coverings will be worn in the locker room, to the gym, and anytime an athlete is not actively participating in a drill. Athletes are expected to hand sanitize during every water break.
- 12:58-1:08PM - ½ 9B will enter locker room, change, and exit with all belongings to be placed in the gym for practice while the other ½ of 9B is putting up the nets in the gyms. 9B will switch after 5 min; 9B/9A will switch after 10 minutes. Coaches will make the groups and give athletes specific responsibilities so there is no confusion on who goes where. Face coverings will be worn in the locker room, to the gym, and anytime an athlete is not actively participating in a drill. Athletes are expected to hand sanitize during every water break.
- 1:42-1:52PM - ½ Varsity will enter locker room, change, and exit with all belongings to be placed in the gym for practice while the other ½ of varsity is putting up the nets in the gyms. V groups will switch after 5 min; V/JV will switch after 10 minutes. Coaches will make the groups and give athletes specific responsibilities so there is no confusion on who goes where. Face coverings will be worn in the locker room, to the gym, and anytime an athlete is not actively participating in a drill. Athletes are expected to hand sanitize during every water break.
- 1:52-2:02PM - ½ JV will enter locker room, change, and exit with all belongings to be placed in the gym for practice while the other ½ of JV is putting up the nets in the gyms. JV groups will switch after 5 min; JV/V will switch after 10 minutes. Coaches will make the groups and give athletes specific responsibilities so there is no confusion on who goes where. Face coverings will be worn in the locker room, to the gym, and anytime an athlete is not actively participating in a drill. Athletes are expected to hand sanitize during every water break.