

Return to Play Guidelines - CoVid 19

MNHS Volleyball

2020 – 2021

TRANSPORTATION:

All games below parents will be allowed to pick up. Busses will be provided for drop off and pick up.

| DATE | OPPONENT | SITE |
|------------|----------------------------|----------------|
| Sept. 11th | Scrimmage | Marcus HS |
| Sept. 12th | Scrimmage vs Lebanon Trail | LTHS |
| Sept. 15th | Plano McMillen | Plano McMillen |
| Sept. 15th | Plano East | Plano East |
| Sept. 22nd | Marcus HS | Marcus HS |
| Sept. 25th | | |
| Sept 26th | Coppell HS/ | Coppell HS |
| Oct. 2nd | Sherman | Sherman HS |
| Oct. 9th | Lovejoy | Lovejoy |
| Oct. 13th | Wylie East | Wylie East |
| Oct. 16th | Princeton | Princeton |
| Oct. 23rd | Prosper Rockhill | Rockhill |
| Oct. 27th | Denison | Denison |
| Nov. 3rd | The Colony | The Colony |

LOCKER ROOM SCHEDULES:

Each girl we be given a locker with 3 in between each player on their team. Coaches will sanitize shared areas between groups. Once an athlete has left the locker room all belongings will be brought with them into the gym.

6th Period:

12:45pm-12:50pm Freshman A will dress and Freshman B will set up the net.

12:50pm-12:55pm Freshman B will dress and Freshman A will go to gym.

7th Period:

1:40pm-1:45pm JV will set up net while Varsity dresses

1:45pm-1:50pm JV will dress out while Varsity goes to gym

MISD Volleyball Locker Room Protocol

- 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 and after practice to change).
- Athletes will be placed into groups and will have an allotted time to get dressed. 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 a designated space in the gym.
- Once a group is finished with changing, they will be completely cleared out and another group will follow and go through the same procedures.
- Showers will not be available.
- Athletes during 6th period will be able to change in the locker room towards the end of the class period. They will follow the same exact locker room protocol.
- The locker room will be sanitized following after each use.
- Athletes will be required to sanitize and wash hands before entering and leaving the locker room.

ATHLETIC PERIODS:

Face coverings will be worn at all times while in the locker room, gym and hallways. Face coverings may be removed while drinking water or eating. Athletes are expected to hand sanitize during every water break or bathroom break.

Athletes will enter the athletic hallway and each team will proceed to their given spot/location:

6th Period:

12:45pm-12:50pm Freshman A will dress and Freshman B will set up the net.

12:50pm-12:55pm Freshman B will dress and Freshman A will go to gym.

7th Period:

1:40pm-1:45pm JV will set up net while Varsity dresses

1:45pm-1:50pm JV will dress out while Varsity goes to gym

An athlete's belongings will stay with them whether in the gym or in the locker room. Once an athlete has left the locker room they will bring all their belongings with them and NOT return to the locker room.