

Before Games and Practices:

1. Instruct any player, coach or parent who is not feeling well to stay home and be excused from participation. Players should only be transported to events by and with members of their immediate household.
2. Any player who has tested positive along with the rest of the team that has come into contact with he or she must quarantine for 10 days. Opposing teams that came into contact with the player and CAL must also be notified.
3. Any player who is awaiting the results of a COVID-19 Test **should not participate while waiting for the results.**
4. Collect (or have the catholic school verify) a COVID-19 Screening Tool from each of your players before any practice or game.
5. Complete the CAL attendance roster form, bring it to all games and practices and keep a copy on file for your records after the practice or game.
6. Complete the Coach Attestation form online before every game. This is mandatory and the link can be found on the CAL Website (www.calsportsri.org)
7. If a team cannot compete due to insufficient numbers for any reason, the Athletic Director for that Division must be contacted at least two hours before a game is to be played or a forfeit fee will be assessed to the school or parish. **A team cannot have more than 15 participants on the sideline. This total includes all game day players and coaches.**

During Games and Practices:

1. Players and coaches should not arrive at a gym any sooner than 5 minutes before game time to allow for cleaning and disinfecting before or between games. **Game times shall be spaced out to include 1 hour and 15 minutes between multiple games at a site.**
2. Coaches, staff, officials, spectators and players must wear a face mask that covers their mouth and nose at all times. Gaiters will not be allowed to be worn by players in games. **Referees shall use electronic whistles.**
3. Teams (stable groups) should maintain a physical distance of 6 feet from each other. Players on the same team who are not participating should maintain a physical distance of 6 feet from each other utilizing bleachers or chairs.
4. Teams should gather beyond the attack line while maintaining the recommended physical distance, to offer an opening prayer and conduct the coin toss at all contests. **Pre game warm ups shall consist of stretching only, volleyballs should not be used in warm-ups.**
5. Spectators should be maintaining a physical distance of 6 feet from the outer boundary of play. At no time should spectators be on the court either before, during or after a contest or practice.
6. Student athletes will not be allowed to share any equipment whatsoever.
7. Coaches will instruct and encourage their players to wash their hands with soap and water for at least 20 seconds or to sanitize them before during and after practices and games (when substituting in and out) with a solution made up of at least 60% alcohol. Host teams shall provide a table (scorer's table) or chair to hold hand sanitizer and wipes that they are providing for game use. **One individual provided by the home team shall be seated at the scorer's table**

and operate the scoreboard. An assistant coach can keep the scoresheet for their team on the sideline but shall not occupy a space at the scorer's table.

8. Responsible parties will clean and disinfect all shared objects including chairs, tables, equipment and volleyballs before during and after any CAL activity. Home Team supplies 3 game balls, which shall be rotated in and out of play frequently and cleaned with disinfectant spray or wipes each time they are rotated out and before being put back into play.

After Games and Practices:

1. There will be no congratulatory handshakes or high fives before during or after the games or practices.
2. Coaches must use their influence to convey the concept to all student athletes and families that remaining physically distant before and after the event will help prevent the spread of any virus by not congregating too closely before or after a CAL activity.