

Parent/Player/LJV COVID-19 Commitment

La Jolla Volleyball, Inc. (LJV) will abide by the most current guidelines of the County of San Diego Public Health Order. The following guidelines are based on the San Diego County orders and guidelines, and may change during the season. Please be aware that our ability to continue to operate in the County of San Diego and the State of California depends on your compliance with all these requirements.

1. You attest that you and your child have reviewed the information on the CDC website regarding COVID-19, including recognizing the symptoms of COVID-19 and the recommendations for ways to prevent the spread: <https://www.cdc.gov/coronavirus/2019-ncov/>
2. You attest that you will not send your child to practice if their temperature is above 100° F or if they have COVID-19 symptoms based on CDC guidelines.
3. You attest that if your child has displayed COVID-19 symptoms, you will not allow them to return to practice until they have tested negative for COVID-19 and provide a medical professional's clearance; or at least 10 days have passed since the onset of symptoms, and at least 3 days (72 hours) have passed since recovery (no fever without the use of fever reducing medication).
4. No spectators will be allowed in our practice facility, to minimize risk of transmission of disease.
5. You are encouraged to drop off your child at the beginning of practice and return at the end of practice to pick them up. If you stay in the area, you must remain outside of the gym and practice social distancing from other parents.
6. Participants that are not from the same household may not carpool to and from practice. You attest that you and your child will refrain from unnecessary physical contact with others, including hugs, high fives, and fist pumps which are not permitted per the County protocols.
7. You and your child will sanitize your hands at the beginning, middle and end of practice. The team will provide sanitation stations, but request that each player bring their own bottle of hand sanitizer.
8. Equipment bags must be kept within the area for each stable group, and each bag must be 6 feet from each other.
9. Participants must bring enough water as drinking fountains will not be available
10. You understand that our use of the fields is limited to practice and drills (no competitions allowed yet).
11. You understand that practices will be organized in stable groups of 12 participants. There will be no interaction (i.e. scrimmaging) between different stable groups. Per the County protocols your child must remain in their assigned stable group.
12. You attest that you understand everything stated above AND agree to abide by all applicable rules and guidelines in order to help minimize and stop the spread of COVID-19.

Thank you for educating yourself, others AND cooperating!

La Jolla Volleyball Club