



COVID-19 Protocols

Last updated: November 3rd, 2020

Effective Date

This policy comes into effect as of September 21st, 2020.

Review Period

The policy is reviewed on an annual basis by the MAC Executive and is updated as required in consultation with the COVID-19 MAC Operating Group.

MAC Protocols

- Before entering the facility, all athletes must complete a health screening and attendance check conducted by a Coach and initialed by the athlete after completion.
 - **Athletes are required to bring a pen.**
- Athletes are required to store all belongings in their bags, which include; a pen, mask, extra water and all belongings required for practice.
- Masks must be worn throughout the entire MAC event. While entering the building, during practice and/or scrimmage and leaving the facility.
- When entering the building, everyone must use the hand sanitizer provided at the entrance.
- When entering and exiting the gym, all athletes must sanitize their hands. For example, if an athlete leaves the gym to use the washroom, they must first sanitize their hands, use the washroom and when returning, sanitize their hands again before re-joining practice. Hand sanitizer stations are located inside the gymnasium doors.
- Gym bags will be permitted BUT all belongings must be able to fit into your gym bag. All bags must be spread out at least 6 feet apart from one another along the edge of the stage or bleachers.
- The water fountains MUST not be used. All athletes must bring additional water to last the entire practice. No sharing of water bottles will be permitted.
- Items that are porous are more difficult to sanitize, such as foam rollers. Therefore, personal belongings MUST NOT be shared between participants (ie. water bottles, foam rollers, knee pads, arm sleeves, ankle braces, extra shirts, etc.)
- Spectators will not be permitted during tryouts, practices, games or other events without prior consent that has been arranged by the Head Coach with the COVID-19 MAC Oversight Group.
- A Rubbermaid container has been stored in the HDCH equipment room with extra supplies for all MAC coaches. When inventory runs low, coaches must advise the COVID-19 MAC Oversight Group for replenishment.



Coach Protocols:

- At the start of each event and before entering a facility, a Coach must complete the daily health screening and an attendance check for all athletes, other coaches, volunteers, etc. and then have it initialed before filing it in their MAC Team Tracking Logbook.
- Coaches are suggested to run warmups outside before entering the facility to help facilitate practice time. Social distancing must still be maintained.
- If the gym is being shared, Coaches must ensure the wall divider is down and in place before athletes enter and practice begins.
- In order for a Head Coach to host or travel to an exhibition game, host or plan any fundraising activities, host or to plan a team bonding event or other similar activities to the examples provided, the Head Coach must have an approval from the COVID-19 MAC Oversight Group to ensure COVID-19 protocols are tracked and followed.
- Scrimmages are acceptable, however, can only take place if both teams are in Stage 3 of Ontario's framework for re-opening the Province.
- Coaches and athletes must always wear a face mask during practices and scrimmages.
- Coaches are responsible for wiping down and cleaning all equipment before it is put back in the equipment room.
- Coaches must wipe down and clean all balls before they are placed back in the ball bag(s).
- Coaches must ensure social distancing is enforced during drill debriefs, warmups, stretching, water breaks, sanitizer breaks and practice.
- Drills that keep athletes in close proximity to one another cannot be used. For example, a hitting drill against a static two player block cannot be used. However, you can modify the drill to have a middle blocker close the block with the outside hitter before returning to their IDP.
- Coaches will remind athletes that hand shaking, high fives, etc. are not permitting and continually enforce social distancing.