

COVID 19 GUIDELINES

Volleyball Small Group / Individual Lessons

SWI Third Degree Volleyball Club is offering individual and small group volleyball lessons at the Iowa West Field House. All lessons will be provided with respect to social distancing and under guidelines provided by the State of Iowa and USA Volleyball.

1. Lessons are by scheduled appointment only.
2. Players must be free of any illness and not exhibited any symptoms of Covid 19 for 14 days prior to their lesson.
3. Players scheduled for lessons will not be allowed into the facility until the start time of their lessons. Players should stay in their vehicle until the appointed lesson time and then enter through the two northwest doors that are marked "Exit Only".
4. Please respect the 6' social distancing requirements when entering the building. Do not gather in groups to wait or enter.
5. Upon entering the building players shall go to the individual floor markers and wait for staff to clear them to proceed to a court.
 - Players temperature will be taken and anyone with a temperature above 99 degrees will not be allowed to participate.
 - Players will be given hand sanitizer by staff before proceeding to a court.
6. Players and coaches must maintain 6' social distance during all lesson activities. Anyone who violates this will be warned once and if continuing to ignore the requirement will be asked to leave.
7. Each court will be provided with a cart of volleyballs which will be dis-infected prior to the lesson.
 - Balls will not be shared between courts. If a ball from your court goes onto another court it will be moved out of the way and not retrieved. Same applies if a ball comes onto to your court.
8. No more than four (4) players on one side of a net:
 - Players shall maintain 6' social distancing except for drills requiring less distancing, i.e. quick attacks, blocking, etc. Social distancing shall still be maintained in lines for these drills.
9. Players should not bring bags into the Field House. Shoes/knee pads for lessons should be carried in.
10. Players will sit in a designated area to change shoes/removed jackets, sweatpants, etc. No sitting at the bar area around the courts.

Other important notes:

- No spectators or parents are allowed in the Field House during lessons. You may contact Mark (402-212-4792) or Alan (402-290-3512) during lessons if you have questions or need your child to leave early.
- No water fountains are available for use. Players must bring their own water bottle or drinks into the facility.
- No concessions or snack machine use.
- Restrooms – the two family restrooms are available for use. Please do not use the main restrooms.
- The facility will be locked between lessons and staff will disinfect the areas and equipment used.