

2020 Carolina Legacy Beach COVID-19 protocol

We are excited that we are about to embark on our first beach season as Carolina Legacy Volleyball Club; however, we understand that it cannot be business as usual given the health concerns over COVID-19. We at CLVC want to do everything possible to keep your child safe while at the same time affording them the opportunity to enjoy and grow in the sport of beach volleyball. For the summer of 2020, we are adopting the following policies.

- If your player or anyone in your household is experiencing symptoms of COVID-19, which include but are not limited to fever, cough, body aches, loss of taste or smell, please refrain from attending any and all practices and tournaments for no less than 2 weeks.
- If your player or anyone in your household has been diagnosed with COVID-19, please notify CLVC director immediately (919-339-3535).
- We will adhere to all recommendations set forth by state and local authorities when it comes to gatherings. Players will be divided up into groups of 8-9 based on age, level, and skill. They will train and partner within their assigned groups for the entire 8-week season. We will not intermix groups while training or for tournaments.
- Parents must drop and go for practices. While normally we are very open to families viewing our practices, this summer we are asking that parents remain in their vehicle during training sessions. Tournaments may have a different set of expectations regarding spectators; we will honor and respect the rules that each tournament director sets forth.
- Balls and equipment will be sanitized before, during, and after each training session.
- We will have no less than 15 minutes between training sessions to allow time for each group to clear the court and equipment to be sanitized. No player may enter a court until all players from the previous training session have cleared.
- Each player must bring his/her own clearly marked and personalized water bottle (a half-gallon jug is recommended). Absolutely no plastic store-bought bottles will be permitted on site (Dasani, Nestle, Sam's Club, Aquafina, etc.).
- Masks while playing are optional. Masks when entering, existing, and during breaks are recommended. Coaches will wear masks during training sessions.
- We will adhere to 6-foot social distancing guidelines whenever possible; however, there will be times especially during play when 2 players will be closer than 6 feet.

CLVC Elite Beach Players

- For strength and conditioning sessions (which will run the same days as a scheduled practice) each player will need to bring his/her own yoga mat and resistance bands. Under no circumstance may mats or bands be shared between players. 6-foot social distancing protocol will be followed during strength and conditioning sessions. We will provide sanitizing wipes for equipment to be wiped down before and after use. Masks are optional during workout, recommended when entering, existing, and during breaks. Coach will wear a mask during training session.