



2850 SW Cedar Hills Blvd. Suite #313 Beaverton, OR 97005



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We all must follow the Governor's current order and Oregon Health Authority (OHA) requirements related to COVID-19 and public safety. All our THN guidelines for COVID-19 exist so we can return to play responsibly and help maintain a practice environment and gym culture that minimizes the potential spread of COVID-19. All Participants must also sign our 'THN COVID-19 Waiver' prior to participating in any THN organized program. THN employees, staff, coaches, contractors, representatives and volunteers must review and follow the OHA General Guidance for Employers on COVID-19

(<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2342C.pdf>) and the OHA Reopening General Guidance for the Public

(<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2342D.pdf>).

Note: New guidelines issued after the time of this writing will be applied where applicable.

## STOP THE SPREAD OF GERMS

### COVID-19 Symptoms

#### Expectations for Staff/Coaches

##### **Prior to Practice**

- All staff must have a negative covid test before beginning coaching.
- In accordance with the governor's travel policy, notify staff if you have or will be traveling out of state and quarantine or re-test before continuing to coach.
- All staff must be symptom free for at least 14 days before entering the facility.
- Arrive at least 5-10 minutes before training begins.
- Limit personal belongings to keys, phone, water, and practice plan. Wear a mask at all times after getting out of your car.
- Per the governors face mask order, you must wear a mask while coaching.
- Wait for the previous group and or coach to exit the building.
- Take personal temperature upon entry & wash hands, if temp. is elevated (>100deg) sanitize anything you touched, inform Coach Kyle and leave immediately.



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- If you are the first coach to arrive, open back doors, prop them open and turn on ac/heat, to make sure the gym is vented properly.
- Do not touch mops and or brooms, cleaning will be handled by authorized personnel.
- Keep track of who you are training daily with their temperature reading. If asked we may have to provide this to the state.

### **During Practice**

- Try to minimize face touching
- Wear a mask, this is a state mandate, businesses and individuals can be fined for violating this order.
- Modify drills to limit personal contact and potential violations of social distancing. (including coaches tossing balls, use player toss or self toss as much as possible)
- It is your responsibility to make sure that players stay spaced out at all times (shagging, getting water)
- Space out player water bottles, or take turns getting water. Each court has marks on the ground for proper spacing of water bottles.
- Reinforce the rules and monitor players to make sure they are not touching each other during drills.

### **After Practice**

- End each session in a timely manner, so there is time for athletes to change and leave which allows time for the next coach to begin procedures before the next training.
- Do a visual sweep of the courts. There will not be a lost and found. Unclaimed items will be thrown away.
- Wash or sanitize hands prior to leaving.
- Spray net top and bottom, places where players hung masks, bathroom soap and faucet handles, door handles to bathrooms, balls, carts, and any training aids used. (Put away anything that you used during your training session after it has been sanitized)
- Leave promptly, no loitering or visiting before/after sessions.
- Be aware of and disclose any potential contacts with affected individuals.



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- Players to exit immediately when finished and make sure all players have been picked up before leaving. Older players exit and leave immediately also.
- This is a working document that may be revised to meet local & state regulations and you need to make yourself aware of any changes to this document.
- Keep your mask on while washing hands and getting into the car.

### Expectations for Players

#### **Prior to Practice**

- All players must be symptom free for at least 14 days before entering the facility.
- In accordance with the governor's travel policy, notify staff if you will be traveling out of state and quarantine or test before continuing to take part in training..
- Arrive at least 5-10 minutes before practice begins, do not go in until coach instructs you to do so. Stay spaced out while waiting for temperature reading.
- Limit personal belongings to keys, water, shoes, knee pads (small/no bags)
- **NO phones** inside the gym/building.
- Enter & Exit promptly.
- Wear a mask at all times, per the governors health order. (Pls change into practice gear before coming into the building)
- Sign the waiver before coming inside of the gym, this is only required once.
- Get temperature reading. If your temperature is above 100, you will not be allowed to enter the facility and we recommend seeing your health-care provider to evaluate your fever.
- **Wash hands upon entry.**
- Be mindful of social distancing while getting ready. Stay at least 6' away from other players at all times, no hugging, touching, etc.
- Do not touch mops and or brooms, cleaning will be handled by authorized personnel

#### **During Practice**

- Be mindful of social distancing while shagging, in line, water breaks, etc.



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- Try to minimize face touching
- Responsibly social distance during water breaks, it is not the time to socialize.
- Group cheers must be from a distance/no huddles, no touching, stay at least 6' away from other people.
- Per the governor's health mandate, wear a mask at all times.

### **After Practice**

- Be respectful of social distancing as athletes change after practice.
- Wear a mask at all times all the way to your car.
- Do a visual sweep of the courts. There will not be a lost and found. Unclaimed items will be thrown away.
- Wash hands prior to leaving.
- Leave promptly, no loitering or visiting before/after sessions.

### **Parent Expectations**

- Pay online ahead of time to reserve training
- Drop off and Pick Up promptly and timely.
- **Parents may not come into the facility or the office at any time.**
- No loitering, visiting, or grouping outside the facility.
- Help enforce social distancing guidelines for athletes.
- Please assist us in enforcing the covid-safe procedures.
- Communicate immediately with your coaches and Coach Kyle regarding any health changes or exposure.

Mahalos to ALL for your continued efforts, understanding, and commitment to helping us create the best and safest possible culture and environment for everyone. We want EVERYONE, including our growing families/ohana's on the homefront to ALL be safe, healthy and happy as well! Much Love and Alohas and as always... HIKI NO!!! :-)



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