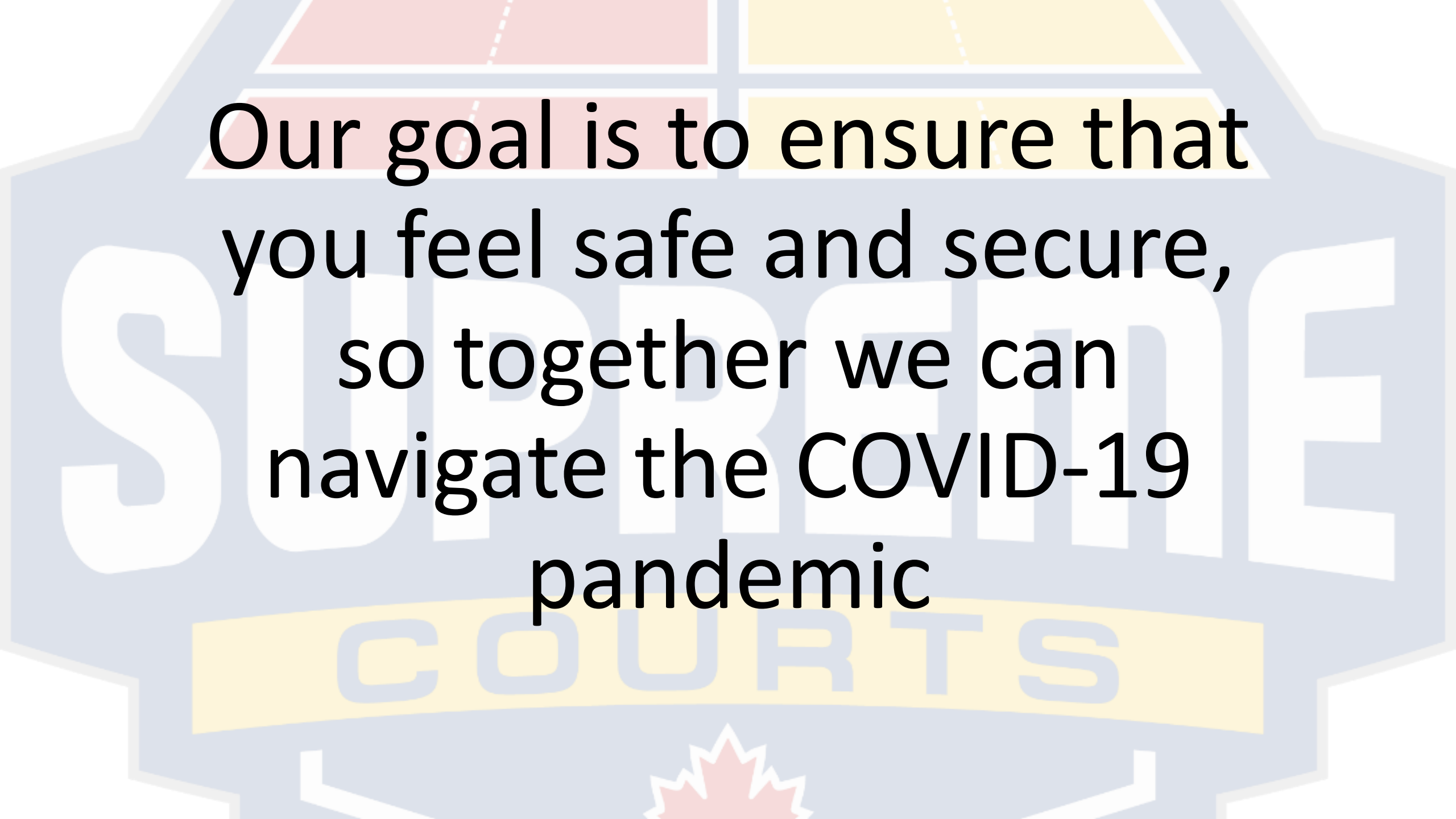


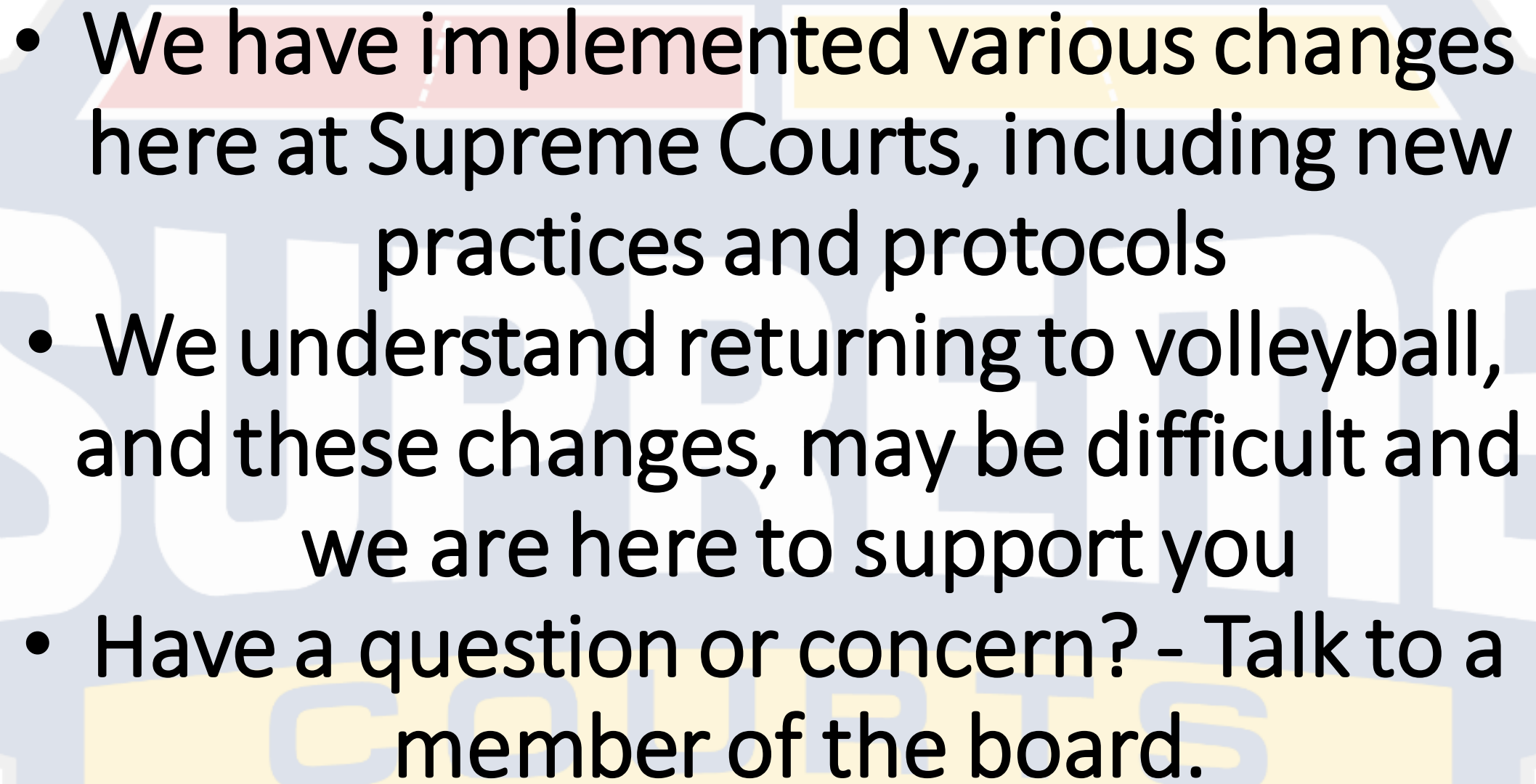


**Welcome back to
Supreme Courts!!!!!!!!!!!!**

Coaches and Players Covid-19 protocols



Our goal is to ensure that
you feel safe and secure,
so together we can
navigate the COVID-19
pandemic

- 
- We have implemented various changes here at Supreme Courts, including new practices and protocols
 - We understand returning to volleyball, and these changes, may be difficult and we are here to support you
 - Have a question or concern? - Talk to a member of the board.

The safety of the coaches, the players and their families remains our overriding priority

To prevent the spread of COVID-19 we all must take actions to protect ourselves, our players and everyone's families

Personal Hygiene Tips



Wash your hands frequently with soap and water for at least 20 seconds



If you are unable to wash your hands with soap and water, use antibacterial gel with 70% alcohol



When sneezing or Coughing, cover your nose and mouth with the inner angle of your arm or with Disposable hankerchief



Don't touch your face including your mouth, ears, eyes and nose

Help stop cross-contamination



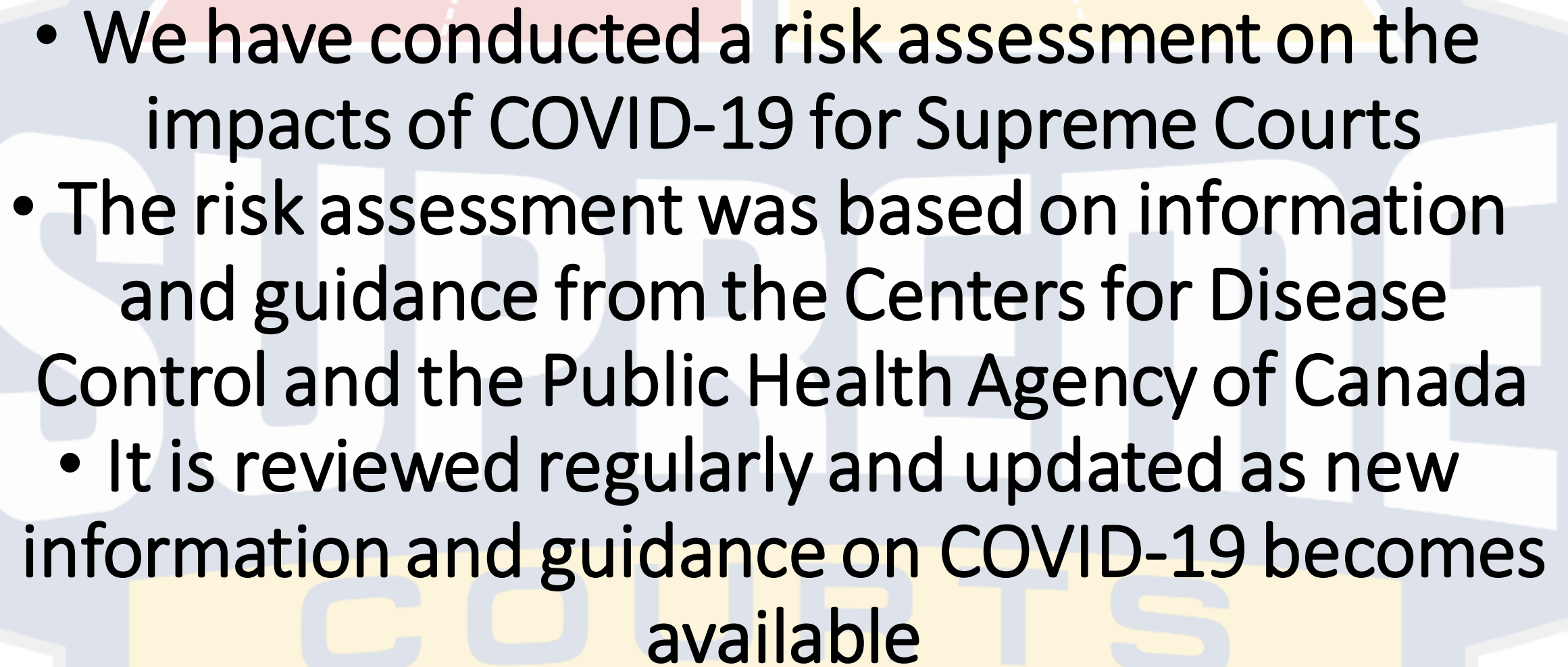


Risk Assessment

Signage

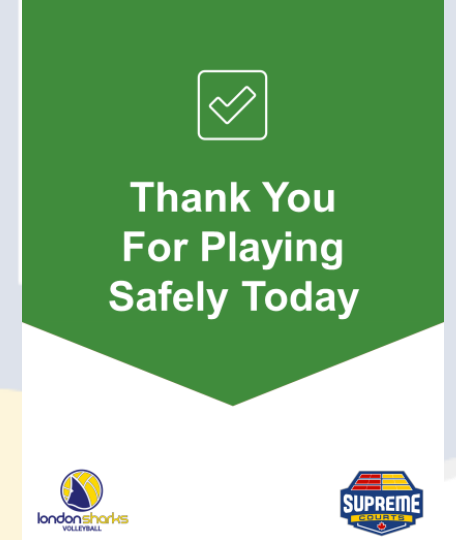
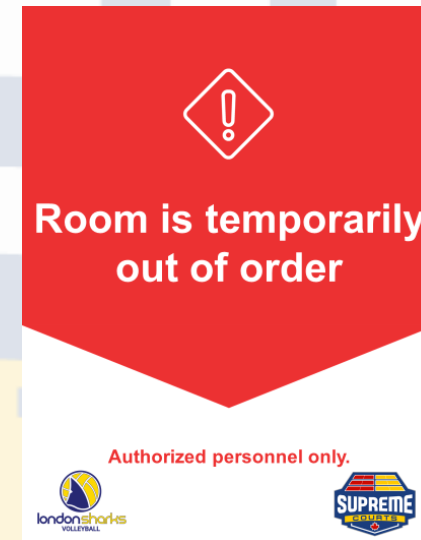
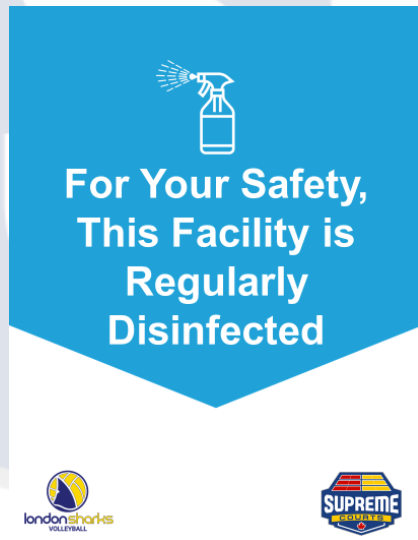
Employee Assistance Programs

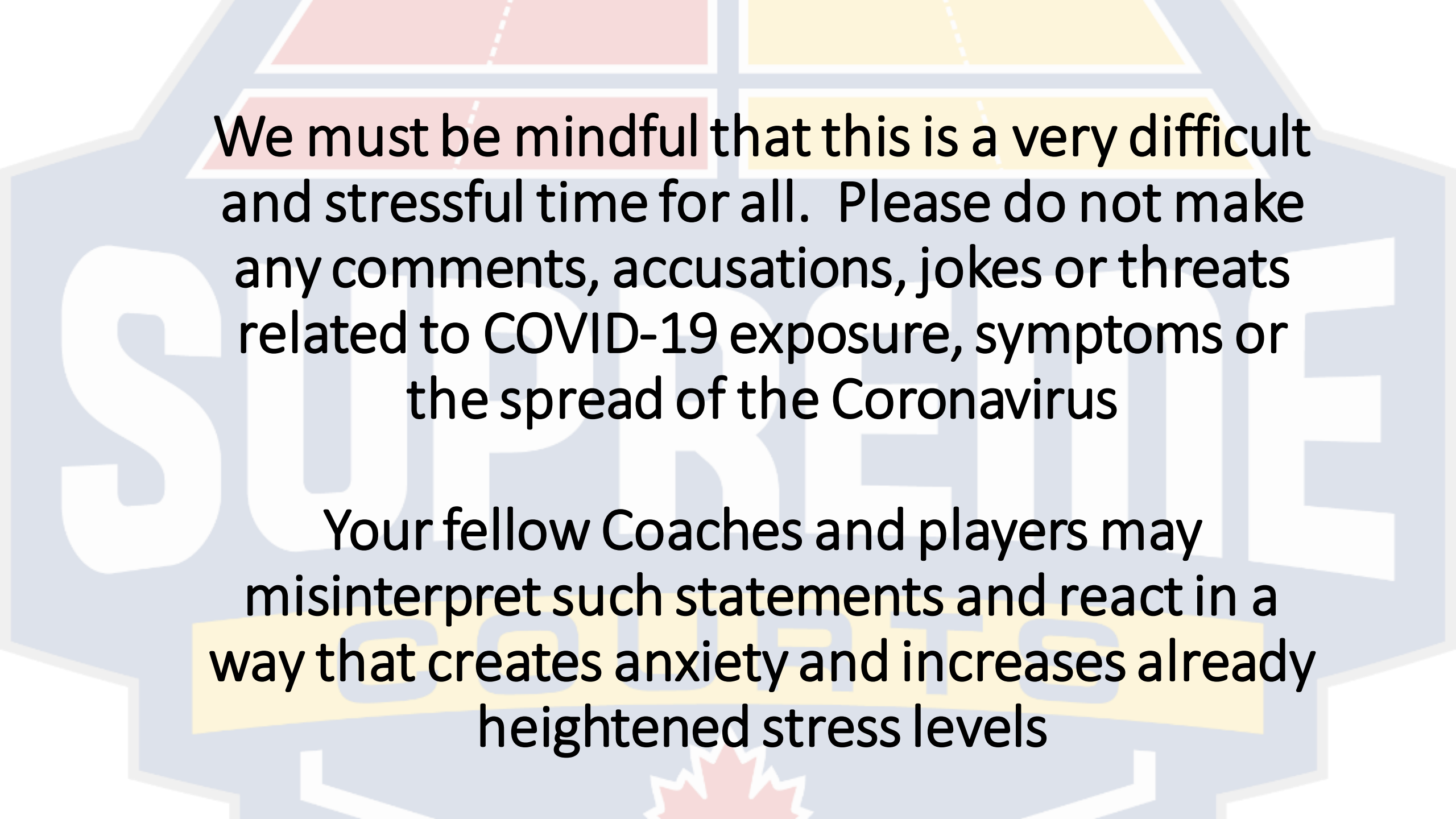
Daily Self Checks and Declarations

- 
- We have conducted a risk assessment on the impacts of COVID-19 for Supreme Courts
 - The risk assessment was based on information and guidance from the Centers for Disease Control and the Public Health Agency of Canada
 - It is reviewed regularly and updated as new information and guidance on COVID-19 becomes available

Posters and signs are produced by Supreme Courts, London Sharks Volleyball Club, the Public Health Agency of Canada, and the OVA.

All Coaches and Players are required to adhere to and follow such information





We must be mindful that this is a very difficult and stressful time for all. Please do not make any comments, accusations, jokes or threats related to COVID-19 exposure, symptoms or the spread of the Coronavirus

Your fellow Coaches and players may misinterpret such statements and react in a way that creates anxiety and increases already heightened stress levels

Everyday ask yourself...*Do I have any COVID-19 symptoms?*

- Fever
- New or worsening cough
- Sore throat
- Shortness of breath or difficulty breathing
- Diarrhea
- Fatigue
- The loss of sense of smell



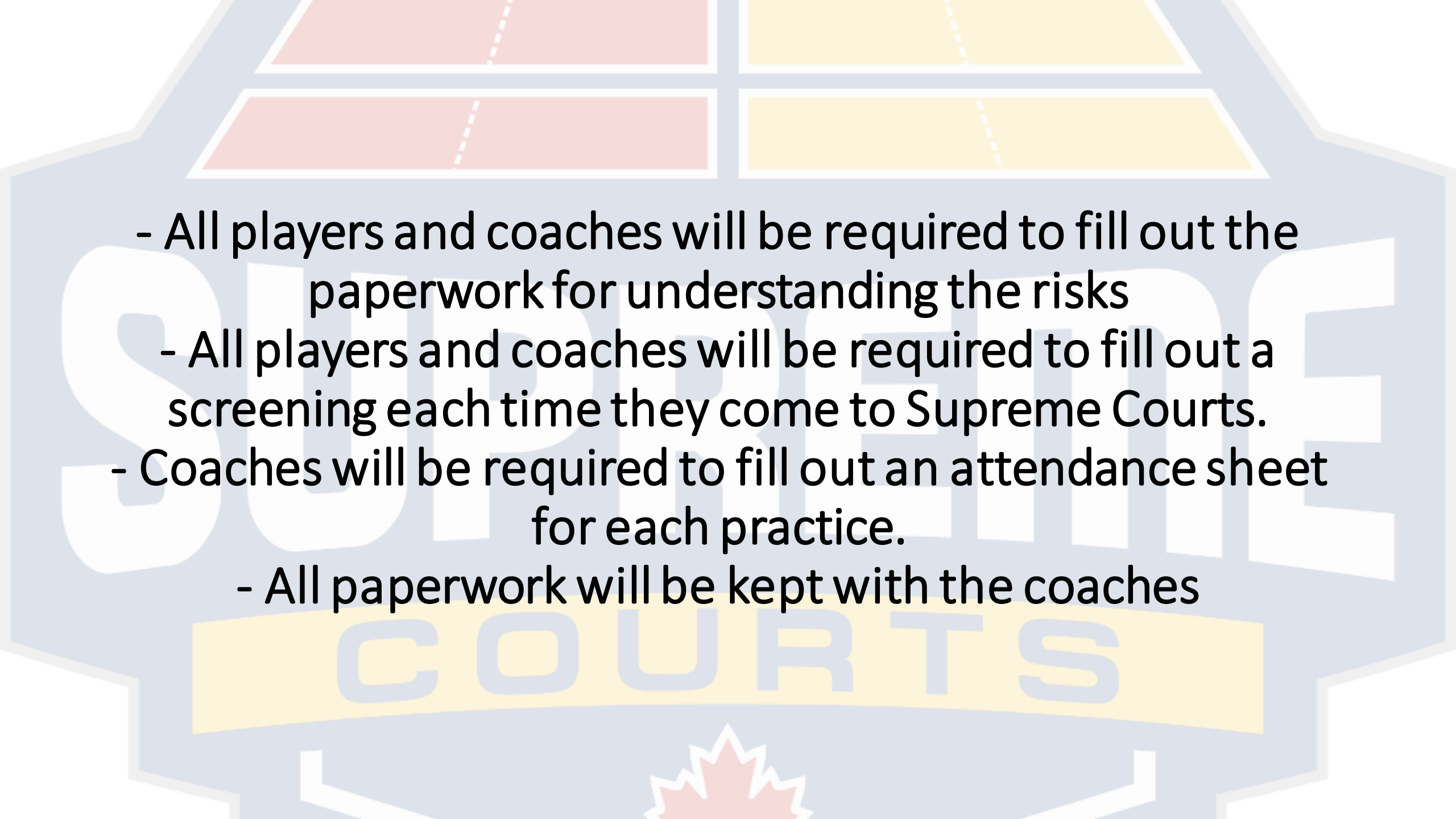
If you, a family member, or a close contact has one or more COVID-19 symptoms STAY AT HOME, call your doctor.

If you, a family member, or a close contact has any of the following symptoms:

- Severe trouble breathing - struggling for each breath or can only speak in single words
- Severe chest pain - constant tightness or crushing sensation
- Are feeling confused - unsure of where you are
- Feel like you are losing consciousness

Call 911 for emergency medical services



- 
- All players and coaches will be required to fill out the paperwork for understanding the risks
 - All players and coaches will be required to fill out a screening each time they come to Supreme Courts.
 - Coaches will be required to fill out an attendance sheet for each practice.
 - All paperwork will be kept with the coaches



Personal Hygiene

Hand Washing

Physical Distancing

Cleaning and Disinfecting

Hand Washing Instructions



Wet hands with water
and enough soap
to cover all surfaces



Rub hands palm
to palm, also with
fingers interlaced
for 20 seconds



Rinse hands
with running
water



Dry your hands
thoroughly with
a single use towel



Personal Hygiene Tips



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Help stop cross-contamination

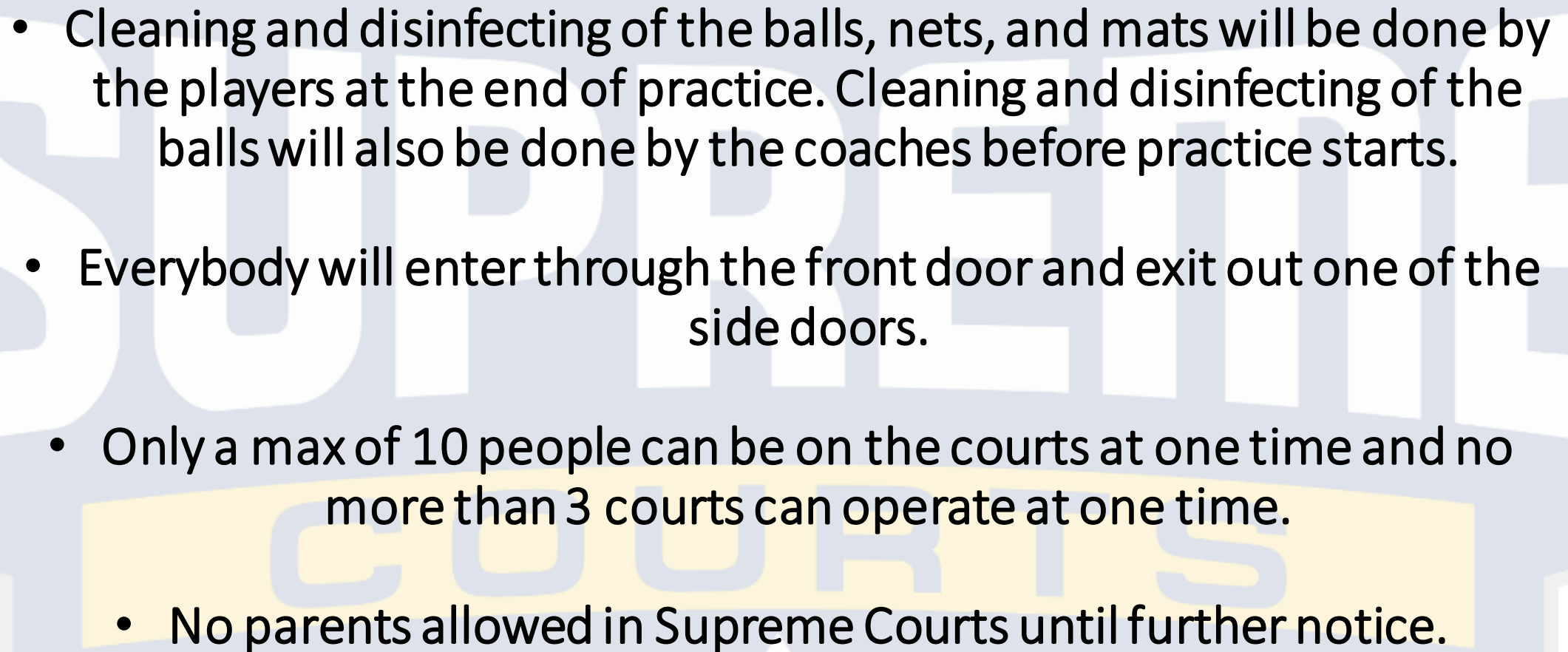




This Bathroom is Regularly Disinfected

Remember to wash your hands for
at least 20 seconds



- 
- Cleaning and disinfecting of the balls, nets, and mats will be done by the players at the end of practice. Cleaning and disinfecting of the balls will also be done by the coaches before practice starts.
 - Everybody will enter through the front door and exit out one of the side doors.
 - Only a max of 10 people can be on the courts at one time and no more than 3 courts can operate at one time.
 - No parents allowed in Supreme Courts until further notice.

Welcome back we have missed you all!!!!

We feel confident that we have been able to put in place all of the necessary policies and procedures to help you feel safe coming back to Supreme Courts.

If you have any ideas on how we can further improve on what we have already implemented in the please talk to any member of the board as we would love to hear all of your suggestions.

Last but definitely not least....we are proud of you all for staying safe during these tough times! Remember you are what makes Supreme Courts such a great place for Volleyball and it is our pleasure to have each and everyone of you back again with us.



STAY SAFE!!!!!!

**SUPREME
COURTS**