

## AVOID

- Playing volleyball in parks, beaches or other public places. Yes, sharing a ball counts as contact!
- Unhealthy food
- Inviting friends to your house to workout, or any other activity
- Not sticking to a sleep/wake routine
- Stressing about missing competitions or future tournaments
- Unsafe online challenges

## USE CAUTION

- Running or walking in the neighbourhood. Remember to adhere to physical distancing.
- Too much screen time, such as Netflix, etc.
- Online shopping if budget allows. We recommend our sponsors, including VolleyballStuff, Mizuno and lululemon.
- Sweet/salty treats
- Online volleyball/workout challenges. We don't want people in the emergency room!

## GO FOR IT!

- Working out at home and online tutorials from reliable sources
- Pepper in your backyard with members of your household who are not quarantined
- Watch replays of key matches. FIVB YouTube is a good resource.
- Research and make healthy recipes for athletes
- Connecting online with your team and school
- Reading books and watching movies about volleyball
- Donating to charity online. We recommend Food Banks Canada, which can be done by purchasing **#RallyTogetherApart** gear.

# Play it safe, volleyball community!



Volleyball  
Canada

When in doubt, follow your local health authority's advice!

[www.volleyball.ca](http://www.volleyball.ca)