

HEADS UP!

RECOMMENDED WARM UP



The hitting warm up is an important part of game preparation, however, it does come with some inherent risks for both athletes and spectators. To reduce these risks, the OVA strongly recommends that teams follow these warm up guidelines:

- 1 Athletes remain on one side of the net during a hitting warm-up and those not hitting retrieve the balls on the opposite side
- 2 Athletes should not be crossing under the net during hitting warm-ups into the direct path of the balls
- 3 Athletes should run around the outside of the court to retrieve balls
- 4 Designate one side of the court as the attacking side and ask spectators to avoid sitting in this area
- 5 Hitting should be directed away from courts with active games and from spectator seating if possible
- 6 Warming up with balls at the team bench, behind the court or in the spectator walkways is not permitted.