



Winter Volleyball Adult Leagues COVID-19 Guidelines/Safety Plan (Revised January 13, 2021)

To maintain social distancing and to limit touch points in our facility we encourage users to come ready to play and to leave immediately after their match.

Locker rooms will be locked and not available for use. Restrooms are available only if needed. We do not sanitize between users. You would use the restroom as your own risk.

Pregame

- Anyone who has any symptoms of COVID-19 must stay home.
 - Be sure to self-screen at home before you leave
- Anyone who intends to be tested for COVID19 may not participate in volleyball or participate in any activity at the Whitney Recreation Center from the time of testing occurrence through the waiting period to receive a testing result. Participants who receive a negative COVID test may return, however participants that receive a positive COVID test must quarantine for 14 days and are not allowed to participate until after the quarantine period.
- MDH Self screening tool: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>
- Only participating team members are allowed in the facility – No Spectators
- **Face coverings are required when entering the Recreation Center and must be worn at all times.**
- Wash (at least 20 seconds) or sanitize hands before and after your match. Please bring your own hand sanitizer.
- To limit touch points, designate one person only from home team to handle the scorecard and attendance of both teams
- Paper schedules will not be available
- Please bring your own ball for warm up and match play. Bring your own prefilled water bottle. There is one hands-free bottle fill at the Whitney Recreation Center. All other fountains are not available
- Do not arrive in the facility more than 5 minutes prior to your stated match time – this is to allow other teams to exit before you enter
 - Doors will be locked until 5 minutes before match time
- Stay at your team's assigned court/sideline area.
 - Chairs will not be provided.
 - Adhere to 6-foot physical distance/person and belongings
- Warm-up time starts at your stated time on the schedule
 - Matches start 5 minutes after the time stated on the schedule (matches that have a 6:15 time on the schedule start at 6:20)

During the match

- **Face coverings are required while participating or on the sidelines and the 6-foot distancing guideline should be adhered to while on the sideline**
Players/teams may be asked to leave if they do not wear a mask. (any applicable fees are non-refundable)
- Players should refrain from touching their face (eyes, nose and mouth)
- Refrain from unnecessary contact such as high fives, handshakes and fist bumps
- One player only from the home team is designated to handle and turn in the scorecard
- Each team must list all their players present on the back of the scorecard

After the match

- No handshake line-use a distant sign of good sportsmanship to your opponent
- Go to your personal belongings ~~and put mask on~~, change shoes if necessary and immediately depart the building

- It's recommended to sanitize hands
- Players should sanitize equipment when they arrive home
- Designated person from home team turns in the scorecard on the way out
- If a player tests positive for COVID-19 and believes they may have been infectious while attending the league, notify Steve Krueger (steve.krueger@ci.stcloud.mn.us or (320-650-3053) In this case that person would need to quarantine for 14 days.
- If players wish to congregate this should be done offsite

Please do your part to adhere to these guidelines. It will help keep us open.