



Girls Volleyball League Covid-19 Guidelines

We look forward to having your registered participant be a part of the Girls Volleyball League! **Remember: if you are feeling sick, be North Dakota Smart and stay home!** Once a program begins, the West Fargo Park District will issue a credit/refund in the case of illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestions or runny nose, nausea or vomiting, and/or diarrhea. The West Fargo Park District will not be checking the temperatures of all participants, but we do have the ability to do so if this is deemed necessary.

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness!

Participants Responsibilities

- Wear proper personal protective equipment (PPE) if you choose.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Sanitizer will be available but we highly recommend parents bring their own in case supply runs out.
- Avoid touching eyes, nose, and mouth.
- Practice social distancing, staying at least 6 ft apart. This may be tough at times on a volleyball court but we will try our best during drills.
- No high fives, fist bumps, handshakes or team huddles.
- No drinking fountains will be available in Rustad.

Equipment

- Volleyballs will be provided and sanitized as often as we can. Volleyballs will be thoroughly sanitized between sessions.
- If you don't want others touching your volleyball, we recommend you leave your own volleyballs at home.

Spectators

- WFPD HIGHLY RECOMMENDS only one person from each family has a spectator watching participants. If you need to bring another child/children due to not having access to someone to watch them, please make sure they are social distancing from other spectators and not running around the building. Playground as of now is CLOSED for use.
- WFPD HIGHLY RECOMMENDS those with underlying health conditions to stay home.
- Practice social distancing, staying at least 6ft. part from other spectators.
- There will not be extra chairs in the gym, so if you want to bring your own chair to sit along the edges and not in the bleachers you may do so.

Employee Responsibilities

- Wear proper required personal protective equipment (PPE) when within 6ft of players. Wearing PPE is highly recommended to our coaches but not mandatory.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized.
- Avoid touching eyes, nose, and mouth.
- No high fives, fist bumps, handshakes or team huddles. .

***All Covid-19 guidelines are subject to change.*