

## West Fargo Park District Adult Friday Night Nets Covid-19 Guidelines

We look forward having you or your team participate in Friday Night Nets! **Remember: if you are feeling sick, be North Dakota Smart and stay home!**

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 required personal protective equipment (PPE) if you choose while playing. When you first enter into Rustad Recreation Center MASKS are HIGHLY RECOMMENDED. Masks can be removed once you start playing.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Hand sanitize or wash hands before entering the gym and exiting the gym. A
- Avoid touching eyes, nose, and mouth.
- Practice social distancing, staying at least 6 ft apart.
- DO NOT come to volleyball if participant has a temperature of 100.4 or higher or is experiencing signs of Covid-19.
- No high fives, fist bumps, handshakes and team huddles.
- If team huddles do take place, make them quick and stay an arm's length apart in the team circle.
- Water Fountains WILL NOT be available.

### Equipment

- Sanitizing product will be available to sanitize volleyballs as much as participants would like.
- Hand sanitizer and hand washing is highly recommended during your volleyball session.

### Spectators

- WFPD HIGHLY RECOMMENDS spectators to wear proper required personal protective equipment (PPE) in Rustad Rec Center.
- WFPD only allows 1 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 facility.
- Bleachers will be available (please social distance while on bleachers) but feel free to bring your own lawn chair and sit on the north wall in gyms 1 & 2.
- WFPD HIGHLY RECOMMENDS those with underlying health conditions to stay home.
- Practice social distancing, staying at least 6ft. part from other spectators.
- Hand sanitize or wash hands before entering the gym and exiting the gym.

### Employee Responsibilities

- Wear proper required personal protective equipment (PPE) when within 6ft of players. Wearing PPE is highly recommended to our staff 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 and team huddles.
- If team huddles do take place, staff will tell teams to be quick and stay an arm's length apart in the team circle.

### Severe Weather

- In case of inclement weather, please call our weather cancellation line at 701-551-7138.

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

