

## West Fargo Park District Adult Volleyball League Covid-19 Guidelines

We look forward to having you or your registered participant be a part of the Adult Volleyball League! **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

- Face masks are highly recommended while participating on the court for volleyball but not required. However face masks are REQUIRED when moving around the gym or the Rustad Facility.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Sanitizer will be available in the gym. Hand sanitize before entering the gym and exiting the gym.
- 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.
- If team huddles do take place, make them quick and stay an arm's length apart in the team circle.

### Equipment

- WFPD will provide volleyballs and volleyballs will be thoroughly cleaned as much as staff can during games.
- Hand sanitizer and hand washing is highly recommended during your volleyball session.

### Spectators

- Face masks are REQUIRED to be worn by spectators in Rustad Rec Center and moving 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 of the gym.
- 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

- Face masks are REQUIRED when staff are not on ref stands. Staff may remove their mask when they are on the ref stands.
- Wash hands regularly with soap and water. When washing is not possible, hand sanitizer shall be utilized. Hand sanitize before entering the gym and exiting the gym.
- Avoid touching eyes, nose, and mouth.
- If team huddles do take place, staff will tell teams to be quick and stay an arm's length apart in the team circle.

### Restrooms/Water Fountains

- Restrooms will be available in the Lobby or by back door in gym 2.
- Water Fountains WILL NOT be available to drink from but will be available to fill water bottles.
- Use proper hand washing protocols before returning to volleyball.

### 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.*

