



## Girls Volleyball League Covid-19 Guidelines

We look forward to having you or 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

- Face masks are REQUIRED while participating in the Girls Volleyball League. Face masks are required in the Rustad Recreation Center.
- Wash hands regularly with soap and water. Hand sanitize or wash hands before entering the gym and exiting the gym.
- 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.

### Equipment

- WFPD will provide volleyballs and volleyballs will be thoroughly cleaned in between sessions.
- Hand sanitizer and hand washing is highly recommended during your volleyball session.

### Spectators

- Spectators are allowed in the gyms. Face masks are REQUIRED inside the Rustad Rec Center.
- Bleachers will be available 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 to be worn by all staff.
- Hand sanitize or wash hands before entering the gym and exiting the gym.
- Avoid touching eyes, nose, and mouth.
- No high fives, fist bumps, handshakes and team huddles.

### Restrooms/Water Fountains

- Restrooms will be available in the Lobby.
- Water Fountains will only available to fill water bottles, not to drink from.
- 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.*