

Return to Play Rules / Guidelines Adult Volleyball

RETURN TO PLAY GUIDELINES–

Adhere to the most stringent federal, state or local guidelines when participating in any activity.

Facility Safety

- Spectator attendance is limited to household members of the players on the team.
- All spectators and players are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and other equipment regularly.
- We ask all teams and spectators not to congregate at any time. This includes before and after games inside the facility as well in the parking lots.

Before Activities

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Keep a list of people you have been in contact with each day.

During Activities

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (high fives and huddles).
- Practice social distancing as often as possible.
- Wear a face mask at all times.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles, or utensils used.
- Keep a list of people you were in contact with during the activity.

After Activities

- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms after every activity.
- Practice social distancing as often as possible.
- Wear a face mask until exiting the facility.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.