

**COED & WOMEN'S
INDOOR VOLLEYBALL LEAGUE**

COVID-19 Rules and Guidelines

NEW BRIGHTON | SPRING LAKE PARK

These rules and guidelines are based on most up-to-date information provided by the Centers for Disease Control and Prevention and the Minnesota Department of Health.

1. Follow all current local and state guidelines for facilities and events.
2. Spectators will be encouraged not to attend events until gathering limitations are increased or removed.
3. All staff, players, referees, and spectators are encouraged to continue 6 feet social distancing on and off the court during an event.
4. **Face coverings are required for participants in indoor organized sports activities when social distancing cannot be maintained. Participants should consider testing weekly if not masking during practice.** Physical distancing is recommended for participants who are not playing (e.g., on the bench, in the dugout, on the sideline, attending team meetings, and other similar situations). Masks must be of one neutral color with no designs on them and not distracting.
5. **NO SPITTING ALLOWED.** Spitting will result in automatic removal from the field.
6. We recommend that players stand outside the court area to allow for social distancing.
7. Teams and spectators must bring their own hand sanitizing products and/or sanitizing wipes.
8. It is recommended that all players and referees use their own equipment while participating. No handshakes, team huddles or high fives. Teams should tip their hats or wave instead.
9. All teams are directed to clean their team bench areas on arrival and departure. This includes wiping down benches and any high-touch areas and removing any trash. We then recommend that everyone washes their hands after leaving the court.
10. Teams **CANNOT** enter or congregate around the court until the previous teams exit. Teams must leave the park immediately after their game concludes. Teams will have 5 minutes to vacate the court area.
11. If you are exhibiting symptoms of possible exposure to COVID-19, such as coughing, sore throat, shortness of breath, muscle aches or fever, you should not come to events until such time as you have been tested and/or cleared. This includes recent exposure to someone with COVID-19.

For questions & concerns about this information, please contact:

Wesley Goldberg
763-792-7233
SLP Parks & Recreation Department
wgoldberg@slpmn.org