

2020-2021 ERC Adult Indoor Sports

ERC Activity Specific Policies for Risk Mitigation

Adult Volleyball

Players and staff,

Our top priority is to get back on the court in the safest way possible for our participants, officials and staff. We appreciate the adjustments you have made to handle recent changes and are grateful for your patience as we determine the safest route for players and staff.

The guidelines below are effective immediately and will remain in effect until further notice.

Requirements:

- **NO SPECTATORS** will be allowed to attend any indoor adult program at this time. Only participants, officials and staff will be allowed in our building during the activity
- No Loitering in the building before or after your scheduled game. We ask that you wait for the game prior to yours to be completed before entering the gym. We ask that once your game is completed, you leave the facility in a timely manner.
- Please enter the building through the **SOUTH DOORS**. Please exit the building through the **WEST DOORS**.
- All visitors must wear masks inside our facility. Only players and officials actively participating in the contest are exempt from wearing a mask.
- All participants will receive a temperature check upon entering the gym.
- Hand sanitizer will be available as you enter and exit the gym. It is recommended that you bring extra hand sanitizer for yourself during the activity.

Recommendations:

- Continue to follow proper precautions (i.e. wash/sanitize hands, stay home if sick, avoid touching face, wear a mask, etc.).
- Do not share sports equipment.
- Vulnerable populations are asked to stay home.
- If you get sick, the Lyon County Health Department recommends you isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.
- Be aware of all travel-related quarantine mandates if you travel from out of state.

Principles and Responsibilities:

League Responsibilities:

- Create and distribute protocols to members.
- Have an effective communication plan in place.
- Maintain participant confidentiality regarding health status.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Provide adequate space for social distancing.
- Develop a relationship and a dialogue with local health officials.
- If a staff member gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

Player Responsibilities:

- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after entering facility.
- Bring, and use, hand sanitizer with you at games.
- Wear a mask anytime in the facility, with the exception of when you are actively participating in the contest.
- Players are not required to wear masks during the games and warm-up.
- Do not touch or share anyone else's equipment, water, or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every game.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Water containers/bottles must not be shared.
- If a player gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.