

RETURN TO PLAY GUIDELINES

- 1. PURPOSE** – The purpose of these guidelines is to create a comprehensive return to play plan for Spokane Parks and Recreation Department (SPRD) sanctioned adult volleyball activities that are compliant with federal, state, and local regulations. SPRD has prepared these guidelines with information in alignment with USA Volleyball guidelines and Washington State COVID-19 Sporting Activities Requirements.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as such SPRD requires all participants to follow these recommendations as safety precautions.

ALL participants will be REQUIRED to sign a Waiver/Release including COVID-19 & Agreement to abide by League Policies PRIOR to ANY participation in SPRD Sanctioned Events.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

- 2. RETURN TO PLAY GUIDELINES FOR SPRD** – Follow all guidelines when participating in any activities.

- a. Before Activities**

- Be symptom free for at least 14 days prior to any activity. If you or anyone in your household experienced any of the following symptoms, we kindly ask you to please NOT attend league. Symptoms may appear 2-10 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential close contacts with COVID-19 positive 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.
- Schedules:
 - Team schedules will be made available to teams by at least the Wednesday prior to play on line at <https://teamsideline.com/spokane>

b. During Activities

- Refrain from attending any activity if displaying any COVID-19 symptoms. If you or anyone in your household experienced any of the following symptoms, we kindly ask you to please NOT attend league. Symptoms may appear 2-10 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Comply with all permissible regulations approved for the venue.
- Wash and/or sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants (high fives and huddles).
- Spectators are currently not allowed.
- Please inquire with staff if you have questions.
- **Match Procedures:**
 - Home team, as designated by schedule, will pick up a sanitized volleyball from staff at designated **BALL PICK UP** table.
 - **ALL** Participants will be required to apply hand sanitizer before each match and after final match.
 - Sanitizer will be available for use
 - It is recommended participants bring hand sanitizer/wipes of their own.

- **Warm-Ups & Game Balls:**
 - 1 game ball will be provided per court for teams to use for match play. No individual balls should be used during match play.
 - Individually owned volleyballs can be used for team warm-up only.

 - **Serve/Receive Procedure @ beginning of match**
 - Rock, paper, scissors at 6 feet social distance

 - **Score keeping procedures**
 - Teams will keep score during matches by calling out score before every serve. NO FLIP SCORES will be used.
 - Designated home team will report match scores at the end of the match.

 - **Court switches, every 7 points played:**
 - Players will go outside the pole to the right versus under the net.
 - Be aware of players/spacing on court next to you

 - **End of Match Procedure:**
 - Home Team (as designated by schedule) will report match scores and turn in used match volleyball to staff at designated **SCORE REPORTING/USED BALL TABLE.**

 - Practice social distancing as often as possible.
 - Wear a face mask while at the venue when social distancing isn't possible in between matches
 - Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
 - Bring hand sanitizer and sanitizing wipes.
 - Do not share drinks or water bottles
 - Properly dispose of your personal drinking cups, bottles, or utensils used.
 - Keep a list of people you were in contact with during the activity.
- c. After Activities**
- Wash/sanitize your hands after last match.
 - 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 when possible to reduce exposure to airborne particles.



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- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash/sanitize all gear, uniforms and apparel used during the activity.