



Restore Illinois Phase 4 Girls Volleyball League Guidelines September 22, 2020

The safety of our staff, patrons, and participants is of the utmost importance, and it's vital that we follow the state guidelines as well as recommendations put forth by health officials. Please note as guidelines change, we will make changes and communicate them with you.

In Phase 4, currently, Volleyball activities are Medium Risk/Level 2 and limited to:

- Intra-team scrimmages allowed; no competitive play (No games, no officials)
- Non-competitive activities (e.g., practices, drills, lessons) will be set up to allow for 6 feet of distancing between participants whenever possible.
- The team limit for medium risk sports should not exceed 25 participants, excluding coaches.
- Group sizes will be limited to 50 total persons, including participants, coaches, and spectators.

Face Masks

Anyone over the age of two in a Park District facility is **required** to wear a face mask over their nose and mouth (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face mask). If you qualify for an exception please contact Josh Handelsman, so we are aware of your unique situation.

Question: Do players have to wear face coverings if indoor and they can stay six feet apart? Answer: Yes; face coverings are required to be worn at all times while participating in a practice or competition.

Best Practice Guidelines:

General

- Practice social distancing (at least 6 feet) whenever possible.
- Stay home if you are sick or do not feel well. (See health monitoring section below).
- Avoid touching hand/nose/mouth.
- Cover coughs and sneeze with a tissue or direct into your elbow.
- To help avoid overcrowding do not arrive to the building or gym more than 10 minutes prior to your practice/scrimmage time. Players and spectators will only be allowed to enter the gymnasium when the previous practice/scrimmage participants/ spectators have vacated.
- Teams/groups/volunteers should be static, with no mixing of volunteers or players between groups for the duration of the season.
- Teams/groups do not add new participants once the season has started.
- Players should bring their own water bottle with names written on their bottles so they don't get mixed up.
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- Players should avoid touching facility accessories (e.g., volleyball nets, nets posts, etc.).
- Players are encouraged to bring their own volleyball to practice and scrimmage games.

- Please clean and police the court area removing all refuse, litter, etc. that has accumulated as a result of your use.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

Social Distancing

The Bartlett Park District is committed to our participant's well-being and providing a safe environment. Social distancing practices will be implemented during practices and on the sidelines during scrimmages to minimize and avoid contact.

Drop-off/Pick-up

Parents dropping-off or picking-up players should wait at a designated area away from the practice/scrimmage and arrive during the appointed time.

Health Monitoring

Coaches or players should stay at home if they are sick or do not feel well. If a coach or player can respond "Yes" to any of the questions below or shows symptoms, they should stay home.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or shortness of breath?
- Do you have muscle aches?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

If a coach/player does have symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset AND until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

If anyone reports having any COVID-19 related symptoms, they are encouraged to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, park district will notify local health department.

If anyone does contract COVID-19, we will contact the proper authorities and follow the appropriate protocol.

If a player or coach becomes ill at practice, they will be immediately be isolated from the group.

Supplies and Equipment

Supplies, equipment, and sharing will be limited.

- Minimize the sharing of high-touch equipment.
- If equipment is shared, coaches should sanitize equipment before and after use.
- Encourage frequent hand sanitizing or handwashing if equipment is shared.
- Players should use their own volleyball as much as practical.
- Players should place personal belongings at least 6 feet away from others' personal belongings.
- We encourage bringing an extra face mask in case the mask you are wearing breaks.

Practices and Intra Team Scrimmages

- Activities (e.g. practices, drills, lessons) should be set up to allow for 6 feet of distancing between players whenever possible.
- Multiple groups of 50 or fewer participants are permitted at once as long as:
 - The venue allows for social distancing.
 - 30 feet of distancing is maintained between groups
 - Areas for each group are clearly marked to discourage interaction between groups.
- Any team members not participating in play should still maintain 6 feet distance apart from one another while on the sidelines.
- No team huddles on the court.
- The coaches should be the only person to handle equipment (e.g. cones, volleyball nets, etc.); do not enlist parental or player assistance.
- Only one volleyball is to be used throughout the scrimmage.
- During scrimmages, coaches/staff will sanitize the volleyball in between games.
- Post scrimmage:
 - For sportsmanship, no handshakes, instead, groups should engage in a round of applause following the conclusion of the scrimmage.
 - If you have a team meeting, please take your team away from the Gymnasium and others and distance your group
- Players and spectators should leave the court immediately following the conclusion of the scrimmage and proper cool down.

Spectators

- Bleachers can only be used at 20% of capacity (maximum 20 people per bleacher section) and ensure at least 6 feet between seats occupied by spectators that are not members of the same household or party.
- Spectators are allowed to stay at practices/scrimmages as long as they observe proper social distancing, are not feeling ill, and do not interfere with play.
- If you are a spectator, please do not enter the gymnasium until it is your team's time to play. This will allow the other groups to clear out and open up space for you to join.
- Spectators will only be permitted in the bleachers.
- Spectators will not be permitted under the baskets, standing along with sidelines, or standing in the gym door entry area.
- If practical, limit spectators to immediate household members or guardians of players.
- Spectators from the same household should sit together.
- Spectators must wear a face mask over their nose and mouth at all times. (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
- Spectators, please vacate the area you were sitting at once your practice/scrimmage has finished to allow for the next group.

Attendance

Coaches should maintain a written attendance log of participants/coaches at practices and scrimmages, in case they need to be used for contact tracing. Coaches should retain these logs and turn them into the park district at the end of the season.

Personal Hygiene

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Each player should bring a personal hand sanitizer to use at every practice & game.
- Athletes should be encouraged to shower and wash their workout clothing immediately upon returning home.

Restrictions

Post-activity group snacks, usage of water fountains (unless filling water bottle), or shared water jugs/coolers and handshakes/hi-fives are currently prohibited.

Have fun!

We encourage other creative shows of sportsmanship with no contact (e.g., bow or social distant “air” high fives).

We are looking forward to a fun & safe fall season. If you have any questions or concerns, please contact Josh Handelsman, Recreation Manager at jhandelsman@bartlettparks.org or 630-540-4843.