2020 CSG Volleyball-Adult Indoor General Guidelines

Remember to:

STAY HOME IF YOU HAVE ANY OF THE COVID-19 SYMPTOMS SET IN PLACE BY THE CDC AND LINCOLN-LANCASTER CO. HEALTH DEPARTMENT

If you are awaiting test results for COVID-19, DO NOT come to any of the CSG events

Cover mouth when coughing or sneezing

Wash hands or use alcohol-based hand sanitizer

Avoid touching eyes, nose and mouth

Avoid close contact and distance yourself from other people

- **CSG Opening Ceremonies:** The CSG Opening Ceremonies will not be held in person
- **Self-Screen at Home:** We are requesting you to screen at home, this includes taking your own temperature and verifying that it is under 100.4 degrees Fahrenheit
- **Waiver:** All athletes must sign the online waiver which includes Covid-19 language prior to the competition
- **Plan:** NSC Staff and the NSC Medical/Safety Committee will work with all facilities on a restroom/equipment/seating sanitization plan
- **Preparation**: Athletes will be asked to arrive at the location dressed and stretched with a bag for a change of shoes if needed
- **Masks**: Masks are required in Lancaster County when indoors.
    - Spectators are required to wear masks at all times when indoors (5+ in age)
    - Athletes are required to wear masks before and after competition, but not during
- **Clean:** All athletes and spectators will be reminded to wash hands often and use hand sanitizer stations where applicable
    - All high-touch areas will be sanitized with spray or wipes at least every two hours
- **Spectators**: All athletes will be encouraged to only allow immediate family to join them at the competition site.
- **Separation:** Provide spacing (Bleachers & Common Gathering Points)
    - Regular social distancing announcements will be made
    - Volunteers will be enforcing social distancing
    - At high traffic/indoor facilities, X's will mark 6 foot distancing requirements on the ground and bleachers where necessary
    - Where needed floor arrows will mark flow of traffic
- **Capacity:** Onsite staff will monitor maximum capacity guidelines at each sport venue

Sport Specific Notes:

- There will be sanitary stations throughout the playing venue
- There will be sanitizing materials provided for scoring tables, official's stands, etc.
- Eliminate on-site team check-in if possible
- Remove water stations and require participants to bring their own water bottles
- Eliminate player benches
- Space the courts a minimum of 25 feet apart and refrain from using adjacent courts at the same time when possible
- Coaches will bring their own pen or pencil to fill out line up sheets
- Game ball chosen out of team balls
- Eliminate handshakes, high fives, and huddles
- Schedule warm-up time separately to create social distancing between teams
- Only send one person up for the coin toss
- Suspend the protocol of teams switching sides in indoor play. In the event there is a clear and distinct disadvantage then teams will switch sides, observing all social distancing and sanitizing protocols.
- Sanitize courts, volleyballs and all equipment after each match
- Create no touch procedures for medal distribution
    - Medals will be given to the coaches to distribute amongst their team