

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

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:** We strongly recommend that masks are worn:
 - By spectators at all times with indoor sports
 - By athletes, 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.
- **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)
 - At high traffic/indoor facilities, X's will mark 6 foot distancing requirements
 - Where needed floor arrows will mark flow of traffic
- **Capacity:** Onsite staff will monitor maximum capacity guidelines at each sport venue
- **Gear:** Coaches bring your own pen or pencil to fill out line up sheets.
 - Any referees must bring their own whistles. Whistles will not be provided
- **Specifics:** No hand shakes before or after matches.
 - No switching of sides during any matches.