**Udall Recreation Commission**

**COVID-19 Guidelines and Requirements**

1. Masks are required for everyone entering the building for any practice or game.

* Spectators and Coaches must wear masks at all times. Spectators are also asked to social distance/ sit in family units when at the game.
* Players are required to wear a mask when sitting on the bench.
* Players that leave the court and return to their bench should wear a mask.

2. Attendance has to be limited in the gym.

* Only household members will be allowed this year.

3. Coaches, Players and Spectators must check their temperatures before practice and games.

* Please stay home if you have the following symptoms:
* Fever (100.4 degrees or higher) or chills
* Cough or sore throat
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* Loss of taste or smell
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

4. All Spectators must be seated during games and practice.

* No one is to be roaming the hallways, playing or running around the commons area.
* Young children need to be in gym watching the game or practice and accompanied by a parent/guardian.

5. All Spectators must exit the building once their child’s game or practice has ended.

* No congregating in the lobby, hallway or commons area

6. Coaches, Players and Spectators please practice hand sanitizing.

* Everyone should wash their hands with soap and water and/or use hand sanitizer often.
* Players and coaches should do this before and after each game and practice.

7. Team benches/chairs are for participants use only.

* They will be disinfected between each match.
* Time will be made to allow the completion of this task.

8. No team huddles before, during or after games or practice.

* No huddles after each point
* No handshakes/slaps before or after matches.
* Sportsmanship will be a touchless manner at the end-line

9. All Scorekeepers/Officials/Supervisors are required to wear a mask.

* All assistant officials (score keeper, libero tracker, timer, line judges)

are required to wear a mask and social distance

* Officials on the floor/stand, may or may not wear a mask during live play.

10. Two (2) minute serving period

* Each team will be given a two (2) minute serving period for players to practice their serves before their match time.
* Teams will need to bring their own volleyballs
* Do not share with other teams

11. No concession stand

* Each player/coach must bring their own individual water bottle

12. Prematch conference

* NO COIN FLIP – Team listed first is home team - Visitors get first serve
* PLAYERS ARE TO SHAG BALLS Coaches, please inform your players about shagging balls at the end of warm-up and after a dead ball.

COACHES – we appreciate you working with your players on the bench regarding masks and social distancing.