

ADULT SAND VOLLEYBALL LEAGUES DURING COVID-19

Please show good sportsmanship to other players, umpires, and staff. League rules and protocols, while complicated at times, are put in place for the safety of everyone.

GUIDELINES AND SAFETY MEASURES

RULES:

- Players, umpires, staff, and park users are expected to practice social distancing on and off the field. To avoid overcrowding, teams are discouraged to have spectators at games.
- Participants cannot arrive more than 15 minutes prior to the start of their game. The use of hand sanitizer upon arrival and departure is recommended.
- Park water fountains are not operational. Participants should bring individual water bottles and not use shared jugs.
- No handshakes, high fives, or unneeded contact of any kind.
- No spitting of any kind. This includes sunflower seeds, chewing tobacco, etc. Spitting will result in a warning; a second warning will result in removal from the game.
- Players should use their own equipment, and sharing equipment is discouraged. Any shared equipment, including gloves, bats, helmets, etc, should be disinfected between uses. Other personal belongings brought should be limited to essential needs only.
- Players are required to supply their own antibacterial wipes and hand sanitizer.
- A maximum of only four players are allowed in the bench/dugout area at one time. The remaining players must be in the area behind their dugout (not on the field of play) while practicing social distancing.
- Teams are required to clean their dugout area of all trash and other items after each game, and wipe down (clean) hard surfaces such as benches, bat racks, etc.
- One representative per team will conduct a pregame meeting at home plate, all involved are expected to keep six feet social distancing during ground rules.
- New softballs should remain in original packaging until they are needed in the game. It is recommended teams label their balls with identifiable markings. Between half-innings the fielding team's pitcher will keep the ball and take it into the dugout.
- The catcher and umpire shall position themselves at least six feet apart. Catchers shall position themselves behind the umpire, and become a "retriever", not a catcher.
- Only City Staff is allowed to operate/touch the scoreboard controller.
- **PROGRAM EMPLOYEE AND PARTICIPANT RESTROOM ACCESS:** Park restrooms are closed to the public. Program staff and participants will have access as required. Restrooms will be cleaned and disinfected daily by the Park Maintenance Department, and program staff will disinfect all common touch points as needed.
- **PUBLIC HEALTH:** Participants shall not attend City of Golden Valley programs if they are sick with COVID-19, were recently exposed (within 14 days) to someone with COVID-19, or are sick or have symptoms (ie, fever, cough, or shortness of breath). If staff observe a participant with symptoms, they will be asked to leave.
- Avoid touching your face with your hands and unnecessary contact with frequently touched surfaces. Cough and sneeze with a tissue (or sleeve or elbow, if necessary), throw the dirty tissue away, and immediately wash your hands.
- Wash hands frequently with soap and water (20 seconds or more), or sanitize with an alcohol-based hand sanitizer of at least 60 percent.
- Cloth face masks can be considered an additional measure to reduce risk in public but are NOT a replacement for social distancing. Masks worn by players must be of one neutral color with no designs on them and not distracting [The MDH website has guidelines for when to wear a mask.](#)