



## **Health & Safety Guidelines for Athletes, Coaches & Spectators**

### **Updated 03/31/21**

- 1. Spectators should wear face masks AT ALL TIMES while in the gym and keep an appropriate distance from other spectators whenever possible.**

**Coaches and players should wear face masks AT ALL TIMES while in the gym and should avoid unnecessary contact with other players.**

- 2. There will be no limit on the number of spectators per athlete that will be allowed inside the facility for league and tournaments – HOWEVER, SPECTATORS MUST LEAVE THE GYM WHILE THEIR ATHLETE IS NOT PLAYING.**

If you bring children to the gym they must remain with an adult at all times. Children and athletes CANNOT roam about the grounds of any facility used for Southern Swing events.

**Travel team try-outs, practices and camps remain closed to spectators at this time - NO EXCEPTIONS.**

- 3. All Referees must use hand whistles.**

- 4. Only teams who are actively playing their league or tournament matches will be allowed inside the gym. "Teams" include only athletes, coaches and spectators.**

**TEAMS WHO ARE NOT ACTIVELY PLAYING THEIR MATCHES DURING LEAGUES AND TOURNAMENTS ARE REQUIRED TO LEAVE THE GYM and not re-enter until a Southern Swing staff member notifies your coach. Coaches should, in turn, immediately notify their players.**

- 5. ONLY SOUTHERN SWING BALLS will be allowed in the gym.**

Southern Swing will provide game balls and a limited number of warm-up balls for each league or tournament match and will disinfect them between sets and matches. Any balls belonging to individual teams must remain OUTSIDE THE GYM AT ALL TIMES.

- 6. Athletes may bring a closed container of water into the gym - no energy drinks, sodas or sports drinks. WATER ONLY. NO OUTSIDE FOOD of any kind will be allowed inside the gym.**



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- 7. Opposing teams should not have physical contact with each other prior to or after matches - no high fives, fist bumps or other customary greetings. Coaches and their players should also minimize any unnecessary contact before, during and after their matches including huddles during time-outs.**

While we realize that this is all part of traditional good sportsmanship, we will limit those activities to waves and verbal congratulations only. Teams WILL NOT change sides during matches for leagues or tournaments.

- 8. Teams and spectators will be asked to enter through one door and exit through another if at all possible. Southern Swing staff will assist in directing teams.**