

**An inherent risk of exposure to COVID-19 exists in any public place where people are present.**

COVID-19 is an extremely contagious disease that can lead to severe illness and death.

**By visiting Midwest Volleyball Warehouse and participating with Northern Lights, you voluntarily assume all risks related to exposure to COVID-19.**

We have taken enhanced health and safety measures for the safety of all guests and staff. You must follow all posted instructions while in Midwest Volleyball Warehouse.

- Always maintain 6' social distancing.
- No parents, siblings, or guests - players and coaches only.
- Wear face masks and use hand sanitizer when entering the building.
- Coaches are required to wear masks.
- Players are required to wear masks when entering, but not on the court.
- Downstairs women's restroom is closed to the public.
- Upstairs women's restroom is open.
- Water fountains have been turned off.
- Bottle fillers stations are active.

## **Rules for Coaches & Staff**

- Coaches must wear masks.
- Coaches' Room limited to 4 at a time.
- Use women's restroom upstairs.
- Trainer & Team Rooms are closed.
- One full ball cart used per court.  
Exchange for a different cart between each session.
- Players exhibiting symptoms (fever, cough, shortness of breath) must be sent to the SAQ room to be picked up, exiting through side door.
- Wash hands and use sanitizer between every lesson.