

Upper Midwest Gay Lesbian Athletic Association (GLASS)

Return to Play Guidelines

The Upper Midwest Gay Lesbian Athletic Association (GLASS) is committed to providing a safe and healthy recreational play environment for all our participants. To ensure we have a safe and healthy environment as we return from hiatus, GLASS has developed a Preparedness Plan in response to the COVID-19 pandemic. While the full plan will be available on the GLASS website, the remainder of this document highlights our specific return-to-play guidelines.

Our goal is to mitigate the potential for transmission of COVID-19 in our recreational environments and our community. The remainder of this document highlights our return-to-play guidelines; our full COVID-19 Preparedness Plan is available on the GLASS website.

Participating in a GLASS event means that you agree to the following:

BEFORE AN EVENT

- You are highly encouraged to get tested for coronavirus prior to participating in GLASS activities
- Self-monitor for signs and symptoms of COVID-19. Participants are not allowed to play or be at recreational venues if they are experiencing symptoms, sick or recently tested positive for coronavirus

DURING AN EVENT

Any person displaying COVID-19 symptoms will be asked to leave the recreational venue.

DO NOT BRING YOUR VOLLEYBALL, NET, OR ANY OTHER COMMUNAL EQUIPMENT TO GLASS EVENTS (EVEN TO WARM UP!)

On the sidelines

- No extended congregating before or after play
- Maintain social/physical distancing of at least six feet from other participants at all possible times
 - For outdoor play, bring a folding chair or other viable option to allow for six+ feet distance at all times
 - When physical distancing isn't possible, follow consistent safe hygiene practice
- Wear a mask/face covering at all times when not participating on the field of play
- Sanitize your hands between every game and after touching other surfaces
- Do not share personal items
- No spectators or non-participants will be allowed until industry guidance advises that it is safe. If you need to have a non-participant on site, they must adhere to the guidelines outlined in this document

While playing

- Participants are allowed to play on their assigned teams only (no subbing)
- In order to minimize interactions a team will only play one team during any given event
- No handshakes or contact celebrations (e.g. high-fives, fist bumps, hugs, etc.)

IF YOU TEST POSITIVE FOR CORONAVIRUS WITHIN DAYS OF PARTICIPATING IN A GLASS EVENT

- Inform GLASS either via email (glass_vb@yahoo.com) or by contacting an open gym leader or a member of the board directly as soon as possible
- Any sick participants will not be allowed to play in GLASS events until after testing negative for coronavirus and being symptom-free for at least five days

Participant safety is of utmost importance. Unfortunately, no amount of precaution and extra effort can guarantee a completely sterile environment, so all participants agree to participate at their own risk. Read [USAV's Return-to-Play Guidelines](#) and the State of Minnesota's [COVID-19 Sports Guidance for Youth and Adults](#) for more information on individual and group safety measures.