



COWICHAN COMMUNITY CENTRE

Program Guidelines: Drop-In/Recreational Volleyball

Admissions/Registration

- Maximum 18 players per session.
- Pre-registration is now available and recommended. Registration will open 72 hours prior to each session and close one hour before the session start time. Online registration is available at www.reccowichan.ca while advance registration is also available by phone during business hours 250-748-7529 (Mon-Fri, 9am-5pm).
- Players should arrive no earlier than 15 minutes prior to the scheduled activity session.
- Players should use the Multi-Purpose Hall (MPH) main entrance to access the facility. Players should check in at the Cowichan Arena Office when arriving.
- Players should sanitize or wash their hands upon arrival at the facility.
- Please maintain a 2-meter physical distance while entering the building.
- As a participant in this program, please respect the cohort model and other participants by keeping participation at multiple facilities to a minimum.

Game Play

- No spitting permitted in the facility.
- Player should bring their own water bottle as drinking fountains are not available.
- Upon arrival into the MPH, players should store their belongings on one chair and use this location for the duration of the session; please use your selected seat only during the session.
- Teams should be predetermined for the duration of the activity session.
- Warm up will only happen with your assigned group of 4 x 4.
- No more than 8 individuals on court (4 per side) and 1 sub.
- Matches will be round robin play and will be 20 minutes long.
- Balls will be sanitized frequently.
- Spectators are not permitted.
- During game play, physical distancing should be maintained wherever possible.
- Blocking at net is not permitted.
- Participants should consider wearing gloves and a mask.
- Upon completion of game play, participants should wash or sanitize hands.
- Participants should minimize the items and surfaces they touch while waiting to play.
- Players should avoid hand shaking, hugging, or 'Hi-Fives'.

Departure

- Players are required to exit the building within 15 minutes upon completion of their scheduled activity.
- Please maintain a 2-meter physical distance while exiting the building.

NOTE: Recreational Volleyball Guidelines are subject to change. Those disregarding program guidelines may be asked to leave the facility.