

Dear Express Volleyball Fans,

It's finally here. Monday night "in the meadow". Express is proud to offer your child this opportunity to get outside, get active and have some fun.

Here is what you need to know.

Pre-arrival: Complete online COVID self-screener each week. Visit: [ExpressVC.ca](https://ExpressVC.ca)

Arrive: 6:10-6:25 for check in each Monday inside the track.

Location: Central Elgin C.I. (Park on the East side of school in the parking lot.)

Dates: July 19-Aug. 30 inclusive. (i.e, no dates off = 7 sessions)

Departure: 8pm.

Notes:

- No washroom facilities on site
- Garbage clean-up - if you pack it in, please pack it out.
- Inclement weather - we will use 3 methods for cancellations. E.g., email, social media, [ExpressVC.ca](https://ExpressVC.ca)
- Smoking - not permitted on Thames Valley DSB grounds
- Parking - east side of school
- Masks
  - Athletes - must be worn when arriving and while waiting to play. May be worn while on court, but **not** mandatory.
  - Spectators - must be worn IF closer than 2m to person(s) NOT in your family.
- Spectators

DO	DO NOT
Stay and watch (bring a lawn chair) Remain outside of the track Cheer positively for all players Social Distance - Remain 2m away from non-family members OR wear a mask	Yell at or coach participants Come inside the track area Sit within 2m of non-family members without wearing a mask Congregate with non-family members

*Failure to follow any of the above guidelines may result in you being asked to leave and/or your child being removed from the program with no financial compensation. Let's work together please.*

- COVID assessment (before every session - online)
  - Athletes **MUST** complete an online COVID assessment ([ExpressVC.ca](https://ExpressVC.ca)) between 12:01am and 6pm on the date of participation.
  - Please **DO NOT** send your child if they have **ANY** symptoms.
- Temperature checks are not mandatory but might be done
- Please bring:
  - WATER (Lots of it as there is no filling station on site)
  - ICE (If possible for cooling and possible injury)
  - Shoes appropriate for dry grass participation (no cleats please)
  - Hat / Sunglasses / Sunscreen

**Express T shirts, water bottles and towels have been ordered and will be distributed when they've arrived at the club.**