



# COVID-19 Return to Play Guidelines



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# Identification of COVID-19 Symptoms and Knowledge of Coronavirus Transmission

## Identification of COVID-19 Symptoms

It is important that all active members and guests participating in programs recognize the symptoms of COVID-19. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever (see below)
- Chills
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

**Fever:** Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#). Infants less than three months of age who have a fever should be assessed by a health care provider.

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children.

COVID-19 symptoms can range from **mild to severe**. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.

# Transmission of COVID-19

From the BC Centre for Disease Control



The coronavirus that causes COVID-19 is spread by liquid droplets when a person coughs, sneezes or sometimes talks or sings. If you are in close contact with an infected person, the virus can enter the body if droplets get into the eyes, nose or throat.

Respiratory diseases, like influenza and COVID-19, are spread by liquid droplets that come out of the mouth and nose when a person coughs, sneezes, and sometimes, when a person talks or sings. These droplets usually land one to two metres away, but they can land on another person if they are close by. Diseases can spread if droplets with the virus enter the body through the eyes, nose or throat.

COVID-19 can also spread by touch. If droplets are left on objects and surfaces after an infected person sneezes, coughs on, or touches them, other people may become infected by touching these objects or surfaces, and then touching their eyes, nose or mouth. That's why we recommend you cough or sneeze into your arm and wash your hands regularly.

Experiences of COVID-19 in hospital settings around the world, including in B.C., suggest that COVID-19 is primarily spread by droplet contact. While there is some discussion that COVID-19 can spread by staying in the air (by aerosols), there is no convincing scientific evidence to support this. An exception is aerosols produced by aerosol-generating medical procedures.

Efforts to stop the spread of COVID-19 should focus on reducing droplet contact.

- Keep practising physical distancing
- Stay home if you are sick and limit your contact with others
- Wash your hands often with soap and water or an alcohol-based hand sanitizer containing at least 60% alcohol
- Cough and sneeze into a tissue or the bend of your arm
- Avoid touching your face with unwashed hands
- Clean and disinfect surfaces and objects
- Wear a mask or face covering when needed

## Droplet contact versus airborne transmission

### Droplet Contact

- Some diseases are spread by infected droplets contacting surfaces of the eye, nose, or mouth. Large droplets that may or may not be visible to the naked eye are made when a person sneezes or coughs. These droplets usually spread only one to two metres and quickly fall to the ground.
- Influenza and SARS are examples of diseases that can spread by droplet contact.
- **The evidence suggests that COVID-19 is transmitted by droplets.**

### Airborne transmission

- Airborne transmission is when microorganisms travel on much smaller evaporated droplets (often called aerosols). These droplets stay in the air for many hours and often travel long distances. Transmission occurs when others breathe the microorganism into their throat or lungs.
- Examples of diseases spread by airborne transmission include measles, chickenpox and tuberculosis.

### [Common Questions regarding Transmission](#)

## Protective Measures to Keep our Communities Safe

### Associated Risk of Return to Play for Volleyball

It is important that all organizations and individuals understand that when you choose to participate in physical activities outside the home during the pandemic, including volleyball, you are at an increased risk of contracting COVID-19. This is an inherent risk of participating in non-essential activities in your community.

Volleyball BC has determined that volleyball is a MEDIUM risk sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of infection. Outdoor volleyball is considered less risky than indoor volleyball.

Participants should carefully assess their personal health situation before engaging in this activity.

## Governance

The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in B.C. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the ecosystem.

Provincial sport organizations are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health.

## Guiding Principles

The following 5 principles will be integrated into and guide the development and subsequent modifications of this Return to Play document.

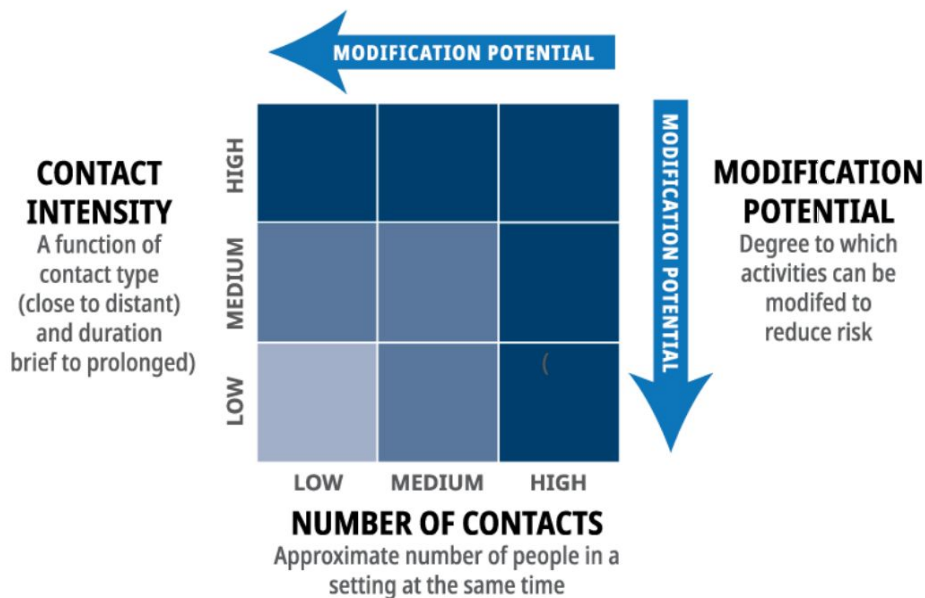
## Five Principles for Every Situation

| Personal Hygiene        | Stay at Home if You are Sick                        | Environmental Hygiene                          | Safe Social Interactions                 | Physical Modifications             |
|-------------------------|---|--|--|------------------------------------|
| Frequent handwashing    | Routine daily screening                             | More frequent cleaning                         | Meet with small numbers of people        | Spacing within rooms or in transit |
| Cough into your sleeve  | Anyone with any symptoms must stay away from others | Enhance surface sanitation in high touch areas | Maintain distance between you and people | Room design                        |
| Wear a non-medical mask | Returning travellers must self-isolate              | Touch-less technology                          | Size of room: the bigger the better      | Plexiglass barriers                |
| No handshaking          |   |  | Outdoor over indoor                      | Movement of people within spaces   |

## Sport Environment Risk Assessment

The protective measures outlined below have been put in place to help mitigate the risk of COVID-19 infection in our sporting environment.

As an organization, we have identified areas where there may be risks, either through close physical proximity or through contaminated surfaces within our facilities. Also, we recognize that the closer together individuals are and the longer they are close to each other, the greater the risk of contracting coronavirus.





In each of our facilities we will work closely with partner organizations to:

- Identify areas where people gather and restrict or prohibit access.
- Identify situations and processes where individuals are brought into close proximity to one another or members of the general public.
- Identify any and all equipment that may be shared by multiple individuals.
- Identify high touch surfaces within the environment.

## Risk Reduction Protocols

Participants are required to adhere to the laws, regulations and guidelines set forth by the Province of British Columbia, Public Health, viaSport, and Volleyball BC. This plan has been developed in compliance with guidelines for recreational facilities included in viaSport BC's Guidelines for Sport and the BC Recreation and Parks Association Guidelines for Restarting Operations in Recreation.

### Facilities Plan

- Guidelines and Occupancy Limits
  - Total occupancy at any single time will be based on the most current individual facility outline.
- Signage
  - Outside of the Facility/ Upon Entry:
    - No drop-in. Pre-registered participants only permitted in the building
    - By entering the facility, participants acknowledge the risks associated with COVID-19, etc.
    - Hand washing and/or sanitation station signage
    - COVID-19 specific signage – information provided by BC Centre for Disease Control
    - Please wait for check in and ensure you have completed the Health Declaration Screening Form
    - Physical distancing reminders
    - If displaying symptoms of COVID-19 or sick, do not enter
    - Individuals showing signs of illness will be asked to leave immediately
    - BC CDC Signage
      - COVID-19 do not enter if sick or required to self-isolate
      - COVID-19 outbreak in facility
      - COVID-19 prevention
      - Hand washing and alcohol-based hand rub
      - Physical distancing in progress
      - Isolation Area
    - Inside of the Facility
      - Occupancy limits for common areas as indicated per each individual facility.

## Entry Process

Participants will be met outside or in the lobby of each facility (facility dependent) by a representative of our organization or facility staff prior to their session. They will be asked to maintain physical distancing protocols for attendance and sign in.

- Staff will be set up in a position that adheres to physical distancing and markers will be used to encourage physical distancing between participants during check in.
- Participants and staff will verify registration (one time) and that the symptom and contact screening has taken place (each session).
- Athletes and parents will verify the declarations that have been provided in a manner that minimizes physical contact of shared items.
- Once declaration is confirmed and has been properly submitted, participants are directed to the courts to begin the program
  - If declaration is not confirmed the participant will not be permitted to access the facility and will be prohibited from participating.

## Exit Process

- Participants will be asked to return the volleyballs to a clearly designated area to be sanitized before they are reused or put away.
- Participants will collect their belongings and leave the court area immediately following activity
- Participants will be advised to wash their hands immediately after the conclusion of their session.
- Staff will direct the flow of participants out of the court area. Individuals will be requested to leave promptly without congregation.

## Health Declaration Form

Prior to their first session each participant must fill out the [Health Declaration Form](#).

Individuals under the age of 18 will require a Parent or Guardian to verify the declaration on the athlete's behalf. Individuals will not be allowed to participate until the Health Declaration form has been submitted. The health declaration only needs to be completed once per participant per program. **If there are any changes to the responses contained in an individual's Health Declaration any time after submitting the form, the individual must notify the Club immediately in writing via email of this change and refrain from attending sessions until they are able to pass the Health Declaration again.**

## Screening Questionnaire

Prior to each participant's subsequent visit to the same program they are required to undergo COVID-19 Screening and contact verification.

## COVID-19 Screening

*This questionnaire must be asked of every member, athlete, coach, staff, volunteer, patron, participant, member of a rental group, and visitor to enter the facility:*

“Hello. Before we can participate today I have to ask you a series of questions. Please answer to the best of your ability. Do you have...”

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever (see below)
- Chills
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

All travelers arriving in B.C. from outside of Canada are required by law to self-isolate for 14 days and complete a self-isolation plan.

- I confirm that I / my athlete does not have any of the symptoms listed above.
- I confirm that I / my athlete has not been in contact with a confirmed or probably case of COVID-19
- I confirm that I / my athlete has not traveled outside of Canada and/or to any regions with a known outbreak of COVID-19 within the last 14 days.

If a patron, participant, member of a rental group, or visitor answers yes to any of the above questions they will not be permitted to enter the facility. At this point, the following information must be recorded and staff/coaches will RECOMMEND THAT this individual CALL 8-1-1:

#### Tracing Information

Name:

Phone Number:

Address:

Date:

Time of visit:

User group/program attending:

Once athletes have completed the screening and have passed:

1. Staff will then direct participants into the building and directly to the hand washing/sanitation stations.
2. Guests will proceed to activity.

## General Hygiene Considerations

### Participant Hygiene

- There will be no handshaking, high fives, hugging, etc.
- All participants and guests should avoid touching their face throughout activities.
- All guests should consider wearing a mask and gloves
- Staff, coaches, and participants will be instructed to maintain physical distancing based on the most current Provincial Health recommendations off the court and, if required, while on the court.
- Sanitation breaks will be scheduled into activities at regular intervals for participants and equipment.

### Equipment (Nets/Balls/Posts/etc)

Member and Registered Participant use only:

- Designated nets, balls, and other equipment are only to be handled by members and registered participants. This will minimize the number of people who will be in contact with equipment and enable contact tracing accuracy.
  - Masks are to be worn at all times during set-up and take down of equipment.
- When accessible, Identified staff will set up and organize equipment ahead of time
  - Minimizes the number of individuals that deliberately contact equipment
  - Enables an opportunity for staff to sanitize their hands before participants arrive and activities commence.

## Water and Personal Belongings

- Participants will be asked to limit the amount of personal belongings brought with them.
- Athletes and coaches must not share water bottles, towels, or other personal items.
- Everyone will be asked to bring sufficient water for the entire day and all personal items will be kept separate from one another at the courts.

## Spectators / Viewing

Spectators will not be permitted. Apart from exceptional circumstances, participants will be met outside of the facility and escorted in to avoid unnecessary individuals in the facility.

Spectator areas will be closed:

- Bleachers/viewing area will be closed off (where applicable)
- Lounge areas and foyers will be closed off
- Parents/guardians of minors (young children) may escort them into the facility for the purposes of ensuring they are comfortable within the environment, providing that overall occupancy levels are not compromised, personal hygiene, and physical distancing measures are maintained.

## Safe Sport Considerations

All programs will continue to follow the Responsible Coaching Movement policies and guidelines. This means that any one-on-one interactions between a coach and an athlete within a potentially vulnerable environment (examples include, but are not limited to obstructed sightlines, out of earshot of additional personnel), must take place with the company of a second coach or screened and NCCP trained adult (with the exception of medical emergencies).

If participants are minors, parents/guardians are needed to escort them to the facility to do the declaration form and the screening information.



## COVID-19 Program Guidelines – Modified Training

### Overview

Programs will be modified to ensure that the health and safety of both the staff and participants are considered. Programs will provide an opportunity for skill development and play while still following the provincial health recommendations and Return to Sport guidelines. Strict adherence to the following guidelines and modifications is required to meet and/or exceed these guidelines.

### Program Registration

- The **Indemnity and Assumption of Risk** waiver must be completed prior to participating in any programming.
  - In the event that a partner host organization has provided documentation meeting and communicating similar requirements that cover all affiliates this will suffice
- The **Health Declaration Form** must be completed prior to participation in any programming.
- All participants must be pre-registered for the program to minimize the physical exchange of in-person paper documentation and to have all participant contact information (including emergency contact information) on file. Drop in activities are strictly prohibited.
- Payment must be made electronically. We will not be conducting any in-person transactions.

### Compliance & Athlete Dismissal

- The organization reserves the right to remove any participant from its programs at any time and for any reason if any staff believe that the participant is non compliant with the terms described in this document.
- If a participant is removed for violation of the COVID-19 Safety Plan, there will be no refund provided.

### Program Administration

- Sessions will be designed and executed in accordance with current Return to Play and Return to Volleyball guidelines provided by viaSport and Volleyball BC.
- Participants will be kept in the same cohort for the duration of the program and we will encourage participants from the same household to be kept together where possible.
  - Any adjustments to the cohort model will include an appropriate programming *fallow* time.
- The maximum number of participants per court will be in compliance with the most recent guidelines from Volleyball BC.
- Equipment will be set up prior to programming sessions and undergo proper sanitation of surfaces that are frequently contacted.
- We will minimize the use of shared equipment by having participants work individually and/or designate a minimal number for a specific group of participants.
  - If balls travel from one court to another, coaches and participants will use their feet to push the ball back to the user.

- Coaches and staff will/can be provided with a mask and gloves for use during the program.
  - Coaches will attempt to remain off-court, minimize the handling of the balls used by participants during the session, and instruction will be provided from a physical distance of 2-3m at all times.
- Court set-up will adhere to physical distancing and encourage safe movement of participants and coaches.
- Courts will be set up to ensure physical distancing is maintained and in compliance with the physical distancing guidelines and calculations for occupancy in a recreational space outlined in viaSport BC guidelines and BCRPA guidelines.
- Court areas will be clearly marked with controlled access points and markers/stanchions/signage to direct participants in and out. No one outside of participants, coaches and staff will be permitted in the court area.
- There will be identified areas to put belongings in separate piles.

#### Coaches and Staff

- Coaches and on-site staff will be instructed on the Return to Play guidelines including all health and safety measures put in place to prevent the spread of COVID-19.
- Coaches and staff must be healthy with no signs or symptoms of illness. Individuals will be educated on the common symptoms of COVID-19 and instructed to stay away if displaying symptoms. Coaches will be required to complete a Health Declaration Form at the start of the program and participate in the daily screening questionnaire provided at the beginning of each session. If an individual is showing signs of cold, flu, or COVID-19 symptoms, they must be removed from the activity and self-isolate immediately. Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- At the start of each Session, the Head Coach will:
  - Ensure that emergency contact information is available for all athletes and coaches in attendance in the Session.
  - Designate an area to be defined as the “Isolation Area”. No person shall enter the designated Isolation Area unless they are feeling unwell and/or displaying symptom(s) consistent with COVID-19.
  - Maintain a detailed log of all participants and coaches in its program. Logs will be provided.
- Coaches and staff will/can be provided with a mask and gloves for use during the activity.
- Coaches and staff will wash hands before and immediately following participation in volleyball activities. They will be provided with sanitizing materials for themselves and the equipment.
- Coaches will maintain a minimum distance of 2 meters from participants. They will limit the handling of balls used by participants during the session. Instruction will be provided from the sideline.
- If balls travel from one court to another, coaches and participants are encouraged to use their feet to push the ball back to its user.



## Policies

### COVID-19 Response Plan

- If an individual comes in contact with a confirmed or probable case of COVID-19 they will be sent home immediately to self-isolate and advised to use the British Columbia Centre for Disease Control (BC CDC) guidelines on [Self-Monitoring for COVID-19](#).
- Individuals will be advised to use the [BC COVID-19 Self-Assessment Tool](#) and will follow all instructions listed. If any problems occur, or the individual is unable to complete the Self-Assessment Tool, they will be encouraged to phone 8-1-1 if they are able. If their condition is an emergency or there is a direct threat to their health, they will be encouraged to phone 9-1-1.

Participants or members of staff who develop symptoms during an activity or who have been exposed to a probable or confirmed case of COVID-19 will be considered to have a probable case of COVID-19. In this situation, the COVID-19 Response Plan will be activated:

- The person with the probable case (hereby known as, “probable case”) will immediately be sent home
  - While the person is waiting for transportation, they will be placed in a quarantined area to be pre-determined at each facility. If the person is not able to reach the predetermined location other participants will be moved into a safe location.
- The Club President, Club Manager and Rental Facility will be made aware of the situation and the COVID-19 Response Plan will be activated:
  - Any areas that the probable case was in contact with will be immediately cleared and cleaned by someone wearing appropriate personal protective equipment
  - Any and all activities in the facility or vicinity of exposure will cease immediately until cleared by health authorities or other government bodies.
  - BC CDC and WorkSafe BC Guidelines and Resources will be distributed to the probable case.
  - Contact information for all patrons, rentals, and other user groups that may have come into contact with the exposed staff member or other probable case will be collected.
    - This contact information will be used to contact patrons and users at the direction of the health authorities, and may be shared with health authorities upon request.
    - Based on viaSport recommendations, we will NOT inform participants, Local Health Officials will contact participants who have come in contact with a positive test.
  - Health authorities will be contacted and will provide further instructions

- WorkSafe BC will be contacted and will provide further instructions

The following information will be gathered regarding the presumed exposure to COVID-19:

- Name of probable case:
- Phone number of probable case:
- Address of probable case:
- Known programs from two weeks prior to the probable exposure:
- Date of presumption of COVID-19 exposure:
- Approximate time of presumed COVID-19 exposure:
- Rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:
- Contact information for people involved in rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:
- If the presumed exposure occurred prior to being sent home or prior to additional shifts or programs, contact information for all rentals, events, and programs, involved during times involving the probable case:

## Participant Travel

British Columbians have been advised to avoid travel within the province or outside of the province at this time because of the COVID-19 pandemic. It is requested that you do not travel to other regions unless it is essential. People travelling to B.C. from another province or territory within Canada should only come for essential reasons. For more information on province-wide restrictions, please visit the [government of BC website](#).

**Essential travel** is travelling for work, school, medical appointments, and to obtain groceries, medicines, and other essential items. It can also mean travelling to care for someone like a family member who is ill.

**Non-essential travel** is travel for tourism, entertainment, or recreation. Stay local for these activities. For example skiing and snowboarding at your local mountain.

An existing order also halts travel to other regions for sports.

All travellers arriving in B.C. from outside of Canada are required by law to self-isolate and monitor for symptoms for 14 days. You must complete the federal [ArriveCAN application](#) digitally before entering Canada. After entry into Canada, report your symptoms through the [ArriveCAN app](#) or call 1-833-641-0343 every day until the end of your 14-day isolation. Visit the [Government of Canada](#) for more details for incoming travellers; information for essential workers arriving in B.C. from outside of Canada is available on the [Guidance page](#).

## Develop Communication Plans

### Member Communication Plan

Email or letter template message: Return to our sport with respect to COVID-19

*Dear Member,*

*As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Volleyball BC has been working with viaSport and the Province of British Columbia to interpret the recommendations of our Chief Provincial Health Officer and how they best apply to volleyball.*

*We have implemented safety measures, precautions and transmission control procedures in an effort to create and maintain a healthy and safe environment for all participants. We ask for your patience and understanding as we move along this new pathway in community sport. We also ask for your engagement and compliance in following the new protocols that have been developed in adherence with viaSport and Volleyball BC. These protocols have been put in place to ensure the safety of our community.*

*Volleyball BC has completed a detailed risk assessment and determined that volleyball is a “medium risk” sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of transmission. For this reason, it is required that prior to participating, parents and/or legal guardians must review our COVID-19 Return to Play Plan to help better understand the risks involved and risk-mitigation measures that are being employed. Parents and/or legal guardians must also ensure that their athlete(s) is/are aware of the policies and procedures and agree to adhere to the rules that will be put in place. Additionally, the “Indemnity and Assumption of Risk” waiver must be completed prior to registering for any programming.*

*Upon review of the risks and the mitigation strategies set out in our Return to Play Plan, we ask that every family consider their personal situation and associated risk tolerance and confirm their intent to participate.*

*If you choose to participate, you must follow these rules:*

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.*
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.*
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.*

- *Wash your hands before participating.*
- *Bring your own equipment, water bottle and hand sanitizer.*
- *Comply with physical distancing measures at all times.*
- *Avoid physical contact with others, including shaking hands, high fives, etc.*
- *Leave the field of play as quickly as possible after you finish.*

*If you have any questions or concerns, please do not hesitate to contact the club directly.*

*For additional information on the Volleyball BC guidelines, please review the Volleyball BC Phased Return to Volleyball Plan.*

## Monitor and Update Plans

The club will maintain open and transparent communications with all of its stakeholders during each Return to Play phase as set forth by the British Columbia Government.

- The Club will provide written notice to update members, coaches and volunteers of changes to its activities during COVID-19.
- The Club will continue to take guidance from the Provincial Government, Volleyball BC and other key stakeholders. We will make changes to our policies and procedures as necessary.
- Safety protocols will be communicated to members, coaches and volunteers prior to the start of all Club Programs and posted and accessible to all members on the Club's website.
- In the event of a confirmed or probable exposure to COVID-19, the Club will be in immediate contact with the local public health office and Volleyball BC and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority.

## Assess and Address Risks from Resuming Operations

### Coach Guidelines

These are general protocols for all programs. Board of Directors, new staff, coaches & Volunteers will be receiving the following protocols and procedures. There may be other

considerations that will be communicated to all coaches depending on program/location specific requirements.

### Hygiene / Cleaning Protocols

- The Club will provide masks, gloves, hand sanitizer and spray bottles of disinfectant for all coaches.
- Volleyball BC encourages coaches to wear masks while coaching kids or interacting with parents.
- Maintain a 2-meter distance from others wherever possible. If this is not possible, please wear a mask.
- Sanitize all equipment between training sessions.
- Wash or sanitize your hands between groups and at regular intervals during the training session.
- Plan regular water/hand washing breaks and remind all athletes to use their hand sanitizer during these breaks. Athletes will be asked to bring their own hand sanitizer but extra will be supplied by the Club for those who forget.
- For the case of back to back groups, one group will finish 5 minutes early and the other will start 5 minutes late in order to properly sanitize the equipment and avoid separate cohorts from congregating.
- The handling of equipment (nets) is to be closely monitored. Consider assigning and identifying personnel to set up and take down the nets as needed.
- Use cones and other equipment to ensure appropriate spacing is in place to support physical distancing.
- Refrain from sharing pens, clipboards, whistles, etc.

### Waiver/Health Screening

- Coaches must complete an [Indemnity and Assumption of Risk](#) waiver prior to their first day of activities.
- Coaches must complete the [Health Declaration Form](#) before their first day of activity.
- If there are any changes to the information contained within a Coach's Health Declaration any time after submitting the form, the Coach must notify the Club immediately in writing of this change.

### Illness Policy

- All individuals - including coaches, athletes, and parents - MUST STAY HOME if ANY of the following are true:
  - They have been diagnosed with COVID-19 and/or feel unwell and/or are displaying any of the symptoms consistent with COVID-19
  - a person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19
  - they, or someone in their household, has travelled outside of Canada within the last 14 days
  - they, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days

- Are considered a vulnerable or at-risk individual (individual over 65 years, weakened immune system or underlying medical condition)
- If you are feeling unwell, contact the Club Director or Program Leader immediately and follow these steps:
  - self-isolate
  - contact your healthcare provider, call 8-1-1, or use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing is needed
  - monitor your symptoms daily and do not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - Continue to update the Club on your health status daily.
  - Do not return to work until you have been cleared to do so by your healthcare provider or local health authority.

### Volleyball Specific

- Volleyball specific modification in response to the COVID-19 pandemic will be in accordance with Volleyball BC policy.
  - [Volleyball BC Return to Play and Training Protocols](#) (updated Aug. 25, 2020)

### Treating Sick or Injured Players

- Identify an Isolation Area at the court at the beginning of the session and ensure that no one enters the Isolation Area unless they are feeling unwell or displaying signs of COVID-19.
- If attending to an injured player, a mask and gloves MUST be worn.
- If an athlete tells you that they are feeling unwell, please follow these steps:
  - Separate the athlete from the rest of the group and direct them to the Isolation Area
  - Contact the athlete's parent/guardian and request that the athlete be picked up.

## Return to Activity and Training After COVID-19

The Canadian Sport Medicine Advisory Council has shared [this document](#) that outlines the recommended steps to returning to activity and training after an athlete has contracted COVID-19 (specifically mild/moderate cases). Of particular interest may be the infographic on the final page: it is important to note that there should be 10 days of rest from onset of symptoms, and a minimum 7 days of being symptom-free before beginning the return to play process.