

SKY VOLLEYBALL CLUB 2020 INDOOR VOLLEYBALL

COVID-19 COMPREHENSIVE SAFETY & RETURN TO PLAY PLAN

IMPLEMENTED AUGUST 17TH, 2020

1. Small-Group Training
2. Transition Time Between Sessions
3. Group and Gathering Limits
4. No Contact and 2m Physical Distancing
5. Cleaning Best-Practices
6. Athlete and Program Facilitator Health
7. Self-Assessment
8. Illness Policy
9. Outbreak Plan
10. Emergency Plan (First Aid Protocol)

Definitions

The following terms are defined in this document as follows:

“Athletes” – all participants of any/all **Sky Volleyball Club** programming

“Program Facilitators” – coaches, volunteers, managers, board of directors, club coordinator

“Families” – all those living in the same household as the above-mentioned program facilitators and Athletes

“Sky Nation” – all Athletes, program facilitators, and families

Key Guiding Principles

- a. The health and safety of the entire Sky Nation is paramount and at the forefront of all the decisions the **Sky Volleyball Club Board of Directors** are making to safely Return to Play.
- b. The entire Sky Nation must understand and adhere to all public health restrictions and follow the structures put in place by *Volleyball BC's Return to Play Plan*.
- c. At all times, **Sky Volleyball Club** will abide by the laws, regulations and guidelines set forth by the British Columbia Government, City of Vernon, Public Health, viaSport, Worksafe BC and Volleyball BC.
- d. This Return to Play Plan will be updated and communicated when more information from our governing bodies becomes available.

COVID-19 COMPREHENSIVE SAFETY & RETURN TO PLAY PLAN

1. Small-Group Training

Training will be conducted in small training groups which will remain the same for every training session. To limit exposure, these groups will not be mixed.

- a. Group sizes are limited to 6 (six) Athletes and 1 (one) coach per court.

2. Transition Time Between Sessions

There will be sufficient time scheduled between training events to allow for proper social distancing. The entire Sky Nation is asked to adhere to Volleyball BC's recommendation of: "Get In. Train. Get Out".

- a. Athletes are to depart quickly after training to allow for a safe transition between sessions.
- b. Athletes are to arrive no more than 5 (five) minutes prior to the start of their training session to allow for safe transition between sessions.
- c. Athletes should not congregate or socialize before or after the activity.

3. Group and Gathering Limits

Spectators are not permitted as they increase our allowed "gathering" size and lessen our ability to maintain physical distancing.

4. No Contact and 2m Physical Distancing

The entire Sky Nation must maintain physical distancing at all **Sky Volleyball Club** and Volleyball BC programming. The physical distancing expectations are:

- i. All Athletes and Program Facilitators must remain two meters apart from one another (including on the court)
 - ii. Only non-contact activities and drills will be utilized
 - iii. No handshaking, high fives, hugging, etc.
- a. All training will be structured to allow physical distancing while on and off the court.
 - b. No competitions/games will be held that compromise the 2m physical distancing requirement.
 - c. Blocking is only permitted as an individual skill and must still adhere to the 2m physical distancing requirement.

5. Cleaning Best-Practices

The cleaning best-practices for equipment (balls, nets, etc) owned and/or utilized for **Sky Volleyball Club** programming is:

- a. Group-Shared Equipment (e.g. balls):
 - i. The use of group-shared equipment will be limited to training sessions on each group's own court.
 - ii. Group-shared equipment will be sanitized before and after each training session.

- b. Spacing of Athlete Equipment:
 - i. Athlete equipment (backpacks, clothing, etc) will be spaced at least 2m apart to prevent contact between items.
- c. Hygiene Expectations (Hand Washing/Face Touching/Laundrying/Water Bottles):
 - i. Athletes and Program Facilitators should practice proper hygiene.
 - ii. Athletes and Program Facilitators are asked to use alcohol-based hand sanitizer (containing at least 60% alcohol).
 - iii. Hand sanitizer/cleanser will be provided for coaches.
 - iv. Athletes and Program Facilitators should abstain from touching their face (mouth, eyes, or nose).
 - v. Athletes and Program Facilitators are required to use sanitizer before and after sessions.
 - vi. Athletes are to bring/supply their own sanitizer for personal use.
 - vii. Athletes and Program Facilitators must not share water bottles, towels, or other personal items.
 - viii. Athletes and Program Facilitators are asked to bring with them sufficient water for the entire training session.
- d. Personal Protective Equipment (PPE):
 - i. All coaches will be provided with non-medical grade facemasks and are expected to wear the masks when physical distancing of 2m cannot be strictly observed.
 - ii. Athletes wishing to utilize masks are to provide their own.

6. Athlete and Program Facilitator Health

To participate in **Sky Volleyball Club** and/or Volleyball BC programming, Athletes and Program Facilitators must be healthy, with no signs or symptoms of illness or underlying condition.

A Program Facilitator can deny participation and attendance in **Sky Volleyball Club** programming if an Athlete (or family member) does not meet the outlined guidelines, OR if illness is suspected. **Sky Volleyball Club** reserves the right to refuse program participation as a measure to keep the entire Sky Nation safe (as adapted from viaSport's Return to Sport Guidelines – appendix C).

Athletes and Program Facilitators are required to fill out the *Volleyball BC Declaration Compliance Form* prior to commencing any activities/programming with **Sky Volleyball Club**.

Athletes must inform their Program Facilitator immediately if they feel any symptoms of COVID-19, such as; 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.

- a. Athletes will answer a wellness questionnaire/self-assessment prior to commencing each training session. If an Athlete exhibits signs of cold, flu, or is coughing and/or sneezing, they must be removed from the activity and self-isolate immediately.
- b. The entire Sky Nation should know, and be familiar with, the common symptoms of COVID-19 and refrain from participating in any **Sky Volleyball Club** and/or Volleyball BC programming if displaying symptoms.
- c. Athletes and Program Facilitators must stay home if:
 - i. They feel unwell/sick or are displaying symptoms of COVID-19,
 - ii. Someone in their household has, or is showing symptoms, of COVID-19,

- iii. They, or someone in their household, have traveled outside of Canada within the last 14 (fourteen) days,
- iv. They have been in contact with a known/presumptive case of COVID-19 in the last 14 (fourteen) days.
- d. Athletes and Program Facilitators who are; over 65 years of age, immunocompromised, or who have underlying health conditions are deemed as high-risk individuals.
 - i. Underlying health conditions include hypertension, diabetes, COPD/asthma, cardiovascular disease, cerebrovascular disease, and higher thromboembolism risk. Volleyball is not recommended for these individuals.
 - ii. Athletes and Program Facilitators who live with high-risk individuals should consider their participation carefully. For more information about the Return to Play Plan for high-risk individuals, see page 16 (sixteen) of viaSport BC's guidelines.

7. Self-Assessment

If any member of the Sky Nation is feeling sick/unwell with COVID-19 symptoms, they should remain at home and contact Health Link BC at 8-1-1.

If symptoms appear while participating in **Sky Volleyball Club** and/or Volleyball BC programming, they are to go home immediately and contact 8-1-1 or a family doctor for further guidance.

- a. At the start of each session, Athletes and Program Facilitators must review the self-assessment signage located at the courts, to attest that they are not feeling any of the COVID-19 symptoms.
- b. Program Facilitators will visually monitor Athletes throughout the session to assess any early warning signs of COVID-19.
- c. The entire Sky Nation can review and access the self-assessment tool here:
<https://bc.thrive.health/covid19/en>
or through the COVID-19 BC Support App Self-Assessment Tool.

8. Illness Policy

The Public Health Agency of Canada advises that any person who has even mild symptoms should stay home and call the Public Health Authority of B.C.

All members of the Sky Nation are asked to Quarantine and/or Self-Isolate if:

- a. They, or any member of their immediate family (within the same household), has travelled outside of Canada within the last 14 (fourteen) days.
- b. They, or any member of their immediate family (within the same household), begins showing symptoms of COVID-19.

If an Athlete or Program Facilitator tests positive for COVID-19:

- a. They will not be permitted to return to any **Sky Volleyball Club** programming until they are free of the COVID-19 virus.
- b. Any Athlete or Program Facilitator who works/plays closely with the infected person will also be removed from programming for at least 14 (fourteen) days to ensure the infection does not spread further.
- c. The session facility will be closed off for cleaning and disinfection, and the group-shared equipment will be cleaned and disinfected as well.

- d. Any member of Sky Nation that may have been exposed will be informed and removed from programming for at least 14 (fourteen) days, or until a COVID-19 diagnosis has been ruled out by local health authorities.

If an Athlete or Program Facilitator is tested and/or is awaiting the results of a COVID-19 test:

- a. They must refrain from participating in any **Sky Volleyball Club** programming.
- b. All group-shared equipment must be cleaned and disinfected.

If an Athlete or Program Facilitator has contact with someone who has tested positive for COVID-19:

- a. Athletes;
 - i. must inform their Program Facilitator of the contact.
- b. Program Facilitators;
 - i. must inform the **Sky Volleyball Club** Board of Directors of the contact.
- c. The exposed person will be removed from programming for at least 14 (fourteen) days, or as otherwise directed by public health authorities.
- d. Athletes and/or Program Facilitators who had contact with the exposed person will also be removed from programming for at least 14 (fourteen) days, or until the exposed person has received a negative COVID-19 test result.
- e. All group-shared equipment must be cleaned and disinfected.

9. Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is defined as two or more cases; a “case” is a single case of COVID-19.

- a. If a case or outbreak is reported, the **Sky Volleyball Club** Board of Directors will decide and communicate all decisions to modify, restrict, postpone, or cancel activities.
- b. If an Athlete or Program Facilitator reports they are suspected, or confirmed, to have COVID-19, and have been at a training facility, the Cleaning Best-Practices (as defined above) are to be implemented immediately.
- c. The facility owner will be notified to ensure enhanced cleaning protocol takes place at public touch points within the vicinity.
- d. The Illness Policy outlined above will be implemented immediately.

Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if there is an emergency.

Individuals can learn more about how to manage their illness here:

<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/aboutcovid-19/if-you-are-sick> 3

In the event of a suspected case or outbreak of an influenza-like-illness, **Sky Volleyball Club** will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority, implement our Illness Policy and action our enhanced cleaning measures.

10. Emergency Plan (First Aid Protocol)

Adapted from viaSport's Return to Sport Guidelines – Emergency Plan.

In the event that first aid is required to be administered during programming, all persons attending to the injured individual must first put on a mask and gloves, as per:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19 are:

<https://www.redcross.ca/trainingand-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsiveperson-during-covid>