



# Covid-19 Safe Return to Play

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## Safe Return to Play

A safe return to volleyball will take place in phases that align with public health guidelines about the safe resumption of activity. The duration and dates of each phase will be determined by provincial health and government guidelines. As we progress in our phased return to volleyball we are also aware there may be times when The Provincial Health Officer, viaSport and Volleyball BC direct a movement back a Phase and add additional recommendations.

### 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:

- 1) 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.
- 2) 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.
- 3) 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.
- 4) This Return to Play Plan will be updated and communicated to its membership as required as we progress through this pandemic.

### Phased Return to Volleyball in B.C.

#### TRANSITION MEASURES:

Maintain physical distance. Hand-washing & symptom screening. Outdoor safest. Some indoor. Small group. Skill and drills focus. Minimal shared equipment. Disinfect before, during, and after use.

#### PROGRESSIVELY LOOSEN:

Adhere to health guidelines. Hand-washing. Outdoor/indoor. Size of group may increase. Expanded activities Inter-club/regional play. Some shared equipment. Enhanced cleaning protocols.

#### NEW NORMAL:

Adhere to health guidelines. Hand-washing. Outdoor/indoor. Larger groups allowed. No restrictions on activities. Provincial / large scale events may return. Shared equipment



Sky Volleyball is aware of the following:

- Public health restrictions will always guide what is allowable in our community. The duration and dates of each phase will be determined by provincial health and government guidelines. Each phase should only be considered when public health restrictions and physical distancing measures allow for it.
- The resumption of volleyball may not be linear and increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. We need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer.
- Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Office and announced by Volleyball BC. Sky volleyball will not move from one phase to another on our own or without approval to do so.

**\*\* UPDATE Dec 2, 2020 \*\***

## **Transition Measures – Phase 2 – Re-Introduced December 2, 2020**

As of December 2, 2020, and direction by the PHO we have moved back to the “Transition Measures” phase of this plan. Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Office and announced by Volleyball BC. Should we be required to move back into the Transition Measures phase, the guidelines and considerations below will be in place: Organized play can only operate under the following rules:

1. All participants, coaches, referees and parents/spectators/guardians must maintain physical distancing:
  - a) **Three meters apart** from one another at all times, including on court;
  - b) Non contact activities only;
  - c) No handshaking, high fives, hugging, etc;
2. Look to reduce contact with balls, nets, and other shared equipment.
3. Limit activity to skill development or low risk activities:
  - a) Activities should only be those typically done in practice and/or training environments, which permit physical distancing at all times (eg. Individual serving, passing, setting, attacking practice);
  - b) **No games/competitions**. Competitive volleyball does not permit physical distancing at two meters and should not be played at this time;
  - c) **No more than 12 individuals on a court** (6 per side) while maintaining physical distance at all times. Volleyball clubs and associations are reminded that under Transition Measures (Phase 2), physical distancing is required at all times on and off court, and while 12 is the maximum under these guidelines, each group must determine whether that is possible given the size of the particular facility they are using;
  - d) **Blocking at the net is not permitted**.



4. Remain community focused:
  - a) Stay within the home sport community or club(s) where participants are members;
  - b) No cross-regional, inter-provincial or cross-country travel. International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.

During Transition Measures, the following is not permitted:

- activities that do not permit physical distancing;
- activities that have a high risk of injury or competitive;
- activities that encourage large group gatherings;
- large public events or gatherings Note: Physical distancing does not apply to individuals who are “inside your bubble”. The Restart BC plan defines your bubble as “members of your immediate household” and states that “Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart”. Furthermore, the BCRPA Restarting Guidelines for Outdoor Recreation state that participants on sport courts can “be less than two metres physical distance with members of the same household”.

## Key Protocols for Safe Return to Volleyball

### 1. Cleaning and Personal Hygiene

- a) The cleaning best-practices for equipment (balls, nets, etc) owned and/or utilized for Sky Volleyball Club programming is:
  - 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) Athlete equipment (backpacks, clothing, etc) will be spaced at least 2m apart to prevent contact between items;
- c) Hygiene Expectations (Hand Washing/Face Touching/Laundering/Water Bottles):
  - i. Athletes and Program Facilitators should practice proper hygiene and wash hands prior to training or volleyball event;
  - 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 participants and Program Facilitators are required to wear face masks in all common areas, indoor public spaces and maintain proper social distancing;**
  - ii. **Face masks do not have to be worn when on court or within the training area but participants and Program Facilitators are encouraged to do so.**



## 2. Self-Assessment

- a) 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;
- b) **Participants and Program Facilitators must conduct the online the self-assessment tool via:**
  - i. <https://bc.thrive.health/covid19/>
  - ii. **the COVID-19 BC Support App Self-Assessment Tool;**
  - iii. **TeamSnap once it is setup.**
- c) 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.
- d) Program Facilitators will visually monitor Athletes throughout the session to assess any early warning signs of COVID-19.

## 3. Transition Time Between Sessions

- a) 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".
  - i. Athletes are to depart quickly after training to allow for a safe transition between sessions.
  - ii. 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.
  - iii. Athletes should not congregate or socialize before or after the activity.

## 4. No Contact and 2m Physical Distancing

- a) The entire Sky Nation must maintain physical distancing at all Sky Volleyball Club and Volleyball BC programming. The physical distancing expectations are:
  - i. 2m Spacing at all times except on court or training area dependant on current PHO guidelines. **\*\*Currently 3m spacing on court is required for all training activities**
- b) **No handshaking, high fives, hugging, etc. between participants and Program Facilitators;**
- c) **\*\*Currently there is no blocking at the net in training drills where a player is on the other side of the net. Blocking drills can be done at the net as long as there is no participant on the other side and 3 m spacing is adhered to.**

## 5. Group and Gathering Limits

- a) **Spectators are currently not allowed at any Sky Volleyball training sessions or events;**
- b) **Maximum group gatherings are specified by the PHO and may change through the course of the pandemic. Occupancy limits may also be dependant on the facility and their environmental design;**





## 6. Contact Tracing and Potential Exposure

- a) Program Facilitators or the Covid Liaison will maintain participant attendance lists for every training and event session along with up to date and accurate participant and program facilitator contact information;
- b) If a participant or Program facilitator contracts Covid-19 they must notify Sky President, Troy Lorenson, as soon as possible. He will then ensure the following;
  - i. Notify Interior Health and supply all contract tracing documentation they require;
  - ii. Notify the training facility operator or municipality contact.

## 7. Athlete and Program Facilitator Health (In conjunction with Appendix 2 below)

- a) 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.
- b) 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.
- c) **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).
- d) 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**.
- e) 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:
  - i. 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.
  - ii. 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.
  - iii. 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,
- f) They, or someone in their household, have traveled outside of Canada within the last 14 (fourteen) days,
- g) They have been in contact with a known/presumptive case of COVID-19 in the last 14 (fourteen) days.

**- Appendix 1 -**

**Priest Valley Gym Protocols**

**Priest Valley Gym Occupancy:**

- a) Sky Volleyball Club is aware that the maximum occupancy of Priest Valley Gym is currently 25 persons. A variance is being sought to be allowed the previous occupancy limit of 31 but until written permission is obtained or variance allowed to youth volleyball, Sky will adhere to the 25 person limit.
- b) The following is a breakdown of the maximum persons in the Priest Valley Gymnasium with a 25 limit occupancy:
  - i. 20-22 athletes in the room (Teams are already composed of a maximum of 12 athletes as directed by Volleyball BC. 3-5 youth athletes may have to rotate and not attend practice on a given session);
  - ii. 1-2 coaches per court and one will act as the Covid Liaison and track attendance and ensure protocols are being followed;
  - iii. This results in the maximum of 25 people in the gym;
  - iv. There are no referees or other volunteers at the sessions.
- c) The following is a breakdown of the maximum persons in the Priest Valley Gymnasium if a variance is granted to increase occupancy:
  - i. 24 athletes;
  - ii. 2-3 coaches per court and one will act as the Covid Liaison and track attendance and ensure protocols are being followed;
  - iii. This results in an anticipated 30 person max in the gym spread over the two courts;
  - iv. There are no referees or other volunteers at the sessions.

**Priest Valley Gym Protocols (In conjunction with Key Protocols already mentioned):**

- a) Players/participants will wear face masks upon arrival and departure of the facility;
- b) Upon arrival and departure from the facility athletes and coaches will wear face masks from their vehicles or upon entering onto the property;
- c) Facemasks can only be removed once on court;
- d) Athlete bags and personal items will be spread along the walls to ensure 3m spacing while getting indoor shoes on, water breaks and preparation to depart;
- e) If the gym door is locked or entry cannot be gained then athletes and coaches will employ 2m spacing along the exterior west wall outside the west gym door.

**\*\* NEW \*\***

**Priest Valley Gym Protocol:**

It is vital that any person who believes that they may have become ill or their child may have become ill within 14 days of visiting one of our facilities seek appropriate medical attention by first calling 8-1-1, then reporting this immediately afterwards by contacting Leah Walker, Manager, Customer Service –Recreation at 250-550-3673. We will share personal information for the purposes of contact tracing if the need arises. To attend our facilities, all persons taking part in your activities must consent to the same.

The new Order indicates that all contact tracing must be destroyed after 30 days.



## Appendix 2 - Illness Policy -

### From viaSPORT

In this policy, "Team member" includes an employee, contractor, volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you 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, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases/conditions/covid-19/about-covid-19/symptoms>

#### 2. **Assessment:**

- a) Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b) If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
- c) Managers/coaches may visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

#### 3. **If a Team Member is feeling sick with COVID-19 symptoms:**

- a) They should remain at home and contact Health Link BC at 8-1-1.
- b) If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
- c) No Team Member may participate in a practice/activity if they are symptomatic.

#### 4. **If a Team Member tests positive for COVID-19:**

- a) Follow the direction of health officials.

#### 5. **Quarantine or Self-Isolate if:**

- a) You have travelled outside of Canada within the last 14 days.
- b) You have come into close contact with someone who has tested positive for COVID-19.
- c) You have been advised to do so by health officials.

## - Appendix 3 -

### Phase 3 - Progressively Loosen

The “Progressively Loosen” phase permits a careful increase to the number of contacts and contact intensity in sport. For Progressively Loosen, viaSport BC guidelines divide sports into 4 categories based on the number and intensity of contact within the sport. Volleyball has been designated to Group B as a team sport with limited physical contact (page 41). It is important to note that every sport will resume at its own pace and that other sports may follow different guidelines depending on the category in which they have been designated. This section outlines key principles for safely implementing volleyball activities in the Progressively Loosen phase.

All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices still apply in Phase 3. Volleyball clubs and organisations must comply with all other sections in this document.

#### Contact

Contact is defined by public health guidance and viaSport BC as close proximity (within 2 meters) or physical contact. Increased contact increases the risk of COVID-19 transmission. Volleyball activities can be categorised from lowest to highest risk of COVID-19 transmission as follows:

1. Skill-building drills or training at home, alone or with family members
2. Small group or team-based skill-building or drills that maintain physical distancing
3. Group or team-based drills that require close contact
4. Group or team-based activities that include physical contact
5. Competitive activities that include physical contact between teams

The careful introduction of contact in volleyball is permitted in the Progressively Loosen phase with the following principles:

- Close physical proximity should be minimized as much as possible. Physical distancing must be maintained off- court (eg. pre and post-game).
- Activities must comply with any modifications to rules made by Volleyball Canada to minimize contact during COVID-19.
- Any introduction of volleyball activities involving either close proximity or physical contact should be done within a cohort (see next section).

#### Volleyball Cohorts

In the Progressively Loosen phase, cohorts should be created for all volleyball activities where there is contact or close proximity of less than 2 metres. ViaSport BC defines a cohort as “a group of participants who primarily interact with each other within the sport environment over an extended period of time (eg. series of events)”. Examples of volleyball cohorts might include:

- a program within a volleyball club where players train and play together weekly.
- an age bracket for inter-club play within a region.
- a recreational league where players rotate weekly to play.



The intention behind creating cohorts is to limit the number of people that each individual will come into contact with, reduce the risk of transmission and ensure quicker contact tracing by health authorities if an outbreak occurs. For volleyball, the following guidelines must be followed when creating a cohort:

- Cohorts should not exceed 100 individuals.
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break between activities is recommended.
- When in a cohort, individuals do not need to maintain physical distancing during volleyball activities on-court. However, individuals should still seek to minimize physical contact wherever possible. At least two metres distancing should be maintained between all participants off-court (e.g. on benches, during intermission, in locker rooms). If physical distancing cannot be maintained masks should be worn. Note: Team benches at the side of the court are included in the “field of play”. This means that participants on the same team of the same cohort do not need to maintain physical distancing while sharing a bench, though players should consider wearing a mask when feasible. Coaches, trainers or support staff must wear masks on the bench if they cannot maintain physical distance.
- Coaches and referees may be counted outside the total cohort number if they are able to maintain physical distancing at all times. If they are unable to do so, coaches and referees should be assigned and counted within a cohort.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.
- There should be 1 responsible person or central point of contact for a cohort. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.

We acknowledge that individuals may engage in multiple sports or activities. Participants are encouraged to minimize the number of cohorts that they are involved in to reduce the number of individuals that they are interacting with.

## **Competition**

In the Progressively Loosen phase, viaSport BC states that, for volleyball, “league play and competitive activities may occur within designated cohorts”. Competitive activities include formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. Examples of competitive activities in volleyball that are permitted in Progressively Loosen include the following:

- Club play: games or competitive activities that occur within a team or club members in a cohort.
- Recreational league play: games or competitive activities that occur within a defined program, league or group of teams in a cohort.
- Regional competition: games or competitive activities occurring between clubs or individuals in a cohort within a region. In volleyball, a “region” is defined by the zones set by the BC Summer



Games. It is recommended that, wherever possible, cohorts and competition are created based on these regions. However, we acknowledge that some volleyball activities may need to combine nearby zones/communities in order to make activities sustainable. In all cases, organizers should be aware of and consult public health guidance from the Regional Health Authorities in which they are operating volleyball activities.

If **Sky Volleyball** organizes competition outside of a Volleyball BC organized event we will ensure the following:

1. Cohorts would be created as outlined above for the competition.
2. All competitions are required to have a detailed safety plan in place.
3. Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people or to limit in place at time of competition.
4. Limit contact as much as possible:
  - a) Plan arrivals and departures of different teams/groups to avoid co-mingling
  - b) Avoid participants waiting on site between games/activities
  - c) Discourage groups of people gathering before or after sport activities (e.g. social events)
  - d) Schedule activities over a longer period of time (days or weeks) or at different locations
5. Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool:  
<https://bc.thrive.health/covid19/en>
6. Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.
7. Community spectators (ie. those outside of a competitor's immediate family) are not encouraged until Phase 4.
8. If parent and guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the venue.
9. Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
10. An outbreak plan will be in place and there will be dedicated spaces that can be used for isolation, an outside area preferable, if an athlete or other personnel develop COVID-19 symptoms.
11. If outbreaks occur, Sky Volleyball will, postpone or cancel competitions or activities.

**- Appendix 4 -**

**Training Camps or Inter-Club Programs**

If Sky Volleyball holds training camps or other inter-club volleyball activities outside of Volleyball BC organized events they will ensure the following:

- Parents and/or participants will be asked to review this document as posted on Sky Volleyball Club website;
- All the key safety protocols mentioned above will be followed;
- Abide by any current Provincial and PHO restrictions including but not limited to:
  - Physical distancing requirements on court;
  - Maximum gathering sizes;
  - Competitive versus non-competitive activities.
- Enforce physical distancing, proper hand hygiene and rest and recovery;
- Ensure appropriate protocols are in place for cleaning and disinfecting of equipment;
- Require individuals wear masks when outside the training environment where physical distancing with others cannot be maintained;
- Form a cohort for the duration of the camp or training activity;
- Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group;
- Conduct pre-attendance symptom-screenings using the BC COVID-19 Self-Assessment Tool, TeamSnap or the Covid-19 app;
- Enforce illness policy if individuals present signs and symptoms of COVID-19
- Ensure orderly and properly spaced arrival and departure from the facility;



- Appendix 5 -

**Outbreak Plan**

**Sky Volleyball Club 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:

1. 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.
2. 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.
3. All contact tracing information compiled or kept by the coaches or club will be given to the health authority;
4. The facility owner will be notified to ensure enhanced cleaning protocol takes place at public touch points within the vicinity.
5. 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>

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.

**- Appendix 6 -**

**Emergency Plan**

**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>