



# Safe Return to Play Communicable Disease Plan

**Updated October 3,2021**

Approved by Board of Directors

## Safe Return to Play

Since July 1, 2021, organizations are no longer required to have a COVID-19 Safety Plan. Instead, it is recommended that organizations transition to developing a communicable disease plan that incorporate the principles and lessons learned from COVID-19 into all workplaces. As part of this, employers should ensure that fundamental measures of communicable disease prevention are in place at their workplace, including appropriate handwashing and personal hygiene practices, appropriate ventilation, and staying home when sick.

Sport organizations should continue to ensure that their organization is following best practices from a governance and risk management perspective. An organization's board has fiduciary responsibility and is accountable for the decisions and work of the organization. Each board should understand and be comfortable with the level of risk the organization is taking on.

### From WorkSafe BC

A communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted in a workplace from person to person. Examples of communicable diseases that may circulate in a workplace include COVID-19, norovirus, and seasonal influenza.

Communicable disease prevention focuses on basic risk reduction principles to reduce the risk of workplace transmission of COVID-19 and other communicable diseases. The fundamental components of communicable disease prevention include both ongoing measures to maintain at all times and additional measures to be implemented as advised by Public Health:

- 1) Ongoing measures — maintain at all times:
- 2) Implementing policies to support staff who have symptoms of a communicable disease (for example, fever and/or chills, recent onset of coughing, diarrhea), so they can avoid being at the workplace when sick
- 3) Promoting hand hygiene by providing hand hygiene facilities with appropriate supplies and reminding employees through policies and signage to wash their hands regularly and to use appropriate hygiene practices
- 4) Maintaining a clean environment through routine cleaning processes
- 5) Ensuring building ventilation is properly maintained and functioning as designed
- 6) Supporting employees in receiving vaccinations for vaccine-preventable conditions to the extent that you are able
- 7) Additional measures — implemented as advised by Public Health:
- 8) Employers must also be prepared to implement additional prevention measures as required by a medical health officer or the provincial health officer to deal with communicable diseases in their workplace or region, should those be necessary.

### 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:

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

## Step 3 of B.C.'s Restart plan is currently in effect.

Effective July 1 Return to normal sport competitions for both indoor and outdoor sport, subject to public health factors

### Outdoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not required on or off the field of play.
- Seated Events: Up to 5,000 or 50% of capacity, whichever is greater (i.e. if your space holds 8,000 people the capacity is now 5,000. If your space holds 12,000 people the capacity is now 6,000)

### Indoor sport

- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials
- Travel: Canada-wide travel allowed. International travel must still follow federal restrictions and guidance.
- Physical distance does not need to be maintained on or off the field of play.
- Masks: not recommended on the field of play. Masks are mandatory off the field of play
- Seated Events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250).

### Health Screening

It is not mandatory for volleyball organizations to screen participants/coaches/officials/volunteers with a symptom checklist before an activity. However, it is recommended that volleyball organizations communicate an illness policy to participants as part of their Communicable Disease Plan. This might include:

- Not attending an activity if you are sick.
- Completing the BC COVID-19 Self-Assessment Tool in advance of attending an activity and following any steps that it recommends.
- Complying with all public health direction if you are exposed to COVID-19 or have travelled outside of Canada

## Key Protocols for Safe 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. Balls and training equipment have a regular cleaning schedule.
- b) Hygiene Expectations (Hand Washing/Face Touching/Laundrying/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 and players;
  - 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.

#### **UPDATE AUGUST 21,2021**

- c) **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.**

### 2. Self Assessment and Monitoring Illness

- a) SKY Volleyball Club asks that all participants conduct a self assessment and if any illness they not attend a practice, game or any training.

## COVID-19 BC Vaccine Card

**\*\* At this time the Covid-19 Vaccine Card is NOT required for youth sports participants players, coaches,trainers) at SKY Volleyball facilities (Gateway).**

**SKY Volleyball participants may though have to show the Covid-19 BC Vaccine Card at events or facilities outside of Gateway and that is dependant on the facility or venue.**



## **PROOF OF VACCINATION FOR SPORT IN BC (From Volleyball BC)**

Effective Monday, September 13, the Public Health Order on Gatherings and Events comes into effect which implements mandatory proof of vaccination for non-essential activities. Please respect and comply with all requirements set by facility operators. Thank you for playing your part in upholding the Public Health Order and ensuring that sport can remain safely open.

### **Adult Indoor Volleyball**

Anyone aged 22 years and over participating in indoor volleyball activities will have to show proof of vaccination to play volleyball in line with the Province of BC's vaccine requirements.

### **Youth Indoor Volleyball**

Individuals who are age 21 years and under who are participating in indoor volleyball activities will not have to show proof of vaccination. In addition, any individual who is involved in supervising or direct delivering youth indoor volleyball activities is not required to show proof of vaccination. This includes coaches, officials, trainers, staff etc. We are awaiting further clarification about how far this extends in definition.

### **Outdoor Volleyball**

Proof of vaccination is only required for indoor adult team sport. It is not required for outdoor sport which means that individuals playing outdoor volleyball do not have to show any proof of vaccination.

### **Indoor Spectators**

A gathering of over 50 people at "a ticketed sport activity" will require people aged 12+ to show proof of vaccination. This will impact larger, organised indoor volleyball tournaments. We will confirm the requirements for spectators at VBC tournaments and competitions in due course.

We are still seeking further clarification about spectators at smaller scale events and practices. In the meantime, please follow all facility requirements regarding proof of vaccination for parents, siblings, and other children who are not participating in the volleyball activity.

As per the province's mask mandate, all individuals over the age of 12 years must wear a mask at all times in public indoor spaces, apart from when they are participating on-court.

### **Coach and Referee Development and Training**

Course and clinics that are provided in an educational setting (eg. classroom, meeting room) are subject to the requirements for indoor "events" in the Public Health Order: If the group



includes 50 individuals or more, proof of vaccination is required. If the group is smaller than this, proof of vaccination is not required.

If the course or clinic includes a practical, on-court session, this falls under “adult indoor sport” as defined in the Public Health Order and, therefore, all participants require proof of vaccination no matter what the group size.

## **Appendix #1 - Illness Policy**

SKY Volleyball Club will adhere to the ViaSport Illness policy:

- Anyone who has had symptoms of COVID-19 (fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache) shall not participate in volleyball activities.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must follow the current PHO or government regulations in place.
- Individuals, who feel sick while participating, should report symptoms to their coach, even if symptoms are mild, and they may be required to leave the facility.

## **Appendix #2 – Outbreak Response**

SKY Volleyball Club will defer to Interior Health and follow any orders or recommendations with regards to an outbreak of a communicable disease.