

PLAYER GUIDELINES FOR RETURN TO VOLLEYBALL

Transition Measures Phase

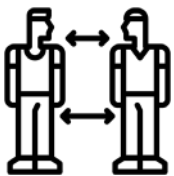
What do I need to know about returning to volleyball?



- Volleyball BC has developed **A Phased Return to Volleyball Plan** for organized volleyball to resume in BC.
- Volleyball clubs and organisations must create a Safety Plan that follows these guidelines.
- A safe return to volleyball will take place carefully and gradually in phases that align with public health guidelines.
- We are now in the “**Transition Measures**” phase. As public health guidelines change, we will move into different phases of the plan.



What can I expect during the Transition Measures Phase?



- Focus will be skills and drills in small groups.
- You must stay 2 meters apart from other participants at all times, including on court.
- There must be no more than 6 individuals on court (3 per side) and/or sharing the same ball.
- Blocking at the net is not permitted.
- Non-contact activities only. No handshaking, high fives, hugging, etc.
- Frequent and proper handwashing should happen throughout the session.
- No cross-regional, provincial or cross-country travel for play.
- Competitive volleyball does not permit physical distancing and should not be played at this time.



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Know Before You Go



- ✓ Check that your club or organization has a COVID-19 Safety Plan that conforms to VBC's guidelines. It should be posted clearly on the website.
- ✓ Know the symptoms of COVID-19.
- ✓ Assess your situation. Stay home if you meet the criteria below.
- ✓ Limit what you bring with you to the session.
- ✓ Bring your own water bottles, towels and other personal items. Do not share.
- ✓ Consider wearing a mask and gloves.
- ✓ Pack a hand sanitizer and wash your hands immediately before and after playing.
- ✓ Get in, play, and get out. Avoid social gathering before or after playing.



Volleyball is considered a medium risk sport for COVID-19 because we share the use of a ball.

If you are over 65 years, immuno-compromised or have underlying health conditions, volleyball is not recommended. If you live with higher risk individuals, consider your participation carefully.



You must stay home if:

- you don't feel well or are displaying symptoms of COVID-19
- someone in your household has COVID-19 or is showing symptoms of COVID-19
- you or someone in your household has traveled outside of British Columbia within the last 14 days
- you have been in contact with a known/presumptive case of COVID-19 in the last 14 days.

Please play your part in sharing and following these guidelines.
Together we can keep our volleyball community safe!

<http://www.volleyballbc.org/return-to-play>