



A PHASED RETURN TO VOLLEYBALL PLAN CONSIDERATIONS & GUIDELINES

Updated November 2, 2021

Sport and recreation plays an important role in the social, emotional and physical wellbeing of individuals and our wider community. This document outlines considerations and guidelines for the safe resumption of volleyball in BC.

A safe return to volleyball will take place in phases that align with public health guidelines about the safe resumption of activity. These phases are outlined in Section 2. **Any movement between phases will be decided by the Provincial Health Office. Do not move from one phase to another on your own or without approval to do so.**

A SPECIAL NOTE

It is important that all organizations and individuals understand that when you choose to participate in physical activities 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.

After reviewing [criteria](#), we consider volleyball to be a MEDIUM risk sport for the contraction of COVID-19 due to the shared use of the ball. Beach volleyball is considered less risky than indoor volleyball. Participants should carefully assess their personal health situation before embarking on this activity.

1. RETURN TO PLAY PLANNING BY VOLLEYBALL ORGANIZATIONS

Since July 1, 2021, organisations are no longer required to have a COVID-19 Safety Plan (unless regional or provincial health orders direct it). Instead, it is recommended that organisations 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.

It is recommended that each volleyball organization:

1. Review the [four-step process](#) and template provided by WorkSafe BC.
2. Develop a Communicable Disease Plan that incorporates measures, practices, and policies to reduce the risk of communicable disease.

NOTE: There is no need to write, post or approve this plan, however, organisations may benefit from documenting their plan to assist in planning and communicating their measures, practices, and policies.

Useful Resources:

Worksafe BC’s [Communicable Disease Planning and Template](#)
BCCDC’s [Communicable Disease Control Manual](#)
BCCDC’s [Cleaning and Disinfecting Protocols](#)

2. BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

- [BC's Restart](#) is a careful, four-step plan to bring B.C. back together. The four phases, along with the implications for travel and sport, are outlined below.
- As the provincial sport agency, viaSport BC provides additional guidance and resources for the sport sector to support through these phases. For the most recent information from viaSport BC, click [here](#). Information provided for volleyball organisations is based on the guidance set by viaSport BC.

A summary of BC's Restart Plan and the current viaSport BC Guidelines for Sport

BC RESTART PLAN			VIASPORT BC GUIDELINES – STEP 3		
STEPS	Criteria	PHO Guidance	Travel	Sports & Activities	STEP 3 Effective July 1
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	<p>Outdoor sport</p> <ul style="list-style-type: none"> 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) <p>Indoor sport</p> <ul style="list-style-type: none"> 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). <p>High-performance sport</p> <ul style="list-style-type: none"> CSI-P identified athletes adhere to all Step 3 guidance. <p>OVERALL GUIDANCE</p> <p>Proof of Vaccination: For more detailed information about proof of vaccination, click here.</p> <p>Communicable Disease Response Plan: Sport Organizations are no longer required to have a COVID-19 Safety Plan; however, sport organizations should consider developing a communicable disease prevention plan as per WorkSafe BC guidance to reduce the risk of communicable disease.</p> <p>Liability: The Province of B.C. extended COVID-19 liability coverage for organizations until December 31, 2021 through the COVID-19 Related Measures Act (CRMA). This protects people and organizations from damages resulting from transmission or exposure to the virus that causes COVID-19.</p>
2 JUNE 15	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	
3 JULY 1	C: low H: declining D1: 70%	Masks recommended – until fully immunized Increased social contact If sick, stay home and get tested	Canada recreational travel	Sports and exercise facilities – return to normal with Communicable Disease Plans	
4 SEPT 7 <small>(Earliest date)</small>	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Canada recreational travel	Sports and exercise facilities – continue to operate with Communicable Disease Plans	

3. STEP 3 FOR OUTDOOR AND INDOOR VOLLEYBALL – YOUTH AND ADULT

- Outdoor volleyball and indoor volleyball can resume, including practices, games and competitions.
- **Group Size:** There is no maximum group size for participant, coaches, officials, organisers, or staff.
- **Physical Distance:** Physical distance does not need to be maintained on or off court.
- **Mask Use:**

As of August 25, 2021, [masks must be worn in all indoor public spaces](#) throughout B.C. to help slow the transmission of COVID-19. People age 5 and older must wear masks in indoor public settings, regardless of vaccination status.

For volleyball this means:

Outdoor Volleyball - Masks are not required on the field of play. Individuals should consider wearing a mask during occasions that physical distancing is not possible off the field of play.

Indoor Volleyball – Players age 5 years and older must wear a mask at all times to and from the court and while not engaging in participation. Masks may be worn or removed on the court while participating in volleyball activity. Coaches, referees and staff/volunteers must wear a mask at all times to and from the court and while not engaging in participation. We strongly recommend that coaches, referees, and staff/volunteers continue to wear mask even while participating on-court. Participants must follow facility protocols about the use of masks at all times.
- **Proof of Vaccination:**

As of October 24, 2021, [proof of double-dose vaccination](#) must be provided to access some events, businesses and services. For volleyball this means:

Outdoor Volleyball – No proof of vaccination is required for youth or adults playing outdoor volleyball, including for those who come indoors to use amenities such as change rooms and meeting rooms for groups under 51 people.

Indoor Volleyball

Players age 21 years or younger do not have to show proof of vaccination. However, if youth age 12+ years are participating in sport programming that is primarily intended for adults, they must show proof of vaccination.

Players age 22+ years must show proof of vaccination.

Proof of vaccination is required for all unpaid adults or youth (12+ years) who supervise or assist with youth sports. This includes coaches, supervisors, and volunteers involved in youth indoor and outdoor volleyball. (Note: proof of vaccination is not required for employees working in sport activities / programs in their employment capacity unless organisations have their own policy requiring so).

Proof of vaccination **is required** for spectators age 12+ years at all indoor volleyball practices, games, and tournaments.

Participants must follow facility protocols about proof of vaccination at all times.
- **Capacity Limits:**

There are no capacity limits for inside events, including sport events.

Outside events, including sport events, may have no more than 5,000 persons or 50% of the seated operating capacity of a place, whichever number is greater.

Participants must adhere to all guidelines and restrictions set by the facility operator.
- **Travel:** Travel for volleyball is allowed within British Columbia and within Canada. Any international travel for volleyball must follow federal restrictions and guidance.

Note: At times there may be additional health restrictions in place that impact volleyball in specific regions of the province. When deciding which restrictions apply, always follow whichever is strictest. To review whether there are any regional health restrictions in your area, click [here](#).

4. ADDITIONAL CONSIDERATIONS

➤ Health Screening

It is not mandatory for volleyball organisations to screen participants/coaches/officials/volunteers with a symptom checklist before an activity. However, it is recommended that volleyball organisations 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.

Useful Resources:

[BC COVID-19 Self-Assessment Tool](#)

➤ Emergency Planning and Contact Tracing

It is no longer mandatory to maintain full contact information for all coaches, referees, and staff/volunteers participating in each session of an activity. However, it is recommended that volleyball organisations continue to keep this information in the event of any outbreaks.

Follow all recommended reporting and contact tracing protocols from your regional health authority if you become aware of any probable or confirmed cases of COVID-19 during your activities.

Useful Resources:

[BC Centre for Disease Control](#)

➤ Additional Considerations for Volleyball Organisers

Should any volleyball organization wish to add stricter guidelines, measures and precautions than those outlined above, they are able to for the volleyball activity they oversee within their specific organization.

During this period of rapid change through the Restart Plan steps, each facility operator or municipality may have potentially different restrictions and limitations for bookings/activities. Please work with your local cities/municipalities to adhere to any requirements to ensure you are providing a safe environment for all participants.

Ensure that participants are fully informed and consent to risks associated with participating in volleyball activities. It is recommended to have participants – or parents/guardians when a participant is a minor - sign a waiver or form acknowledging their acceptance of risks and that they agree to abide by COVID-19 guidelines and policies.

The Province of B.C. extended COVID-19 liability coverage to organizations until December 31, 2021 through the [COVID-19 Related Measures Act](#) (CRMA). This protects people and organizations from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19.

Owners/operators of volleyball facilities should consult local authorities, public health guidelines and WorkSafe BC to ensure that facility and operations meet safety guidelines. BCRPA have issued guidelines for resuming operations for recreational facilities. These include occupancy guidelines, risk assessment and operational measures that should be followed if you own and operate your own volleyball facility.

Useful Resources:

[BC Parks and Recreation Association](#)

5. USEFUL RESOURCES

- <https://www.viasport.ca/return-sport> - viaSport BC Return to Sport resources
- <https://volleyball.ca/en/news/volleyball-canada-update-covid-19> - Volleyball Canada's Return to Play resources.
- <https://bc.thrive.health/covid19/en> - Province of BC self-assessment tool for COVID-19.
- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19> - Latest updates on COVID-19 from the BC Centre for Disease Control.
- <https://www2.gov.bc.ca/gov/content/covid-19/info/response> - Latest updates and guidance on COVID-19 from the Province of BC.

DISCLAIMER

These Return to Volleyball Guidelines are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the Guidelines. It is important to note that these Guidelines are not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the Guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail.

Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice. This document contains links to third party web sites. Links are provided for convenience only and Volleyball BC does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date.

Anyone using these Guidelines does so at his or her own risk. Volleyball BC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.

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