

CURRENT GUIDELINES FOR VOLLEYBALL

Updated April 29, 2021

NEW PROVINCIAL TRAVEL RESTRICTIONS IN PLACE UNTIL MAY 24, 2021:

On Friday, the Province of BC announced [new provincial travel restrictions](#) that restrict non-essential travel between health authority regions. The health authority regions are:

- **"Northern-Interior Health Authority region"**: Northern Health Authority region; the Interior Health Authority region; the local health areas of Bella Coola Valley, Central Coast and Hope;
- **"Fraser-Vancouver Coastal Health Authority region"**: Fraser Health Authority region and the Vancouver Coastal Health Authority region, excluding the local health areas of Bella Coola Valley and Central Coast;
- **"Island Health Authority region"**: Vancouver Island Health

For volleyball, this means that travel to home clubs or high-performance athlete travel that crosses a health authority region as outlined above is not allowed. Any travel that is related to sport across one of the three zones needs to be postponed until at least after May 24. This means that teams and groups of participants can only travel to their home club and that club needs to be close to the participant's residence (within their Health Authority Region). There is no exemption for High Performance athletes who are carded by the Canadian Sport Institute or otherwise.

The PHO's guidance on travel for sport is directed at all sport delivery organizations, including, but not limited to, not-for-profit, for profit, education institutions, and sport camps. Following the directives in the current provincial orders is not optional. Sport organizations that are in breach in of this policy may be subject to enforcement measures such as fines or loss of business licenses. These policies are in place in order to maintain the health and safety of our communities. For more information, please see viaSport's [guidance for sport](#).

SPORT FOR INDIVIDUALS AGE 22 YEARS OR OLDER:

- **"A person may permit a place, other than a private residence or vacation accommodation, to be used for, or may provide, or may participate in group sport, if the following conditions are met:**
 - a. if the group sport is indoors, only two persons participate;**
 - b. if the group sport is outdoors, only ten persons participate;**
 - c. the participants maintain a distance of three metres from one another while engaged in the group sport, unless the participants reside in the same private residence;**
 - d. there are no spectators, unless the presence of a spectator is necessary in order to provide care to a participant**

This includes all indoor and outdoor volleyball for adults age 22 and older. Indoor group sport is only permitted in groups of up to two people and outdoor group sport is only permitted in groups of up to ten people. All participants must maintain a distance of three metres from one another while participating in the sport activity. It is important to remember the intent is to limit group gathering.

Therefore, for example, individuals should not be playing a sport with two/ten people and then switching teams to another group of two/ten during the same time slot. We recommend that adult participants review our guidelines for Transition Measures (Phase 2) for recommendations about how to ensure physical distance is maintained.

SPORT FOR CHILDREN OR YOUTH (21 YEARS OR YOUNGER)

- **“A person may permit a place, other than a private residence or vacation accommodation, to be used for, or may provide, sport for children or youth if the following conditions are met:**
 - a. participants maintain a physical distance of three metres from one another and do not engage in handshaking, high fives, hugging or similar behaviour;**
 - b. the focus is on activities that have a low risk of COVID-19 virus transmission;**
 - c. there are no spectators unless the presence of a spectator is necessary in order to provide care to a child or youth”**

All youth volleyball programming is permitted but must meet Volleyball BC’s Transition Measures (Phase 2) in the Return to Play Plan which include the following requirements:

- Activities must be limited to skills development and those that permit physical distancing at all times (eg. individual serving, passing, attacking practice)
- No competitive volleyball as this does not permit social distancing.
- Participants must maintain social distancing at all times on and off the court. The new Provincial Health Order stipulates that participants must maintain **3 metres** from one another and do not engage in handshaking, high fives, hugging or similar behavior. This is an increase from the 2 metres physical distance previously stipulated. If you are providing programming, please ensure that all skills and drills ensure 3 metres physical distance at all times.
- No blocking at the net.
- No spectators are allowed unless the presence of the person is necessary in order to provide care to a participant.
- For all Transition Measure requirements see **Appendix 1** of our [Return to Volleyball Plan](#)

TRAVEL FOR SPORT

“No person may travel for children and youth sport or group sport, including for training, practice, games or tournaments. (This) does not apply to travel by a person to the person’s home club sports facility at which the person regularly trains or practices.”

The Order now clarifies that individuals are permitted to travel to their home club for the purpose of sport. “Home club” is defined as the sport organization, club, or facility at which a person is registered for ongoing sport programming. This may or may not be in the individual’s immediate municipality. Eg. An individual may reside in Surrey but be registered to play in a volleyball club in Richmond. Individuals should not carpool with other participants.

HIGH PERFORMANCE EXEMPTION

“A person, who is a high-performance athlete who is already training in B.C. may train, compete and travel for that purpose if they follow the COVID safety protocols of their respective provincial or national sport organization.”

High Performance athletes are now excluded from the adult sport prohibition, so they can travel and train together, and compete, but must still follow COVID-19 safety plans.

To qualify as a high-performance athlete, you must be:

- Identified by the Canadian Sports Institute Pacific as a high-performance athlete affiliated with a Volleyball BC or Volleyball Canada
- Continuing to follow the safety guidelines of Volleyball BC.

(Note: Until May 24, the High Performance Exemption for travel has been suspended. All athletes must follow the [provincial travel restrictions](#) at this time).

INTERCOLLEGIATE VARSITY SPORT EXEMPTION

Varsity sport is defined in the order as a “sport for which the eligibility requirements for participation are established by a national association for the regulation of intercollegiate athletics, or which is designated as a varsity sport program by a post-secondary institution”. Individuals of any age may participate in varsity sport if they are a member of a varsity sport team and they only train or practice with the post-secondary institution with which they are enrolled. Varsity volleyball, at this time, must maintain a physical distance of 3 metres at all times and focus on activities that have a low risk of COVID-19 virus transmission. Travel is limited to the athlete’s respective post-secondary institution.