Team BC COVID Safety Plan Overview

v1.0 last edited: May 20 2021

General Guidelines

Pre-Program

1. COVID Safety Plans and Protocols will be shared with athletes, families and staff prior to the start of the Team BC Program.

2. Volleyball BC will host an educational webinar to review return to play protocols, and safety measures that will be implemented for the duration of the selection camp.

3. Prior to the Team BC Select Selection and Training Camp athletes, families and staff are encouraged to:
    a. limit exposure to others and minimize visits to public places for one week leading up to the training camp.
    b. pay attention to health with proper rest, sleep, nutrition, and symptom-screening.
    c. plan travel to minimize interactions with other people.

During Program

1. In addition to the facility and sport related guidelines the following general rules must be adhered to:
    a. All players and athletes will conduct a daily symptom-screening https://bc.thrive.health/covid19/en
    b. All players and staff are required to practice social distancing for the duration of the program.
    c. There will be no non-essential contact between players and staff, daily scheduling will be designed to reduce potential of transmission and interactions.
    d. All players and staff must wear protective masks while indoors and in public spaces, except while eating or doing physical activity.
    e. All players and staff shall avoid touching their face, eyes, nose or mouth.
    f. All players and staff shall frequently wash their hands for 20 seconds with soap and water or using alcohol-based hand sanitizer.

g. Athletes and staff are encouraged to limit exposure to others external to the training cohort for the duration of the training camp.
    i. minimize trips off campus or visits to public places for the duration of the camp
    ii. should you travel off campus, avoid public transportation.
    iii. maintain physical distancing, wear mask when indoors and maintain effective hygiene

Post Program

1. After the Team BC Selection and Training Camp athletes and staff should;
    a. plan travel for returning home to minimize interactions with other people where possible.
    b. continue to practice proper hygiene and symptom screening
    c. comply with public health officials directives in the event of an outbreak.

Sport Specific Guidelines

Full Volleyball BC Guidelines for a Phased Return to Volleyball can be found **HERE**

1. Volleyball BC will adhere to the viaSport return to play guidelines, and sport phased measures as detailed in the Volleyball BC Phased Return to Sport Volleyball Plan
    a. Team BC Select 17/18U athletes and Team BC Beach 20U athletes are CSI-P eligible athletes and exempt from sport specific guidelines.
2. All participants are to complete a symptom checklist at the start of each session by having them answer a wellness questionnaire or complete a self assessment. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolate immediately.
3. Coaches will ensure each participant has completed a self assessment and attendance tracking form for each session.
4. All participants will maintain physical distancing, and will follow phase guidelines for distancing during play.
    a. Participants will socially distance when entering and exiting the field of play.
    b. Participants bags will be spaced out 2 m throughout the gym
    c. Participants will ensure distancing during drill demonstration and breaks in play.
5. All participants must wear a mask when entering and exiting the training facility.
6. All coaches must wear a mask for the duration of training.
7. All participants should consider wearing masks for the duration of training.

8. Hand sanitizer and equipment sanitization spray will be provided to the training group.
9. All participants will frequently wash their hands or sanitize when entering the building
10. All participants will frequently wash their hands or sanitize during training, at schedule breaks.
11. Participants will minimize the use of shared equipment
12. Implement enhanced cleaning measures
    a. Volleyballs will be sanitized after each use
    b. Net poles and safety pads will be sanitized

Facility Guidelines

In addition to the following protocols Team BC program participants will abide by any facility specific guidelines in place.

Accommodations

1. Utilize dedicated entrances & exits as well as hand sanitizer stations when entering or exiting a space.
2. Accommodation consists of single occupancy bedrooms, with a shared bathroom.
3. Athletes and staff will have an assigned roommate for the duration of the selection and or training camp.
4. Athletes and staff members will limit their use of common areas in the accommodation facility.
5. Masks and sanitization spray will be available for all players and staff members.
    a. Masks must be worn in all indoor public spaces in the accommodations and all situations outside of the hotel.
    b. Shared surfaces in athletes dorms are to be sanitized after use.
6. Where available, teams should have designated floors in the accommodations to ensure limited interactions with the public
7. Athletes and staff will not be permitted to host social functions of any kind.
8. Any team activities will be limited to the program cohort and not include any other external community members.

Dining Hall and Team Meals

1. Utilize dedicated entrances & exits as well as hand sanitizer stations when entering or exiting a space
2. Masks must be worn at all times indoors, and can only be removed when eating or drinking seated at a table.

3. Athletes and staff members may pick up food in their own town under strict safety measures including safe distancing and mask usage at all times.
4. Athletes and staff members must wash hands before and after each team meal
5. Pre-packaged individual meals will be encouraged wherever possible
6. Athletes or staff members cannot share food or drink at any time
7. Sanitizer will be available as players enter and depart the team meal room

Team Meetings

1. Team Meetings and or activities are encouraged to take place outdoors whenever possible.
2. Utilize dedicated entrances & exits as well as hand sanitizer stations when entering or exiting a space
3. Social distancing will be adhered to at all times.
4. Masks must be worn at all times if team meetings are to take place indoors

Gymnasium

1. Utilize dedicated entrances & exits as well as hand sanitizer stations when entering or exiting a space.
2. Social distancing will be adhered to at all times, except on the field of play should guidelines permit.
3. Masks must be worn at all times inside the gymnasium, except when physical activity is taking place.
4. Athletes and staff members are to come to the gym changed and ready to participate in activities.
5. Limit use of public change rooms and washrooms.
6. No food can to be eaten in indoor common area

COVID-19 Reporting

Symptom Reporting Protocols:

1. If a player and or staff member displays symptoms such as a cough, fever, shortness of breath, runny nose, or sore throat, and has a suspected case of COVID-19, the individual must notify their Team BC Coach or COVID Officer if one has been appointed.
2. Teams will have masks and sanitary wipes readily available if symptoms occur at a facility and will require symptomatic players and/or staff to immediately be isolated at accomodations and/or sent home.
3. The Team BC Coach or COVID Officer if one has been appointed, will ensure that Volleyball BC program manager is contacted immediately, and will work with Volleyball BC to contact the athlete's family and organize for transportation of the athlete home or to a local COVID-19 testing centre.

4. Any player or staff member who reports symptoms will stay at accomodations or home and will be referred to a local COVID-19 testing centre for testing.
    a. physical distancing will be maintained as much as possible
    b. masks must be worn at all times
    c. all efforts to be made to maximize ventilation and air flow during transportation
    d. Hand Sanitizing place entering and exiting the vehicle.
    e. Sanitization of the vehicle to take place after exiting the vehicle.

Return to Play Protocols

1. Until it is determined by the local COVID-19 testing centre that they have tested negative, they will be quarantined and cannot play, practice, or interact with other athletes, staff, members of the community.
2. Players and staff will use 8-1-1 hotline and online COVID-19 Self-Assessment Tool when required.

Positive Test Protocols:

1. Should notification of a case of COVID-19 occur, the Team BC Coach or COVID Officer if one has been appointed, will contact the Volleyball BC program manager who will work with the public health officer for guidance and next steps and obligations.
    a. If requested by public health, provide contact information for all attendees at the program/sessions
    b. Follow public health instructions for next steps and communication with other program participants and facility operators.

Team BC Select Specific Positive Test Protocols

2. Should notification of a case of COVID-19 occur, the Team BC Coach or COVID Officer if one has been appointed, will contact the Volleyball BC program manager who will work with the public health officer for guidance and next steps and obligations.
    a. Volleyball BC will supervise the COVID-19 positive participant, maintain their isolation and arrange for the necessary transportation home with their family.
    b. If requested by public health, provide contact information for all attendees at the program/sessions
    c. Follow public health instructions for next steps and communication with other program participants and facility operators.

Harry Jerome Sports Centre
7564 Barnet Highway
Burnaby, BC
Canada, V5A 1E7

VOLLEYBALLBC

Telephone: 604.291.2007
Fax: 604.291.2602
www.volleyballbc.org