# HOW DO WE **BOUNCE BACK: A SAFE RETURN TO VOLLEYBALL**

As our nation begins to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus.

## **FACILITY CONSIDERATIONS**



Outdoor activity has been deemed safer than indoors.



Beach and grass volleyball would be deemed safer than indoor volleyball at this time.



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Minimize the total amount of users in one space at any given time.

Avoid or minimize contact with commonly touched surfaces.

### **RETURN TO** VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally.

The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



#### **PARTICIPANTS**



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Group sizes should always be minimized.

Stay at home if displaying

symptoms of COVID-19 in



People over 65 years of age or people with underlying health conditions are deemed to be higher risk.

**NO COMPETITIONS** 

#### **CONTACT MINIMIZATION**

the past 14 days.

Physical distancing <6ft> should be practiced whenever possible.



Spectators should be discouraged and if present must abide by physical distancing guidelines.



Participants should not be sharing equipment.



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Keep volleyballs designated for specific groups of participants.

Use sanitizing spray or wipes on balls at frequent intervals.

Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be avoided.



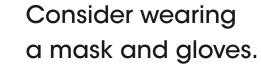




Hand washing or sanitizing at intervals throughout should be encouraged.



Avoid touching ones face throughout play.





#### Please consult with your provincial health authority before engaging in volleyball activities or programming



www.volleyball.ca