



**VBC COVID-19 PROGRAM GUIDELINES - MODIFIED ATOMIC/TRAIN & PLAY - OKANAGAN**

---

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



Telephone: 604.291.2007  
Fax: 604.291.2602  
[www.volleyballbc.org](http://www.volleyballbc.org)

## OVERVIEW

The Modified Atomic / Train & Play Programs will be run in similar fashion to the current programs. Although, the programs will be modified to ensure that the health and safety of both the staff and participants are considered, these programs will provide an opportunity for skill development and play while still following the provincial health recommendations and Return to Sport guidelines. Below are some guidelines and modifications that have been made to this program that must be abided by.

## ENTRY PROCESS

1. When the participants arrive, they will go directly to their assigned courts
2. A coach or staff member will go around to each court to verify that the participant is registered on the registration list and to allow the participants to sign a health declaration. Depending on the number of coaches or staff members, specific courts can be assigned to them for this process
3. Once declaration is confirmed and has been properly submitted, begin program
  - If not, the participant will not be permitted to participate and directed to leave

## GENERAL HYGIENE CONSIDERATIONS

1. Guest handwashing/sanitization before, immediately after, and during the program will be scheduled and mandatory. Frequent and proper handwashing will be adhered to by staff and coaches.
2. There will be no handshaking, high fives, hugging, etc.
3. Guests should cover their mouth and nose with a tissue when they cough or sneeze, then throw the tissue in the trash and wash their hands, or sneeze/cough into their elbow.
4. All guests should avoid touching one's face throughout activities.
5. All guests should consider wearing a mask and gloves.
6. Staff, coaches, and participants will be instructed to maintain **physical distancing of 2 metres on and off the court.**

## BELONGINGS

1. Please limit the amount of personal belongings brought.
2. You will be advised where to place your belongings.
3. There must be no sharing of water bottles, towels, or other personal items between guests.

**PROGRAM ADMINISTRATION**

1. Sessions will focus on small group and/or individual skill development using drills that adhere to physical distancing. Competitive volleyball will not be permitted at this time.
2. No blocking at the net.
3. Participants will be kept in the same groups for the duration of the program and we will encourage participants from the same household to be kept together where possible.
4. There will be a maximum of 6 participants per court.
5. Equipment will be set up beforehand and staff will do proper sanitation of equipment used and surfaces that are of frequent contact regularly and after each session.
6. We will minimize the use of shared equipment such as balls by having participants work individually and/or designate a minimal amount for a specific group of participants.
  - a. If a ball from another court comes over, participants should use their feet to kick it back.
7. Coaches and staff will be provided with a mask and gloves for use during the program.
8. Coaches will remain off-court, will not handle the balls used by participants during the session, and instruction will be provided from the sideline.
9. Court set-up will adhere to physical distancing and encourage safe movement of participants and coaches.

**EXIT PROCESS**

1. Collect your belongings and leave the court area, following the directional signage.
2. Be prompt in leaving the court so that we can clean it between sessions.
3. Do not socialize or congregate so that other guests are able to safely enjoy their sessions.