



# RETURN TO PLAY AND TRAINING PROTOCOLS

A PHASED RETURN TO VOLLEYBALL IN BC PLAN

CONSIDERATIONS & GUIDELINES FOR THE  
PROGRESSIVELY LOOSEN PHASE (PHASE 3)



# A PHASED RETURN TO VOLLEYBALL PLAN CONSIDERATIONS & GUIDELINES FOR “PROGRESSIVELY LOOSEN” PHASE

Updated August 25, 2020

Sport and recreation plays an important role in the social, emotional and physical wellbeing of individuals and our wider community. Under Phase Two of the BC Government’s Restart Plan, sport organizations can consider reopening but before doing so must have a detailed plan that follows the sport-specific guidelines developed by provincial sport organizations. This document outlines the 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. The duration and dates of each phase will be determined by provincial health and government guidelines. These phases are outlined in Section 5. As of August 26, 2020, we entered the “Progressively Loosen” phase of this plan. The focus of this document, therefore, is guidelines and considerations for the Progressively Loosen phase. Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Office and announced by Volleyball BC. **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 outside the home 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. GOVERNANCE AND THE ROLE OF VOLLEYBALL BC

**PROVINCE OF BRITISH COLUMBIA:** Under [BC’s Restart Plan](#), sport organizations can consider reopening in Phase 2 but before doing so must have a detailed plan that follows sport-specific guidelines.

**VIA SPORT BC:** viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the ecosystem. viaSport BC has issued [Return to Sport Guidelines](#) to support amateur sport organizations to develop their own explicit plans.

**VOLLEYBALL BC:** Provincial sport organizations are independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. As the provincial sport organization for volleyball, Volleyball BC has been asked to develop a volleyball-specific Return to Sport Plan and work towards careful and gradual restarting. This document outlines the considerations and guidelines for the safe resumption of volleyball in BC.

## 2. RETURN TO PLAY PLANNING BY VOLLEYBALL ORGANIZATIONS

**VOLLEYBALL ORGANIZATIONS:** Depending on the current phase determined by public health authorities, local volleyball organizations may consider resuming volleyball activities in line with viaSport BC's Return to Sport Guidelines and Volleyball BC's Phased Return to Volleyball. Just because we can resume volleyball doesn't mean that we have to. It is important to note that most insurance policies – including that provided through Volleyball BC - exclude coverage related to communicable diseases or pandemics, including Directors and Officers Insurance.

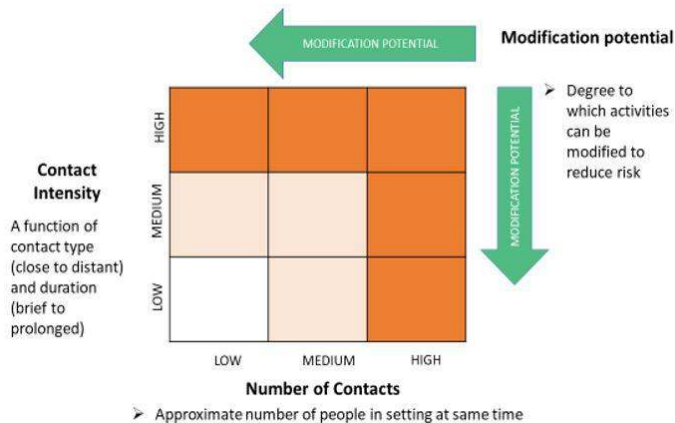
Each organization will have to evaluate the risks and factors involved in resuming activity and develop their own Return to Play Plan, which will contain the measures they will implement and maintain over the coming 12 to 18 months. Board Members and Owners are ultimately liable for the decisions and work of each organization; therefore, the Board/Owner of each organization should understand and be comfortable with the level of risk that the organization is taking on, and approve their organization's COVID-19 Safety Plan before implementation occurs. The plan must be in compliance with orders and guidance from the PHO, and must be made available to the public either by posting on the wall of the organization's facility or on its website. viaSport BC's guidelines outline what each organization should consider:

- “Reopening must be planned around assessing the risks and developing a sport specific Plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.
- The Return to Sport Plan developed by your organization should be based on a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented.
- The Return to Sport Plan must be made easily available to staff, volunteers, participants, and other stakeholders, through the organization's website or posted in the facility.
- Staff, volunteers, and participants should be trained on the Return to Sport Plan (as appropriate to age/role).
- The Return to Sport Plan must be consistent with the guidelines and directives set by government, WorkSafe BC and health authorities.
- Implementation of the Return to Sport Plan should be monitored and updated as necessary when circumstances or provincial guidance changes. Pending the membership affiliation of your sport, the respective boards have fiduciary responsibilities and are 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 and approve the adoption of their organization's sport specific Return to Sport Plan before implementation begins.
- It is strongly recommended that provincial sport organizations have their members including clubs, and/or local sport organizations acknowledge the risks associated with reopening and their agreement to follow the provincial sport organization's plan.
- Once approved, all activities sanctioned by that sport organization should follow their guidelines.
- Participants should be asked to sign a participant agreement acknowledging their acceptance of the risks
- Existing waivers, releases and/or participant agreements should be reviewed to confirm that they are broad enough to encompass COVID-19 related risks. Consider revising such documents to explicitly reference COVID-19 related risks. Further consider whether any such documents which were completed by participants before the COVID-19 pandemic should be completed again before activities resume.” (page 8-9)

### 3. RISK ASSESSMENT AND DEVELOPING YOUR ORGANIZATION’S RETURN TO VOLLEYBALL PLAN

ViaSport’s Guidelines stipulate that any Return to Play plan must be based on “a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented” (page 8).

B.C. health officials outline that [the risk of transmission](#) is subject to two variables that we need to modify to reduce transmission risk:



- **Contact intensity** –how close you are to someone and for how long
- **Number of contacts** – how many people are in the same setting at the same time

Modifying from high to low risk can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

1. **Physical distancing measures** – to reduce density of people, (number and duration of contacts)
2. **Engineering controls** – physical barriers, increased ventilation, traffic flow
3. **Administrative controls** – rules and guidelines
4. **Non-medical masks (and other PPE)**

Source: Go-Forward Strategy Checklist

This document includes information on all four of these controls as they relate to volleyball activities.

#### Useful Resources:

WorkSafe BC has a step-by-step tool for [developing a safety plan](#).

Own The Podium has also developed a useful [risk assessment and mitigation](#) checklist to help sport clubs and organizations work through risk assessment as it relates to COVID-19.

viaSport BC has developed a Safety Plan template adapted from WorkSafe BC on page 39 of their [guidelines](#)

#### In order to reopen, each volleyball organization must:

1. Create a COVID-19 Safety Plan that meets the guidelines set out in this document;
2. Gain approval of the COVID-19 Safety Plan from their Board of Directors/Owner; and
3. Publish the approved COVID-19 Safety Plan electronically, front and center on the organization’s website home page and/or in hard-copy on the walls of the facility, in a conspicuous place.

#### 4. PRINCIPLES BEHIND THESE GUIDELINES

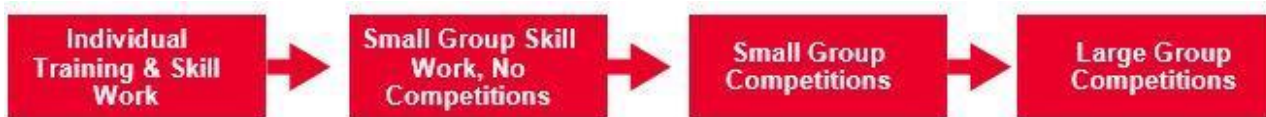
BC's Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document:

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

#### 5. A PHASED APPROACH

- A safe return to volleyball will take place in phases that align with public health guidelines about the safe resumption of activity.
- The diagram below illustrates three phases towards full volleyball activity. We also show how these phases align with viaSport BC's Return to Sport Guidelines and Volleyball Canada's A Safe Return to Volleyball.
- As of August 26, 2020, we entered the "Progressively Loosen" phase of this plan. **The focus of this document is guidelines and considerations for the Progressively Loosen phase.** The guidelines and recommendations for "Transition Measures" (phase 2) can be found in Appendix 1. As public health guidance directs, we may move between phases and volleyball organisations and clubs must prepare to be respond to these changes.

#### VOLLEYBALL CANADA - RETURN TO VOLLEYBALL PROGRESSION



#### PHASED RETURN TO VOLLEYBALL IN BC

##### TRANSITION MEASURES (MAY 19, 2020)

Maintain physical distance.  
Handwashing & symptom screening.  
Outdoor safest. Some indoor.  
Small group.  
Skill and drills focus.  
Minimal shared equipment. Disinfect before, during, and after use.

##### PROGRESSIVELY LOOSEN (AUG 24, 2020)

Adhere to health guidelines.  
Handwashing.  
Outdoor/indoor.  
Size of group may increase.  
Expanded activities  
Inter-club/regional play.  
Some shared equipment.  
Enhanced cleaning protocols.

##### NEW NORMAL

Adhere to health guidelines.  
Handwashing.  
Outdoor/indoor.  
Larger groups allowed.  
No restrictions on activities.  
Provincial / large scale events may return.  
Shared equipment.

"Transition Measures"

"Progressively Loosen"

"New Normal"

VIASPORT BC'S PHASES OF ACTIVITY

- Public health restrictions will always guide what is allowable in your community. The duration and dates of each phase will be determined by provincial health and government guidelines. Each phase should only be considered when public health restrictions and physical distancing measures allow for it.
- The resumption of volleyball may not be linear and increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases in the province. Volleyball organizations need to be flexible to accommodate and respond to changes in community transmission and the changes in advice from the Provincial Health Officer.
- **Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Office and announced by Volleyball BC. Do not move from one phase to another on your own or without approval to do so.**

## 6. KEY PRINCIPLES OF PROGRESSIVELY LOOSEN

As of August 24, sport has moved to the “Progressively Loosen” phase which permits a careful increase to the number of contacts and contact intensity in sport. For Progressively Loosen, viaSport BC guidelines divide sports into 4 categories based on the number and intensity of contact within the sport. Volleyball has been designated to Group B as a team sport with limited physical contact (page 41). It is important to note that every sport will resume at its own pace and that other sports may follow different guidelines depending on the category in which they have been designated. This section outlines key principles for safely implementing volleyball activities in the Progressively Loosen phase.

### i. General Considerations

- A. It is recommended that all new programs, activities or organisations that are commencing volleyball for the first time during the Progressively Loosen phase slowly introduce activities to allow the creation and testing of COVID safety protocols and procedures. For example:
  - Clubs should plan a period of in-team training before teams play games.
  - Community programs should include skills and drills between the same individuals on a court before starting to rotate groups.
  - Leagues should have the same teams play each other for a period of time before commencing league play.
- B. All guidance pertaining to personal hygiene, cleaning protocols, symptom screening and other risk mitigation practices still apply in Phase 3. Volleyball clubs and organisations must comply with all other sections in this document.
- C. As outlined above, in order to reopen, each volleyball organization must:
  1. Create a COVID-19 Safety Plan that meets the guidelines set out in this document;
  2. Gain approval of the COVID-19 Safety Plan from their Board of Directors/Owner; and
  3. Publish the approved COVID-19 Safety Plan electronically, front and center on the organization’s website home page and/or in hard-copy on the walls of the facility, in a conspicuous place.

*If an organisation has already been operating with a Safety Plan, it must be reviewed and adapted to reflect the new guidelines for Progressively Loosen phase.*

### ii. Contact

Contact is defined by public health guidance and viaSport BC as close proximity (within 2 meters) or physical contact (page 22). Increased contact increases the risk of COVID-19 transmission. Volleyball activities can be categorised from lowest to highest risk of COVID-19 transmission as follows:

- |  |
|--|
| 1. Skill-building drills or training at home, alone or with family members |
|--|

- |   |
|---|
| <ol style="list-style-type: none"> <li>2. Small group or team-based skill-building or drills that maintain physical distancing</li> <li>3. Group or team-based drills that require close contact</li> <li>4. Group or team-based activities that include physical contact</li> <li>5. Competitive activities that include physical contact between teams</li> </ol> |
|---|

The careful introduction of contact in volleyball is permitted in the Progressively Loosen phase with the following principles:

- Close physical proximity should be minimized as much as possible. Physical distancing must be maintained off- court (eg. pre and post-game)
- Activities must comply with any modifications to [rules made by Volleyball Canada](#) to minimise contact during COVID-19.

Any introduction of volleyball activities involving either close proximity or physical contact should be done within a cohort (see next section).

### iii. Volleyball Cohorts

In the Progressively Loosen phase, cohorts should be created for all volleyball activities where there is contact or close proximity of less than 2 metres. ViaSport BC defines a cohort as “a group of participants who primarily interact with each other within the sport environment over an extended period of time (eg. series of events)” (page 23). Examples of volleyball cohorts might include:

- a program within a volleyball club where players train and play together weekly.
- an age bracket for inter-club play within a region.
- a recreational league where players rotate weekly to play.

The intention behind creating cohorts is to limit the number of people that each individual will come into contact with, reduce the risk of transmission and ensure quicker contact tracing by health authorities if an outbreak occurs. For volleyball, the following guidelines must be followed when creating a cohort:

- Cohorts should not exceed 100 individuals.
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break between activities is recommended.
- When in a cohort, individuals do not need to maintain physical distancing during volleyball activities on-court. However, individuals should still seek to minimise physical contact wherever possible. At least two metres distancing should be maintained between all participants off-court (e.g. on benches, during intermission, in locker rooms). If physical distancing cannot be maintained masks should be worn.
- Coaches and referees may be counted outside the total cohort number if they are able to maintain physical distancing at all times. If they are unable to do so, coaches and referees should be assigned and counted within a cohort.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.
- There should be 1 responsible person or central point of contact for a cohort. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.

We acknowledge that individuals may engage in multiple sports or activities. Participants are encouraged to minimise the number of cohorts that they are involved in to reduce the number of individuals that they are interacting with.

**SPECIAL NOTE:** Volleyball clubs and organisations are NOT required to create a cohort if they wish to offer small group skills development with physical distancing at all times (in line with Transition Measures requirements see Appendix 2).

#### iv. Competition

In the Progressively Loosen phase, viaSport BC states that, for volleyball, “league play and competitive activities may occur within designated cohorts” (page 41).

Competitive activities include formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. Examples of competitive activities in volleyball that are permitted in Progressively Loosen include the following:

- Club play: games or competitive activities that occur within a team or club members in a cohort.
- Recreational league play: games or competitive activities that occur within a defined program, league or group of teams in a cohort.
- Regional competition: games or competitive activities occurring between clubs or individuals in a cohort within a region. In volleyball, a “region” is defined by the zones set by the BC Summer Games. It is recommended that, wherever possible, cohorts and competition are created based on these regions outlined in Appendix 2. However, we acknowledge that some volleyball activities may need to combine nearby zones/communities in order to make activities sustainable. In all cases, organisers should be aware of and consult public health guidance from the Regional Health Authorities in which they are operating volleyball activities.

“Provincial competition” is defined by viaSport BC as games or activities that are sanctioned by Volleyball BC and draw individuals or teams from all areas of the province. Volleyball BC will provide further guidance when provincial competition may be safely resumed. In addition, “inter-provincial competition” – games or competitive activities that draw individuals or teams from outside the province - is not recommended.

*Please note: Volleyball BC will provide additional information and guidance to clubs about the cohort competition model for the 2020-2021 club season.*

Organisers should follow the guidelines below when planning the safe introduction of volleyball games or competitive activities:

- Cohorts must be created in order to resume competition (see section above).
- All competitions are required to have a detailed safety plan in place. Contact your Regional Health Authority if you have questions or require additional guidance for competitions.
- Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
- Limit contact as much as possible:
  - o Plan arrivals and departures of different teams/groups to avoid co-mingling
  - o Avoid participants waiting on site between games/activities
  - o Discourage groups of people gathering before or after sport activities (e.g. social events)
  - o Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool:  
<https://bc.thrive.health/covid19/en>
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.



- Community spectators (ie. those outside of a competitor’s immediate family) are not encouraged until Phase 4. If parent and guardian spectators are permitted, implement a strategy to ensure that physical distancing is maintained and minimize opportunities for interaction between athletes and the public while at the venue.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
- Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete or other personnel develop COVID-19 symptoms.
- If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.

#### v. Travel

As of June 25, 2020, provincial travel restrictions have been lifted. However, travel for the purposes of volleyball activities should still be slowly introduced. In the Progressively Loosen phase:

- Individuals should remain primarily within their region when travelling for volleyball in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance training camp or provincial championship when sanctioned by Volleyball BC.
- Inter-provincial and international travel are not recommended at this time.
- If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
- If choosing to travel, the following recommendations are in place for individuals:
  - o Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories
  - o If sick, stay home, even if symptoms are mild
  - o Wash your hands often
  - o Practice safe physical distancing, two meters’ distance from others.
  - o Wear a mask if you cannot keep a safe distance from others for an extended period of time.

#### vi. High Performance

The Progressively Loosen phase allows the introduction of high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members. For the purposes of this plan, high performance refers to individuals who have been selected to provincial or national team training environments. All other high performance training or programs delivered by volleyball clubs and associations should follow the guidelines and recommendations for volleyball activities outlined above.

In BC, provincial and national team training will adhere to the following recommendations which are in accordance with Own the Podium’s COVID-19 Return to High Performance Sport Framework and have been reviewed by Volleyball Canada:

- Typically, high performance training environments are centralized or multi-day camp settings. Before planning a camp, organisers should consider both the need and risk for athletes to have access to the particular training environment. High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system.
- Pre-camp, organisers should:
  - o Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate
  - o Recommend that individuals reduce exposure to others and minimize visits to public places for at least one week leading up to the camp
  - o Stress the importance of individuals to pay attention to their health (proper rest/ sleep & nutrition, symptom-screening)
  - o Plan travel to minimize interactions with other people where possible

- o Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if athlete/ personnel develop COVID-19 symptoms.
- In-camp, organisers should:
  - o Enforce physical distancing, proper hand hygiene and rest and recovery
  - o Ensure appropriate protocols are in place for cleaning and disinfecting of equipment
  - o Require individuals wear masks when outside the training environment where physical distancing with others cannot be maintained
  - o Form a cohort for the duration of the camp
  - o Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group:
    - ♣ Plan for all individuals to stay in the same accommodation, if possible
    - ♣ Consider having food services catered or bringing in food, rather than going to restaurants
    - ♣ Avoid public transportation (or recommend individuals wear masks if taking public transportation)
  - o Conduct daily symptom-screenings using the [BC COVID-19 Self-Assessment Tool](#)
  - o Enforce illness policy if individuals present signs and symptoms of COVID-19
- Post-camp, organisers should:
  - o Plan travel for returning home to minimize interactions with other people where possible
  - o Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop
  - o Comply with public health officials' directives in the event of an outbreak

## 7. GENERAL HYGIENE CONSIDERATIONS

- Participants, coaches, and staff should wash their hands before and immediately following participation in volleyball activities.
- Breaks to ensure hand washing or sanitizing at intervals throughout the activity should be scheduled.
- Participants, coaches, and staff should avoid touching one's face throughout volleyball activities.
- Participants, coaches, and staff 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.
- All participants, coaches, and staff should consider wearing a mask and gloves.
- There should be no sharing of water bottles, towels, or other personal items.
- Physical distancing of 2 meters must be practiced at all times unless a cohort has been created in which case physical distancing may be suspended on-court during training and game play. Participants should maintain physical distancing of 2 metres when off the court.
- There should be no unnecessary contact between participants – this includes handshakes, hugs, meeting at the net, and high-fives.
- Participants should “Get In. Train. Get Out”. Participants should not congregate or socialize before or after the activity.
- Consider signage to remind all participants of the hygiene considerations outlined above. See the Useful Resources section for examples from BC Centre for Disease Control.

## 8. PARTICIPANT CONSIDERATIONS

- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- All participants should be informed of the risks associated with participation, including the risks of contracting COVID-19. It is recommended to have participants (or parents/guardians when a participant is a minor) sign a waiver or form acknowledging their acceptance of the risks and that they agree to abide by COVID-19 guidelines and policies.
- Participants must be healthy with no signs or symptoms of illness or underlying condition.

- Screen participants with 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.
- Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants must stay home if:
  - they don't feel well or are displaying symptoms of COVID-19
  - someone in their household has COVID-19 or is showing symptoms of COVID-19
  - they have traveled outside of Canada within the last 14 days
  - someone in their household has traveled outside of Canada within the last 14 days
  - they have been in contact with a known/presumptive case of COVID-19 in the last 14 days.
- Participants who are over 65 years, immuno-compromised, or who have underlying health conditions are deemed to be higher risk. Underlying health conditions include hypertension, diabetes, COPD/asthma, cardiovascular disease, cerebrovascular disease, and higher thromboembolism risk. Volleyball is not recommended for these individuals. Those who live with high-risk individuals should consider their participation carefully. For more information about return to play for higher-risk individuals see page 16 of [viaSport BC's guidelines](#).
- All participants should consider wearing a mask and gloves.
- It is recommended that transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.
- Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments) as required.
- Organizers should maintain full contact information for all individuals participating in an activity.
- Should a participant subsequently be diagnosed with COVID-19 within 14 days of participating in a volleyball activity, they should notify the organizer as soon as possible. See the Emergency Preparedness Section for more information in this situation.

## 9. COACH, REFEREE, AND STAFF/VOLUNTEER CONSIDERATIONS

- Coaching and refereeing should be completed while ensuring physical distancing guidelines. If coaches or referees cannot maintain physical distancing at all times during training and/or competition, they must be included, counted and named within a cohort (see section 6iii). It is recommended that coaches or referees carefully consider and limit the number of teams and cohorts in which they are involved. If involved with multiple teams/cohorts, coaches or referees should maintain physical distancing at all times and consider wearing a mask.
- Coaches, referees, and staff/volunteers must be healthy with no signs or symptoms of illness. Individuals should know of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Organizers should screen all staff/volunteers with a symptom checklist at the start of each session. Wellness questionnaires and use of self-assessment tools are recommended. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Coaches, referees, volunteers and staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- Coaches, referees, and staff/volunteers who are over 65 years, immuno-compromised, or with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged. Those who live with high-risk individuals should also consider their participation carefully.
- Coaches, referees, and staff/volunteers should consider wearing a mask and gloves during the activity.
- Referees must wear a mask while performing duties as a Match Official, Referee Supervisor or Referee Evaluator and must maintain physical distancing at all times. Only electronic whistles are to be used at this time.

- Organizers should maintain full contact information for all coaches, referees, and staff/volunteers participating in an activity.
- Should a coach/referee/staff/volunteer subsequently be diagnosed with COVID-19 within 14 days of participating in a volleyball activity, they should notify the organizer as soon as possible. See Emergency Preparedness Section for more information in this situation.

The viaSport BC Guidelines provide these additional considerations for staff and volunteers:

“Where the sport organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc.). If the sport organization is a renter or facility user, “staffing” may refer to sport program staff, such as coaches, volunteers, etc.

All employers in B.C. have a legal obligation to ensure a healthy and safe workplace for employees.

Organizations that rely on volunteers also need to take steps to ensure the safety of volunteers.

Risk mitigation measures related to staffing:

1. Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
2. Develop and implement an Illness Policy, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends work/practice/games when sick.
3. Conduct routine daily symptom screenings for all staff, volunteers and participants. Wellness questionnaires and use of self-assessment tools are recommended. Download the [BC COVID-19 App](#) which includes a self-assessment tool.
4. Implement enhanced hygiene protocols:
  - a. Frequent and proper handwashing
  - b. Ensure adequate and accessible hand-washing facilities or sanitizer
  - c. Implement policies around when workers need to wash hands (upon arrival, before/after breaks, after touching common equipment)
  - d. Reminders to avoid touching eyes, nose and mouth
  - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
5. Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools.
6. Implement measures for staff to maintain physical distancing:
  - a. Consider adding barriers such as a clear protective shield at registration or check-in desks similar to those now seen in grocery stores.
  - b. Consider staggered shifts or breaks
  - c. Manage use of and interactions in shared spaces (kitchens, staff rooms, gyms, studios, training rooms, courts, other shared spaces), and ensure physical distance can be maintained in these spaces
  - d. Limit in-person meetings, training, and staff engagements; work virtually where possible
  - e. Communicate where possible through email, text and/or phone
7. Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to staff. Where risk of exposure is high (cannot maintain social distancing), PPE should be required. Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.
8. Minimize use of shared equipment
  - a. Identify ‘high-touch’ objects as part of the assessment
  - b. Minimize use of lockers, remove all non-essential items.
  - c. Minimize use of shared equipment (including computers, phones, printers, fridges, coffee makers, and sport equipment etc.).

- d. Each staff person/volunteer should disinfect any shared equipment/surfaces they have come in contact with after each use.
9. Ensure staff and supervisors understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns
10. Assign a Safety Representative to ensure implementation of safety protocols during sport programming.”

For further information on safety within the workplace refer to [WorkSafe BC](#).

## 10. PARENT/GUARDIAN & SPECTATOR CONSIDERATIONS

- Parents/Guardians/Spectators should be discouraged or minimized. Limit access to those that are essential to the approved activities (eg. participants, facility staff, coaches). Please note that this must not compromise safe sport guidelines and there must be 2 responsible and screened adults with a group of minors at any one time.
- If Parents/Guardians/Spectators are allowed, they need to be factored into the maximum group size for an activity or facility.
- Parents/Guardians/Spectators who have been exposed to COVID-19 within 14 days, who are displaying symptoms, who are over 65 years old, or who have underlying health conditions should stay away. Parents and spectators are not included in the cohort limits (see Section 6iii). They should continue to maintain physical distancing at all times and are subject to maximum capacity of the facility where play is occurring.

## 11. FACILITY AND EQUIPMENT CONSIDERATIONS

- Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor sports from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations. In light of this, beach and grass volleyball is generally deemed safer than indoor volleyball.
- You must adhere to all public health guidelines and restrictions put in place by the facility operator.
- Minimize the total amount of users in one space at any given time. The more users of the space, the higher the risk. This is especially true for indoor spaces with increased contact surfaces and less air circulation.
- 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.
- If you own and operate a facility, implementing enhanced cleaning protocols are your responsibility.
- If you are renting space, the facility owner or operator has overall responsibility for cleaning protocols within the facility. However, you are responsible for ensuring that there are sufficient cleaning protocols in place, as well as ensuring all your equipment is properly cleaned.
- Consider assigning the coach or one individual to be responsible for all set-up and take down of the posts and nets to reduce the number of contact points.
- Consider designated drop-off and pick-up spaces.
- Choose doors with an automatic function or prop doors to reduce contact with door handles.
- Use signage and markers to manage the flow of people and provide directional instructions.
- Consider adjustments to scheduling activities to permit safe flow of participants and sanitization of equipment and facility.
- At the end of their scheduled time, participants must immediately leave the facility.

- Signage within the facility is important to ensure that participants are aware of expectations related to use of the facility and best practices related to maximum capacity, physical distancing, personal hygiene and protection against COVID-19. See Useful Links at the end for signage samples.
- Consider adding barriers such as a clear protective shield at registration or check-in desks.
- Only essential seating, benches, and tables should be made available. Consider restricting or limiting use of different spaces in order to maintain physical distancing and proper cleaning protocols. Access to meeting spaces, change rooms etc. should be carefully considered and likely closed or discouraged. Water fountains should be closed except those used for filling bottles.
- Develop a touch map that outlines high touch areas. All common contact surfaces within the facility should be cleaned and disinfected regularly. According to [BCCDC](#), general cleaning and disinfecting of surfaces should occur at least once per day. Surfaces that are highly touched should be cleaned at least twice per day.
- Implement an enhanced cleaning protocol for common equipment and ensure cleaners have adequate training and tools. Wear disposable gloves when cleaning and disinfecting surfaces. Train staff on how to avoid cross-contamination when removing gloves.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants.
- Use a sanitizing spray (with a minimum alcohol content of 70%) or soap and water to clean balls at frequent intervals and especially between different user groups. Clearly separate sanitized balls from those requiring cleaning.
- Ensure that garbage bins are available for responsibly disposing of hygienic materials.
- For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. You can find the Ministerial Order [here](#) for more details

## 12. OUTDOOR VOLLEYBALL CONSIDERATIONS

- You must adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access).
- Within a cohort of up to 100 participants (see Section 6iii):
  - there may be up to 12 individuals per court (six per side). All team players and substitutions must be included and counted in the cohort.
  - physical contact and proximity is permitted for the purposes of training and game play on-court and within the cohort.
  - non-essential physical contact (eg. high fives, hugs) should be minimised.
  - [Volleyball Canada rules](#) for volleyball must be complied with at all times.
  - all participants, coaches and staff must practice physical distancing off the court.
- All volleyball activities that take place outside of a predefined cohort must comply with the Transition Measures guidelines outlined in Appendix 2, including:
  - activities must maintain social distancing at all times on and off the court.
  - there must be no more than 6 individuals per court (3 per side).
  - skills and drills only, no competitive volleyball as this does not permit social distancing.
  - no blocking at the net.
- Consider court set-up to adhere to physical distancing requirements and encourage safe movement of participants. Grass volleyball may be more flexible for setting up with adequate space.
- Balls should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- All participants, coaches, and staff should wash hands before and after each session.
- The flow of participants should be considered so that there are no congregation points.
- Allow transition time for groups to move in and out and for equipment to be sanitized.
- Parents/Guardians/Spectators may be permitted if they can safely adhere to social distancing in the outside area.

- Consider **all** principles and all recommendations (eg. hygiene, participant, facility and equipment safety) outlined in this document.

### 13. INDOOR VOLLEYBALL CONSIDERATIONS

- You must adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access).
- Within a cohort of up to 100 participants (see Section 6iii):
  - there may be up to 12 individuals per court (six per side). All team players and substitutions must be included and counted in the cohort.
  - physical contact and proximity is permitted for the purposes of training and game play on-court and within the cohort.
  - non-essential physical contact (eg. high fives, hugs) should be minimised.
  - [Volleyball Canada rules](#) for volleyball must be complied with at all times.
  - all participants, coaches and staff must practice physical distancing off the court.
- All volleyball activities that take place outside of a predefined cohort must comply with the Transition Measures guidelines outlined in Appendix 2, including:
  - activities must maintain social distancing at all times on and off the court.
  - there must be no more than 6 individuals per court (3 per side).
  - skills and drills only, no competitive volleyball as this does not permit social distancing.
  - no blocking at the net.
- Follow all facility operator guidelines for safe use of the space. The facility owner or operator has overall responsibility for cleaning protocols within the facility. However, anyone renting their space is responsible for ensuring that there are sufficient protocols in place, as well as ensuring all equipment is properly cleaned.
- Consider court set-up to adhere to physical distancing and encourage safe movement of participants.
- Balls should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- All participants, coaches and staff should wash hands before and after each session.
- The flow of participants should be considered so that there are no congregation points. Consider designating separate entrances and exits, propping doors to minimize contact, and using signage.
- Allow transition time for groups to move in and out and for equipment to be sanitized.
- Participants/Guardians/Spectators should be discouraged and minimized.
- Consider **all** principles and all recommendations (eg. hygiene, participant, facility and equipment safety) outlined in this document.

### 14. ADDITIONAL CONSIDERATIONS FOR ORGANIZERS OF VOLLEYBALL ACTIVITIES

- Volleyball organisers seeking to resume activities that involve contact and competition must follow all guidelines in Section 6, including the creation of cohorts.
- It is recommended that all new programs, activities or organisations that are commencing volleyball for the first time during the Progressively Loosen phase slowly introduce activities to allow the creation and testing of COVID safety protocols and procedures. For example:
  - Clubs should plan a period of in-team training before teams play games.
  - Community programs should include skills and drills between the same individuals on a court before starting to rotate groups.
  - Leagues should have the same teams play each other for a period of time before commencing league play.
- Public health restrictions will always guide what is allowable in your region. Please consult with your provincial health authority before engaging in volleyball activities or programming

- 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.
- Retain detailed records of all participants in sessions for contact tracing. Details should include full contact information, date, time and location of volleyball activities. If a cohort is created, there should be 1 responsible person or central point of contact. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.
- All activities should require pre-registration to minimize the physical exchange of documentation and paper in-person and to have all participant contact information on file. Drop-in activities should be prohibited.
- Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding the health and sport specific guidelines. Communication of the guidelines to your participants and spectators is an important component of your Return to Sport Plan. See Appendix E of the [viaSport BC guidelines](#) for a sample letter. It should also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.
- Try to limit the use of cash and limit the handling of credit cards and loyalty cards wherever possible, by allowing customers to scan or tap their cards and handle the card readers themselves.
- Activities should be scheduled to allow for fast transition in and out of the activity and for adequate cleaning of any equipment. Consider staggering start times to account for individuals moving in and out of the playing area.
- Programs should be advertised locally. Participants should come from your local region to participate in order to limit unnecessary travel and risk of spreading COVID-19.
- All participants should be told to practice physical distancing while commuting to and from the activity.
- Educate staff/volunteers on public health information and expectations related to the implementation of the Return to Play Plan.
- Retain detailed records of all staff, coaches and volunteers involved in sessions for contact tracing. Details should include full contact information, date, time, and location of volleyball activities.
- Follow recommended reporting and contact tracing protocols from your local health authority if you become aware of any probable or confirmed cases of COVID-19.

## 15. FIRST AID, OUTBREAK PREPARATION, AND REPORTING

Early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- Ensure that you have necessary sanitation and protection supplies at hand. In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- Ensure that there is a clear procedure for handling any participant, staff member, or coach in the event that they develop signs of cold, flu or COVID-19 during a volleyball activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.
- Ensure that your first aid policies and protocols are updated to include COVID-19 considerations. In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.
- Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone, or cancel activities.
- If a participant, coach, or staff member reports they are suspected or confirmed to have COVID-19 and has been at the activity, implement enhanced cleaning measures to reduce risk of transmission in your facility or activity. If you are not the facility operator, notify the facility right away.
- Implement your illness policy and advise people to:



- monitor their symptoms daily,
- use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- learn more about managing their illness [here](#).
- In the event of a suspected case or outbreak of influenza-like illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Call 811. Implement your Illness Policy and enhanced cleaning measures.
- Follow recommended reporting and contact tracing protocols from your local health authority if you become aware of any probable or confirmed cases of COVID-19.
- The Canadian Sport Medicine Advisory Council has shared [recommended steps](#) to returning to activity and training after an athlete has contracted COVID-19 (specifically mild/moderate cases). Consider including these protocols in your Safety Plan.

## 16. USEFUL RESOURCES

- <https://www.viasport.ca/return-sport> - viaSport BC Return to Sport resources, including Return to Sport Guidelines, sample Safety Plan, Illness Policy and other documents
- <https://volleyball.ca/en/news/volleyball-canada-update-covid-19> - Volleyball Canada's Return to Play resources.
- [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go\\_forward\\_strategy\\_checklist\\_web.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/go_forward_strategy_checklist_web.pdf) - Province of BC Go Forward Strategy Check List
- <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.
- [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_PhysicalDistancingPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf) - BCCDC Physical Distancing Poster.
- [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf) – BCCDC Handwashing Poster
- [http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf) - BCCDC Cleaning and Disinfectants for Public Settings.
- <https://www.worksafebc.com/en/about-us/covid-19-updates> - WorkSafe BC COVID-19 guidance.
- <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en> – WorkSafe BC COVID-19 Safety Plan Template
- <https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf> - BC Parks and Recreation Association guidelines for restarting operations in recreation and parks.
- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities> – BC CDC specific information for recreational facilities.
- <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/gyms-and-fitness-centres> - Worksafe BC protocols for gyms and fitness centres.
- <https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en> – First aid treatment during COVID-19 pandemic.
- <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19> - First aid protocols for an unresponsive person during COVID-19.
- <http://www.volleyballbc.org/wp-content/uploads/2020/08/COPSIN-Return-to-Performance-Following-COVID-19-JULY27-2020-BB-SL-MW-AM-BM.pdf> - Canadian Sport Medicine Advisory Council return to play after contracting COVID-19.

## 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.

### **Appendix 1:**

Guidelines for the Transition Measures Phase – Volleyball BC

### **Appendix 2:**

Definition of Regional Play in BC - Volleyball BC

### **Appendix 3:**

A Safe Return to Volleyball – Volleyball Canada

**Approved by VBC Board of Directors:** June 10, 2020

Amended: July 9, 2020

Amended: August 25, 2020

## APPENDIX 1: TRANSITION MEASURES GUIDELINES

From May 19 to August 25, 2020, we were in the “Transition Measures” phase of this plan. Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Office and announced by Volleyball BC. Should we be required to move back into the Transition Measures phase, the guidelines and considerations below will be in place:

Organized play can only operate under the following rules:

1. All participants, coaches, referees and parents/spectators/guardians must maintain physical distancing
  - o Two meters apart from one another at all times, including on court\*
  - o Non-contact activities only
  - o No handshaking, high fives, hugging, etc.
2. Look to reduce contact with balls, nets, and other shared equipment.
3. Limit activity to skill development or low risk activities
  - o Activities should only be those typically done in practice and/or training environments, which permit physical distancing at all times (eg. Individual serving, passing, setting, attacking practice)
  - o No games/ competitions. Competitive volleyball does not permit physical distancing at two meters and should not be played at this time.
  - o No more than 6 individuals on a court (3 per side). Blocking at the net is not permitted.
4. Remain community focused
  - o Stay within the home sport community or club(s) where participants are members
  - o No cross-regional, inter-provincial or cross-country travel. International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.

During Transition Measures, the following is not permitted:

- activities that do not permit physical distancing\*
- activities that have a high risk of injury
- competitive activities that encourage large group gatherings
- large public events or gatherings

Note: Physical distancing does not apply to individuals who are “inside your bubble”. The Restart BC plan defines [your bubble](#) as “members of your immediate household” and states that “Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart”. Furthermore, the [BCRPA Restarting Guidelines for Outdoor Recreation](#) state that participants on sport courts can “*be less than two metres physical distance with members of the same household*”.

**APPENDIX 2: DEFINITION OF REGIONAL PLAY FOR VOLLEYBALL IN BC**

<b>Zone/Region</b>	<b>Cities/Towns/Districts</b>
Zone 1 – Kootenay:	<ul style="list-style-type: none"> <li>• Regional Districts of:               <ul style="list-style-type: none"> <li>○ Central Kootenay</li> <li>○ Kootenay Boundary</li> <li>○ Electoral Area A of Columbia-Shuswap Regional District</li> </ul> </li> <li>• Including major centres:               <ul style="list-style-type: none"> <li>○ Castlegar</li> <li>○ Cranbrook</li> <li>○ Creston</li> <li>○ Fernie</li> <li>○ Golden</li> <li>○ Grand Forks</li> <li>○ Kimberly</li> <li>○ Nelson</li> <li>○ Radium</li> <li>○ Rossland</li> <li>○ Trail</li> </ul> </li> </ul>
Zone 2 – Okanagan:	<ul style="list-style-type: none"> <li>• Regional Districts of:               <ul style="list-style-type: none"> <li>○ Central Okanagan</li> <li>○ Columbia-Shuswap (excluding Electoral Area A)</li> <li>○ North Okanagan</li> <li>○ Okanagan-Similkameen</li> <li>○ Thompson-Nicola</li> <li>○ Electoral Areas A and B of the Squamish-Lillooet</li> <li>○ Merritt</li> <li>○ Peachland</li> <li>○ Penticton</li> <li>○ Revelstoke</li> <li>○ Salmon Arm</li> <li>○ Summerland</li> <li>○ Vernon</li> <li>○ Westbank</li> </ul> </li> </ul>
Zone 3 – Fraser Valley:	<ul style="list-style-type: none"> <li>• Includes the major centres of:               <ul style="list-style-type: none"> <li>○ City of Abbotsford</li> <li>○ City of Chilliwack</li> <li>○ District of Hope</li> <li>○ City of Langley</li> <li>○ Township of Langley</li> <li>○ City of Maple Ridge</li> <li>○ District of Mission</li> <li>○ City of Pitt Meadows</li> <li>○ Village of Anmore</li> <li>○ Village of Balcarra</li> <li>○ City of Coquitlam</li> <li>○ City of Port Coquitlam</li> <li>○ City of Port Moody</li> <li>○ City of Surrey</li> <li>○ City of White Rock</li> </ul> </li> </ul>

<p>Zone 4 – Fraser River:</p>	<ul style="list-style-type: none"> <li>• Includes the major centres of: <ul style="list-style-type: none"> <li>○ City of Burnaby</li> <li>○ City of New Westminster</li> <li>○ District of Delta</li> <li>○ Corporation of North Delta</li> <li>○ City of Richmond</li> <li>○ Corporation of Tsawwassen</li> </ul> </li> </ul>
<p>Zone 5 – Vancouver-Coastal:</p>	<ul style="list-style-type: none"> <li>• Encompasses the Regional Districts of: <ul style="list-style-type: none"> <li>○ Squamish-Lillooet (excluding Electoral Areas A and B)</li> <li>○ Sunshine Coast</li> <li>○ Electoral Area A of the Greater Vancouver Regional District</li> </ul> </li> <li>• Includes the major centres of: <ul style="list-style-type: none"> <li>○ Village of Lions Bay</li> <li>○ City of North Vancouver</li> <li>○ District of North Vancouver</li> <li>○ City of Vancouver</li> <li>○ District of West Vancouver</li> </ul> </li> </ul>
<p>Zone 6 – Island &amp; Central Coast:</p>	<ul style="list-style-type: none"> <li>• The Regional Districts of: <ul style="list-style-type: none"> <li>○ Alberni-Clayoquot</li> <li>○ Capital</li> <li>○ Central Coast</li> <li>○ Comox-Strathcona</li> <li>○ Cowichan Valley</li> <li>○ Mount Waddington</li> <li>○ Nanaimo</li> <li>○ Powell River</li> </ul> </li> <li>• Including Major Centres: <ul style="list-style-type: none"> <li>○ Campbell River</li> <li>○ Comox</li> <li>○ Courtenay</li> <li>○ Cumberland</li> <li>○ Duncan</li> <li>○ Esquimalt</li> <li>○ Ladysmith</li> <li>○ North Cowichan</li> <li>○ Oak Bay</li> <li>○ Ocean Falls</li> <li>○ Port Alberni</li> <li>○ Port Hardy</li> <li>○ Powell River</li> <li>○ Saanich</li> <li>○ Sayward</li> <li>○ Sidney</li> <li>○ Victoria</li> </ul> </li> </ul>
<p>Zone 7 – Northwest:</p>	<ul style="list-style-type: none"> <li>• The Regional Districts of: <ul style="list-style-type: none"> <li>○ Bulkley-Nechako</li> <li>○ Kitimat-Stikine</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Skeena Queen Charlotte</li> <li>● Including major centres: <ul style="list-style-type: none"> <li>○ Burns Lake</li> <li>○ Fort St. James</li> <li>○ Houston</li> <li>○ Kitimat</li> <li>○ Masset</li> <li>○ Port Clements</li> <li>○ Prince Rupert</li> <li>○ Smithers</li> <li>○ Stewart</li> <li>○ Terrace</li> <li>○ Vanderhoof</li> </ul> </li> </ul>
<p>Zone 8 – Cariboo &amp; Northeast</p>	<ul style="list-style-type: none"> <li>● The Regional Districts of: <ul style="list-style-type: none"> <li>○ Cariboo</li> <li>○ Fort Nelson-Liard</li> <li>○ Fraser-Fort George</li> <li>○ Peace River</li> </ul> </li> <li>● Including major centres: <ul style="list-style-type: none"> <li>○ Chetwynd</li> <li>○ Dawson Creek</li> <li>○ Fort Nelson</li> <li>○ Fort St. John</li> <li>○ Hudson Hope</li> <li>○ Prince George</li> <li>○ Quesnel</li> <li>○ Tumbler Ridge</li> <li>○ Williams Lake</li> </ul> </li> </ul>

**APPENDIX 3: A SAFE RETURN TO VOLLEYBALL – VOLLEYBALL CANADA**

See next page.

---

## A SAFE RETURN TO VOLLEYBALL

---

UPDATED June 15, 2020: As our nation begins to restart sport programming, it is important for us to do our part in mitigating the risk of contracting and/or spreading COVID-19 while participating in volleyball activities.

The following document has been updated to help guide those who are participating in volleyball programming. Returning to specific volleyball activities should only be considered when regional public health restrictions allow for it. Please consult with your Provincial or Territorial health authority guidelines before engaging in volleyball activities.

### **PARTICIPANTS**

- Participants should wash their hands before and immediately following participation while also sanitizing at frequent intervals during participation.
- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- People over 65 years of age or with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged.
- Participants should know of the common symptoms of COVID-19 and stay away if displaying any symptoms.
- Participants must stay home if they have been in contact with a known case in the previous 14 days.
- Participants may consider wearing a mask during participation.

### **CONTACT MINIMIZATION**

- Although physical distancing should be practiced at all times and volleyball is classified as a low contact sport, not all contacts can be completely eliminated. An increase in group density and/or a transition from controlled activities to game-like activities will increase the risk of contact.
- Regional increases in allowable contact frequency, intensity (duration and proximal distance) and scale (number of unique participants) will guide the return to volleyball progressions within your region.
- Coaching should be completed while practicing physical distancing.
- Spectators can only be present if regional physical distancing guidelines can be maintained and regional gathering size limits allow.
- Balls should be designated for specific groups of participants and the number of participants in contact with each ball should be minimized.
- Balls should be sanitized between different user groups and as frequently as possible within sessions.
- Unnecessary contact between participants (handshakes, high-fives, huddles, etc.) should be discouraged.

### **FACILITY CONSIDERATIONS**

- Outdoor activity has been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball.
- Larger venues, fewer participants and better air circulation will reduce the risk of transmission indoors.
- Only required seating, tables, etc. should be made available. Access to water fountains, meeting spaces, change rooms, etc. should be carefully considered and likely discouraged.
- All common contact surfaces within the facility should be cleaned and disinfected regularly.

### **OTHER CONSIDERATIONS**

- Prior to every session, all participants may be required to complete a COVID-19 specific attestation.
- A detailed log of all participants and their contact information should be collected and kept on file.

---

## RISK MITIGATION CONSIDERATIONS

---

The following list of considerations has been modified and adapted from the WHO Mass Gathering and Sports Assessment Addendum Tools and the Sport Medicine Advisory Council of Canada's Risk Assessment Tool for Sport & Club Risk Assessment and Mitigation Checklist. Although the following list of considerations is extensive, they should not be deemed exhaustive and other considerations may need to be considered prior to programming.

### STAFF SPECIFIC MEASURES

- Will there be daily pre-integration medical/self-assessment checks of staff?
- Have the relevant staff been informed about the latest available guidance on the COVID-19 outbreak (official web resources available from BCCDC, WHO, CDC, ECDC, UN, local public health authorities)? Are the staff committed to following the available guidance?
- Are organizers aware of global and local daily situation reports as provided by local, provincial, national and international public health authorities?
- Will daily updates on changes and new information be arranged? I.e. daily briefings.
- Do the responsible staff understand the risks and transmission routes of COVID-19, the steps that attendees can take to limit spread, the recognized best practices (including respiratory etiquette, hand hygiene, physical distancing, etc.), and the travel restrictions from different regions that may affect the team gathering to train?

### ATHLETE SPECIFIC MEASURES

- Will there be daily pre-integration medical/self-assessment checks of athletes?
- Is the reporting process and response clear and documented?
- Will the athletes be separated from other groups into distinct training clusters, to limit transmission?
- Will higher risk athletes, staff, volunteers and coaches (those over the age of 65 and over those with comorbidities) be self-contained and protected?
- Will athletes be able to arrive prepared, train and leave?
- Can athletes practice physical distancing while commuting to and from the activity?
- Do training group sizes comply with local regulations and are they clearly stipulated?
- Will athletes be assigned specific equipment for their use?

### FACILITY MEASURES

- Will handwashing or sanitation be possible at the entrance and exit?
- Are there measures in place to limit the sharing of equipment, water bottles, towels, etc.?
- Do common areas provided allow for physical distancing (minimum of 2 metres)? Does this require a facility flow pattern to be established and clearly marked?
- Will the training schedule be staggered to ensure no overlap of groups?
- Is there clear signage for the specific rules and regulations of the facility as they pertain to COVID-19?
- Has a cleaning schedule, with specific instructions, protocols and supplies, been developed to ensure the venue and equipment is clean and hygienic – wiping surfaces and any equipment regularly with disinfectant is strongly recommended (before, during and after each athlete or group)?



- Will there be adequate containers to allow for safe disposal or storing of all hygienic materials (e.g. tissues, towels, etc.)?
- Are there clear regulations for non-training facility equipment use?

### **EMERGENCY PREPAREDNESS AND RESPONSE PLANS**

- Is there a specific medical response plan or modified EAP to address COVID-19? Key components are listed below.
  - Will there be a designated person(s) to lead medical activities?
  - Will there be pre-integration medical self-assessment checks in place?
  - Will there be establish reporting and recording measures in place for daily self-assessment for all participants?
  - Will there be a procedure for athletes or staff to clearly identify whom to contact, and how to do so, if they or other athletes feel unwell while at the facility?
  - Will there be isolation spaces available on site until sick members are dealt with appropriately?
  - Will there be first aid services in place?

### **MANAGEMENT OF NEW OR SUSPECTED CASES**

- Is there a plan for managing all public health interventions that would be necessary if athletes, staff, or volunteers are infected and become unwell?
- Does the plan include protocols to notify all participants of possible exposure to COVID-19 if any suspected or confirmed cases are identified?
- Will there be an established mechanism for collaboration and coordination with the local public health sector in the instance that any new case arises?
- Will there be a decision-making authority or body and an agreed procedure to modify, restrict, postpone or cancel the return to training facility access related to the evolving COVID-19 outbreak?
- Will there be arrangements to activate a strategic operations team if there are suspected COVID-19 cases?

### **COMMUNICATION**

- Will there be a risk mitigation communication strategy in regard to COVID-19?
- Will there be a designated person(s) to lead media activities and tasked with managing all internal and external communications with NSO, PSO, public health, government officials, the general public, and the media?