

PLAYER GUIDELINES FOR RETURN TO VOLLEYBALL

Progressively Loosen Phase

What do I need to know about returning to volleyball?

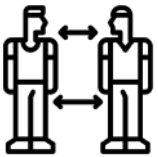


- Volleyball BC has developed **A Phased Return to Volleyball Plan** for organized volleyball to resume in BC.
- We are now in the **“Progressively Loosen”** phase.
- A cohort should be created for volleyball activities where there is contact or close proximity of less than 2 metres.
- A cohort should be made up of individuals/teams of similar age/skill level.
- Cohorts should not exceed 100 individuals (50 when gathering for games/activities).
- Cohorts should remain together for an extended period of time.
- When in a cohort, you do not need to maintain physical distancing when playing on court. Physical distancing should still be maintained off-court.
- Competitive activities should be local or regional. Inter-provincial & international travel is not recommended at this time.
- Volleyball clubs and organisations must create a Safety Plan that follows these guidelines.
- A safe return to volleyball will take place carefully and gradually in phases that align with public health guidelines.



What can I expect when I play volleyball?

Games, league play & competitive activities may occur within a designated cohort



- Up to 12 individuals per court (six per side).
- All players and substitutions must be counted in the cohort.
- Coaches, referees and spectators do not need to be included in the cohort if they maintain physical distancing at all times.
- Physical contact and proximity is permitted on-court and within the cohort
- Physical distance at all times off-court, pre and post-games.
- No non-essential contact (eg. high fives, hugs)



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Know Before You Go



- ✓ Check that your club or organization has a COVID-19 Safety Plan that conforms to VBC's guidelines. It should be posted clearly on the website.
 - ✓ Adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access). Know the symptoms of COVID-19.
 - ✓ Assess your situation. Stay home if you meet the criteria below.
 - ✓ Limit what you bring with you to the session.
 - ✓ Bring your own water bottles, towels and other personal items. Do not share.
 - ✓ Consider wearing a mask and gloves.
 - ✓ Pack hand sanitizer and wash your hands immediately before, during and after playing.
- Get in, play, and get out. Avoid social gathering before or after playing.



Volleyball is considered a medium risk sport for COVID-19 because we share the use of a ball.

If you are over 65 years, immuno-compromised or have underlying health conditions, volleyball is not recommended. If you live with higher risk individuals, consider your participation carefully.



You must stay home if:

- you don't feel well or are displaying symptoms of COVID-19
- someone in your household has COVID-19 or is showing symptoms of COVID-19
- you or someone in your household has traveled outside of British Columbia within the last 14 days
- you have been in contact with a known/presumptive case of COVID-19 in the last 14 days.

Please play your part in sharing and following these guidelines.
Together we can keep our volleyball community safe!

<http://www.volleyballbc.org/return-to-play>