



COACHES GUIDELINES FOR RETURN TO VOLLEYBALL

Transition Measures Phase

For Youth Programs in all health regions (effective December 2, 2020)

To read the official announcement from the provincial government, click [HERE](#).

What do I need to know about returning to volleyball?

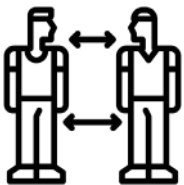


- Volleyball BC has developed **A Phased Return to Volleyball Plan** for organized youth volleyball in all regions to resume in BC.
- Adult indoor volleyball including leagues are prohibited until further notice.
- Volleyball clubs and organisations must create a Safety Plan that follows these guidelines.



- A safe return to volleyball will take place carefully and gradually in phases that align with public health guidelines.
- We are in the **"Transition Measures"** phase. As public health guidelines change, we will move into different phases of the plan.

Coaches - Things to know when you are planning



- A cohort should be created for volleyball activities where there is contact or close proximity of less than **3 metres**.
- Focus will be skills and drills & training activities in small groups.
- There must be no more than 12 individuals on court (6 per side) and/or sharing the same ball.
- Identify skills, drills and activities that permit physical distancing of **3 metres** between participants at all times.
- Competitive volleyball does not permit physical distancing and should not be played at this time.
- Blocking at the net is not permitted.
- Coaching should be completed while ensuring physical distancing guidelines. Use verbal cues and demonstrate using your own ball.
- Plan for frequent and proper handwashing and equipment sanitation measures before, during and after the session
- Non-contact activities only. No handshaking, high fives, hugging, etc.
- No cross-regional, provincial or cross-country travel for play.



RETURN TO VOLLEYBALL

Know Before You Go



- ✓ Check that you have read and understand your club/organization's COVID-19 Safety Plan.
- ✓ Check that you have been told and understand the processes for checking participants in, symptom-checking, and running the session safely.
- ✓ Know the symptoms of COVID-19.



- ✓ Assess your situation. Stay home if you meet the criteria above.
- ✓ Limit what you bring with you to the session. Bring your own equipment and whistles. Electronic whistles are recommended.
- ✓ Bring your own water bottles, towels and other personal items. Do not share. Consider wearing a mask and gloves.
- ✓ Pack a hand sanitizer and wash your hands immediately before and after coaching.
- ✓ Check that you have been told and understand the steps to be taken if one of your participants demonstrates cold, flu or COVID-19 symptoms.



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>