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## Victoria Volleyball Association Covid-19 Safety Plan

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### Risk Assessment

V.V.A. adopts the current VBC guideline regarding risk assessment for the sport of Volleyball:  
[http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020\\_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf](http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf) (pg. 1)

#### 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.

## General Guidelines

The Victoria Volleyball Association (V.V.A.) supports and follows the Return to Play guidelines of Volleyball BC as published in their document "[A Phased Return to Volleyball Plan: Considerations & Guidelines](#)". Our Safety Plan is designed to meet the VBC guidelines, and the viaSport guidelines as found in their document "[Return to Sport Guidelines for BC](#)".

Specifically, this Safety Plan will include clear policies to ensure that the following guiding principles are met:

### Sickness and Screening

No one with symptoms comes to work or to the sport activity, and coaching staff and player participants are able to be off sick or work at home to enable self-isolation for fourteen days (at minimum). To participate in V.V.A. and/or Volleyball BC programming, Athletes and Program Facilitators must be healthy, with no signs or symptoms of illness or underlying condition.

We will complete the following to ensure that this principle is met.

- Club Indemnity and Assumption of Risk waiver must be completed by all Staff and player participants prior to registering for any programming.
- Health history questionnaire for COVID-19 must be submitted prior to return to team/sessions.
- BC COVID 19 Self-assessment screening daily pre-participation and at entry.
- Each athlete must complete the questionnaire on the BC COVID-19 App prior to participating.
- Athletes must inform their Program Facilitator immediately if they feel any symptoms of COVID-19, such as;  
fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- A Program Facilitator can deny participation and attendance in V.V.A. programming if an Athlete (or family member) does not meet the outlined guidelines, OR if illness is suspected. V.V.A. reserves the right to refuse program participation based on safety.
- Athletes and Program Facilitators must stay home if:
  - i. They feel unwell/sick or are displaying symptoms of COVID-19,
  - ii. Someone in their household has, or is showing symptoms, of COVID-19,
  - iii. They, or someone in their household, have traveled outside of Canada within the last 14 (fourteen) days,
  - iv. They have been in contact with a known/presumptive case of COVID-19 in the last 14 (fourteen) days.

### Training Facilities

Coaching staff and player participants are to have fewer training facility contacts (shorter times, fewer people), through such measures as: staggered shifts, smaller teams, occupancy limits, and virtual meetings.

We will complete the following to ensure that this principle is met.

- Smaller groups initially (within Provincial limitations), adhering to the VBC Phase appropriate guidelines.
- Shorter hours of time on-site.
- Virtual meetings when appropriate.
- Occupancy limits posted to facilities/outlet rooms.

- Adherence to the Covid-19 safety policies and procedures of the facility owners from whom we rent court space.
- For those facilities that may not have published policies and procedures, V.V.A. will:
  - i. Where possible, establish separate participant entrance and exit points for use during sessions.
  - ii. Ensure that there is adequate transition time to allow the preceding group to leave the premise before occupying the training space. Participants are to arrive and depart punctually.
  - iii. Ensure that equipment - net and posts - are handled only by designated individuals.
  - iv. Ensure that V.V.A. participants are aware of that they must bring sufficient water to sessions for personal consumption.

### Personal and Environmental Hygiene

Higher levels of frequent cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene.

We will complete the following to ensure that this principle is met.

- Ensuring hand sanitizer usage before and after every session. (Participants are to bring their own sanitizer for personal use.)
- Allow for breaks in the training schedule for players and coaches to wash their hands and sanitize.
- Increased cleaning and disinfection of equipment (especially volleyballs) before and after usage.
- Ensure that designated persons per session are tasked to set up and take down nets and posts, and wipe down after use.

### viaSport Activity Chart

V.V.A. adopts the "Sport Activity Chart" as published on the viaSport website and will adhere to the guidelines posted for Phases 1 through 4 as found there.

<https://www.viasport.ca/sites/default/files/SPORTACTIVITYCHART.pdf>

# SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

	Strictest Controls Phase 1	Transition Measures Phase 2	Progressively Loosen Phase 3	New Normal (Future date TBC)
<b>Restrictions in Place</b>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>	<ul style="list-style-type: none"> <li>Refer to PHO and local health authorities</li> </ul>
<b>Enhanced Protocols</b>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	<ul style="list-style-type: none"> <li>Increased personal hygiene, cleaning protocols and symptom screening</li> </ul>	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> </ul>
<b>Facility</b>	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	<ul style="list-style-type: none"> <li>Participants should maintain physical distance while not on field of play</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor/Indoor</li> </ul>
<b>Participants</b>	<ul style="list-style-type: none"> <li>Individual activities</li> </ul>	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes increase based on sport type (i.e. level of contact).</li> <li>Participants and spectators must adhere to 50 people max per event public health guidance</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
<b>Non-contact Activities</b>	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc.).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	<ul style="list-style-type: none"> <li>Where feasible, limit contact (i.e. coming within two meters) in training and sport activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Contact Activities</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	<ul style="list-style-type: none"> <li>Cohort model introduced for sports that cannot maintain 2m physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions on activity type</li> </ul>
<b>Competition*</b>	<ul style="list-style-type: none"> <li>Should not occur</li> </ul>	<ul style="list-style-type: none"> <li>In club play or modified games may slowly be introduced</li> </ul>	<ul style="list-style-type: none"> <li>Competition slowly introduced.</li> <li>Regional competition for sports in cohorts.</li> </ul>	<ul style="list-style-type: none"> <li>Provincial competitions and larger scale events may return</li> </ul>

<b>Equipment</b>	<ul style="list-style-type: none"> <li>No shared equipment</li> </ul>	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Enhanced cleaning protocols in place</li> </ul>	<ul style="list-style-type: none"> <li>Shared equipment</li> </ul>
<b>Travel</b>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Limited</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited</li> </ul>

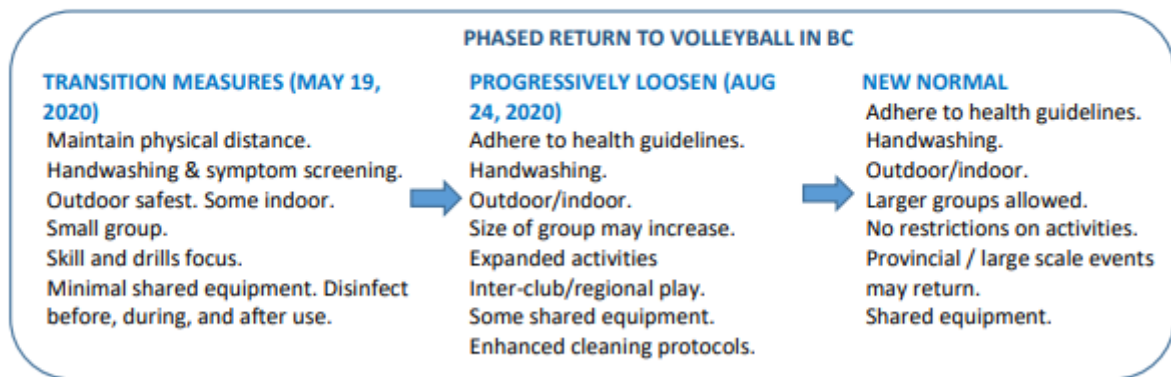
\*Introduction of competitive activities should be in alignment with sport-specific guidelines.

## VBC Specific Guidelines

V.V.A. adopts the Volleyball specific guidelines as published in the Volleyball BC plan, that are designed to align with the above viaSport phases, as found here:

[http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020\\_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf](http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf) (pg. 4)

### VOLLEYBALL CANADA - RETURN TO VOLLEYBALL PROGRESSION



"Transition Measures"

"Progressively Loosen"

"New Normal"

VIASPORT BC'S PHASES OF ACTIVITY

## Phase 3 Principles

V.V.A adopts the VBC guidelines with respect to Phase 3 activities, which are current as of the date of adoption of this safety plan by the V.V.A. Board. (pg. 6)

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 minimize contact during COVID-19.

Any introduction of volleyball activities involving either close proximity or physical contact should be done within a cohort (see pg. 6 [http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020\\_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf](http://www.volleyballbc.org/wp-content/uploads/2020/08/08252020_A-Phased-Return-to-Volleyball-Plan-with-Appendix.pdf) for definition of “cohort”).

### Approval by V.V.A. Board

This safety Plan is adopted by the Board of Victoria Volleyball Association as of this 14th day of September 2020.