



## Victoria Volleyball Association Covid-19 Safety Plan 07 December 2020

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### *Risk Assessment*

V.V.A. adopts the current VBC guideline regarding risk assessment for the sport of Volleyball:

[A PHASED RETURN TO VOLLEYBALL.](#)

#### 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 Canadian [criteria](#), Volleyball BC has determined that volleyball is MEDIUM risk sport for the contracting 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

Safe return to sport is first and foremost guided by orders from the BC Provincial Health Officer [BC Provincial Health Officer](#) and [BC's Restart Plan](#). 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](#)".. In addition, this safety plan complies with viaSport guidelines as found in their document "[Return to Sport Guidelines for BC](#)" (Sept 2020). We are also adhering to guidelines in place at the facilities that we use.

Player guidelines for return to sport from VBC are summarized here [PLAYER INFORMATION](#)

## Principles from BC's Restart Plan

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>

## Personal Hygiene

- Participants will be directed to use hand sanitizer on arrival at the facility, during breaks, and after participation.
- Masks must be worn when participants are not on the court, except when hydrating. Participants are encouraged to wear masks while training.
- No sharing of water bottles, towels or other personal items: use prominent name labels
- No handshaking, high-fives, hugs, etc.

## Stay Home If You Are Sick

- Club Indemnity and Assumption of Risk waiver for the season must be completed by all Staff (coaches/volunteers) and player participants prior to attending any programming.
- All participants (athletes, coaches, volunteers) will complete the [VVA COVID-19 Screening Questionnaire](#) online, no more than eight hours prior to each session
- Participants should not attend their session if they have experienced any of the following in the past 14 days
  - Any COVID-19-related symptoms, EVEN MILD ONES including fever, chills, cough, shortness of breath, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and/or vomiting, muscle aches
  - Been exposed to someone who has been diagnosed with COVID-19
  - Travelled outside of Canada

- Participants are strongly encouraged to not attend their session if they have been exposed to someone with COVID-19-like symptoms, who is self-isolating and/or awaiting test results
- Team manager or other designated volunteer will meet participants at the door of the facility for every session
  - Confirm on Google Sheet that participant has completed the COVID-19 screening
- Team manager or other designated volunteer will also do general assessment of the participant (i.e. do they appear sick or well)
  - Coaches and screening volunteers will refuse entry to any participant who appears ill
- Participants must inform the coach immediately if they develop any COVID-19-like symptoms during the course of the session
- Participants who have positive COVID-19 screening questionnaires or symptoms on arrival, or who develops symptoms during the session will be immediately sent home.
  - While the person is waiting for transportation, they will be masked and placed in a separate area away from others in the session.
  - Any individuals waiting with the person will wear a mask at all times and remain a minimum of 3 metres away.
  - Any areas or equipment that the individual was in contact with will be immediately cleaned by someone wearing appropriate personal protective equipment.
  - Coach or manager will notify VVA Health and Safety Representative the same day this situation arises.
- Participant who has been sent home will be directed to use the [BC CDC COVID-19 Self-Check Tool](#) for guidance regarding testing and self-isolation
- Health and Safety Representative will
  - Gather all information from the individual and participants at the session.
  - Collate all contact information for individual at that session.
  - Follow-up with the individual to ensure that they follow VVA's return to sport policies
  - Notify the Club Director or President
- If a participant is diagnosed with COVID-19 (notification coming from individual or Public Health)
  - VVA Health and Safety Representative will follow VBC's [COVID-19 Exposure Protocol and Communications](#) and comply with Public Health Requirements
  - Participants who are notified of possible COVID-19 exposure will respect the individual's privacy at all times: do not discuss the situation outside of the team, do not post on social media or speak to the press.
- Returning to play
  - Negative COVID-19 test: Return to play with resolution of symptoms
  - No testing: Return to play 14 days after onset of symptoms AND symptoms have improved/resolved AND specifically no fever
  - Positive COVID-19 test: As advised by Public health

### *Environmental Hygiene*

- High touch areas will be disinfected before and after each session [BC CDC Cleaning and Disinfecting Public Settings](#)
  - Top and bottom of nets, posts, antennae and antennae straps
  - Balls and ball cart [Mikasa Ball Cleaning Guidelines](#)
  - Exterior and interior door handles
  - Any other coaching aids
- Limited number of individuals will be assigned to disinfecting, set-up and take down equipment at

each session

### *Safe Social Interactions*

- VVA programming follows Volleyball BC's [A Phased Return to Volleball](#) document.
- No spectators are allowed at sessions.
- "Get In. Train. Get Out": Participants should not congregate or socialize before or after the activity.
- In addition, we will adhere to requirements in place at the facilities we use regarding safe social interactions, access, cleaning, and reporting attendance/contact information for contact tracing purposes.
- For those facilities that do not have published policies and procedures, V.V.A. will:
  - Where possible, establish separate participant entrance and exit points for use during sessions.
  - Ensure that there is adequate transition time to allow the preceding group to leave the premise before occupying the training space.
  - Follow environmental hygiene measures as specified above.
  - Maintain attendance lists and contact information for 30 days after the session, for contact tracing purposes.

### *Physical Modifications*

- Participants will ensure 3 metre physical distancing when on and off the court, including moving in and out of the facility.
- Mask-wearing does not substitute for physical distancing efforts.

### *Principles of Phase Two: Transition Measures*

- Full details of Phase Two guidelines are detailed in the following documents
  - [VBC: A Phased Return to Volleyball](#) Appendix 1.
  - [viaSport: Sport Activity Chart](#)
- General principles are summarized as follows
  - Activities must be limited to skills development and those that permit 3 meter physical distancing at all times (eg. individual serving, passing, attacking practice)
  - No competitive volleyball as this does not permit social distancing.
  - Participants must maintain social distancing at all times on and off the court.
  - No blocking at the net.
  - Guidelines for players <http://www.volleyballbc.org/player-information/>
  - Guidelines for coaches <http://www.volleyballbc.org/covid-coaching-resources-3/>

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

This safety Plan is adopted by the Board of Victoria Volleyball Association as of this 7th day of December, 2020.