



A PHASED RETURN TO VOLLEYBALL PLAN CONSIDERATIONS & GUIDELINES

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 May 19, 2020, we entered the “Transition Measures” phase of this plan. The focus of this document, therefore, is guidelines and considerations for the Transition Measures 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.

VIASPORT 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.

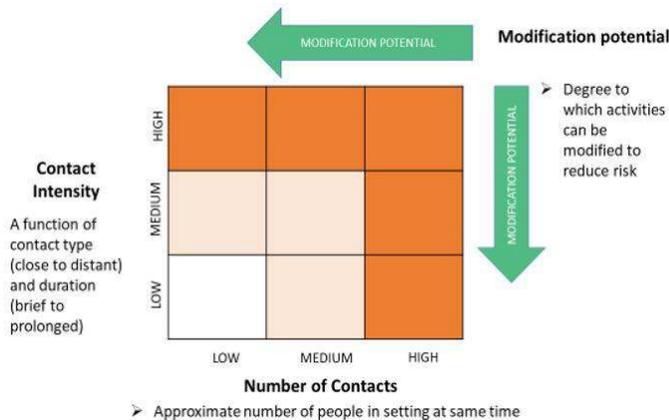
Each organization will have to evaluate the risks and factors involved in resuming activity and develop their own Return to Play Plan, which will contain the measures they will implement and maintain over the coming 12 to 18 months. Board Members and Owners are ultimately liable for the decisions and 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

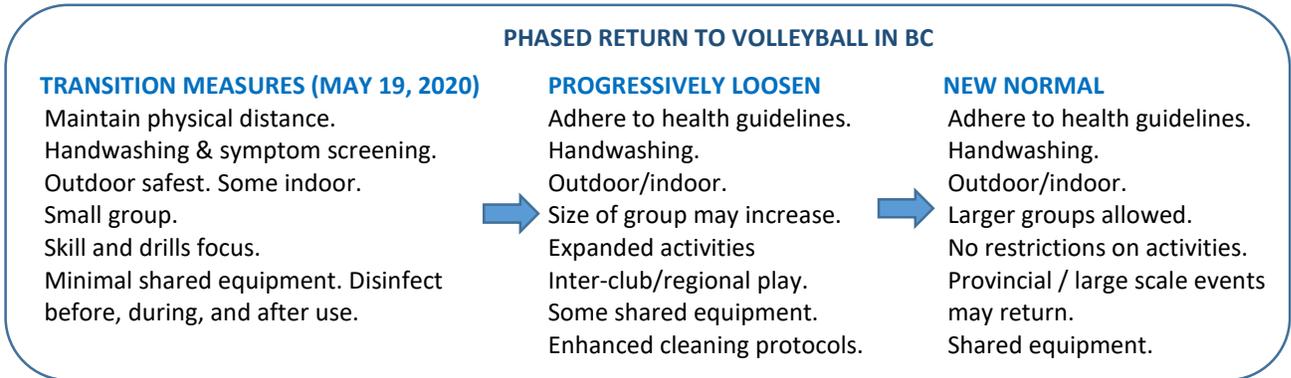
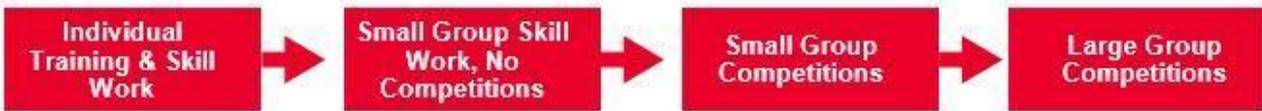
BC's Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document:

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

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 May 19, 2020, we entered the "Transition Measures" phase of this plan. **The focus of this document is guidelines and considerations for the Transition Measures phase.** These may be adapted as we move into future phases.

VOLLEYBALL CANADA - RETURN TO VOLLEYBALL PROGRESSION



"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 RETURN TO PLAY PLANNING

- Participant safety is paramount.
- You must adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access).
- Returning to volleyball must only be considered if local restrictions and physical distancing measures allow for it.

Until further notice (during the Transition Measures Phase), organized play can only operate under the following rules:

1. Participants 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 Individuals will have had limited exposure to physical activity for the last 6+ weeks while confined to their homes. Ensure that activities consider their ability that day (not where they previously may have been) and have injury prevention top of mind.
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. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer). 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.

Until further notice (during the Transition Measures Phase), 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*”.

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.
- 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 British Columbia within the last 14 days
 - someone in their household has traveled outside of British Columbia 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.
- 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 should be completed while ensuring physical distancing guidelines.
- Coaches 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, 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 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 and staff/volunteers should consider wearing a mask and gloves during the activity.
- Electronic whistles are encouraged.
- In the Transition Measures phase, the focus is small group skills development with organized competition returning at a later stage. However, if referees or officials participate in any activity, the considerations in this section also apply to them. A specific emphasis should be placed on individuals bringing and using their own equipment (eg. whistles) and maintaining social distance at all times.
- Organizers should maintain full contact information for all coaches and staff/volunteers participating in an activity.
- Should a coach/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 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.
- 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.
- If Parents/Guardians/Spectators are allowed, they would need to be factored into the maximum group size and must also abide by physical distancing guidelines.

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 deemed safer than indoor volleyball at this time and therefore the preferred training environment during the Transition Measures phase.
- 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.

12. OUTDOOR VOLLEYBALL CONSIDERATIONS

- The outside environment and space makes grass and beach volleyball the preferred environment for the Transition Measures phase.
- You must adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access). In Phase 2 of the BC Restart Plan, individuals may only get together in small groups of around 2-6 people and keep a physical distance. Gatherings of more than 50 people are not permitted.
- In the “Transition Measures” phase there must be no more than 6 individuals per court (three per side).
- 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 must practice physical distancing.
- 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.
- Blocking at the net is not permitted.

- 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). In Phase 2 of the BC Restart Plan, individuals may only get together in small groups of around 2-6 people and keep a physical distance. Gatherings of more than 50 people are not permitted.
- In the “Transition Measures” phase there must be no more than 6 individuals per court (three per side).
- 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 must practice physical distancing.
- 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.
- Blocking at the net is not permitted.
- 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

- Returning to volleyball should only be considered when regional public health restrictions and physical distancing measures allow for it. 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.
- 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. OUTBREAK PREPARATION AND REPORTING

- 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 your Illness Policy and 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:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- 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.
- 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.

16. USEFUL RESOURCES

- <https://www.viasport.ca/return-sport> - viaSport BC Return to Sport resources, including Return to Sport Guidelines.
- <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 - 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 - BCCDC Physical Distancing Poster.
- 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 - 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.

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:

A Safe Return to Volleyball – Volleyball Canada

Approved by VBC Board of Directors: June 10, 2020

A SAFE RETURN TO VOLLEYBALL

As our nation begins to look to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus. The following document has been created to help inform those looking to restart volleyball programming in their region. Returning to volleyball should only be considered when regional public health restrictions and physical distancing measures allow for it. 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.

FACILITY CONSIDERATIONS

- Outdoor activity has been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball at this time and therefore the preferred training environment.
- 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.
- 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.

PARTICIPANTS

- Group sizes should always be minimized and must abide by regional public health restrictions.
- People over 65 years of age or people 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 at home if displaying symptoms.
- Participants must stay home if they have been in contact with a known case in the previous 14 days.

CONTACT MINIMIZATION

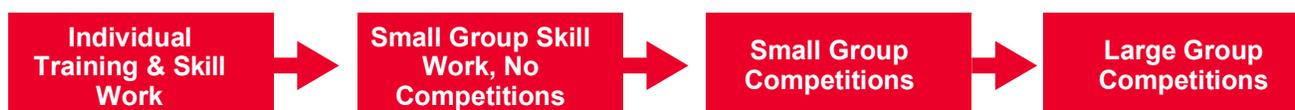
- Physical distancing should always be practiced by a maximal number of participants
- This may require adjustments to scheduling activities and minimizing inter team/group play.
- Coaching should be completed while practicing physical distancing guidelines.
- Spectators should be discouraged and if present must also abide by physical distancing guidelines.
- Participants should not be sharing water-bottles, towels, or other equipment.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants.
- Use a sanitizing spray on balls at frequent intervals and especially between different user groups.
- Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged.

PRACTICE GOOD HYGIENE

- Participants should wash their hands before and immediately following participation.
- Hand washing or sanitizing at intervals throughout should be encouraged.
- Participants should avoid touching ones face throughout.
- Participant should consider wearing a mask and gloves.

RETURN TO VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



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.

STAFF KNOWLEDGE

- 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?
- 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?

SPECIFIC MEASURES

- Will there be daily health checks of athletes/staff?
- Will the athletes be separated from other groups, to limit transmission?
- Can athletes practice physical distancing while commuting to and from the activity?
- Are there measures in place to limit the sharing of equipment, water bottles, towels, etc.?
- Will athletes have closed containers to allow for the safe disposal or storing of all hygienic materials (e.g. tissues, towels, etc.)?
- Do common areas provided allow for physical distancing between athletes (minimum of 2 metres)?

EMERGENCY PREPAREDNESS AND RESPONSE PLANS

- Have the organizers and facility managers acquired:
 - The necessary personal protective equipment (gloves, masks, etc.) to help reduce the risk of transmission of COVID-19?
 - Hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in washrooms and changing rooms?
 - Hand sanitizers and alcohol rubs for all entrances and throughout the venue?
- Is there a procedure for athletes/staff to clearly identify whom to contact, and how to do so, if they or other participants feel unwell or show symptoms of COVID-19?
- Is there a protocol regarding whom medical should contact to report suspected cases and request testing and epidemiological investigations, if someone is feeling unwell or showing signs of COVID-19?
- Are there first-aid services or other medical services in place and equipped to support participants with COVID-19?
- Are there isolation rooms available on site until suspected patients can be dealt with appropriately?
- Are there designated medical facilities that manage patients with COVID-19 infection in the region? Are contact numbers and procedures clearly visible?
- Are there transportation services with trained medical professionals available to transport critically ill patients with severe acute respiratory infections to a hospital if necessary?
- Has a cleaning schedule 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 (between athletes) and between each group)?

- Are there established screening measures, including temperature checks and daily monitoring in place for participants?
- Is the province conducting COVID-19 laboratory diagnostic tests for asymptomatic screening?
- Does the medical response plan include protocols to notify all participants of possible exposure to COVID-19 if staff are made aware of any suspected or confirmed cases that attended the activity?

STAKEHOLDER AND PARTNER COORDINATION

- Is there an established mechanism for collaboration and coordination with the local public health and recreation / parks sectors in the instance that any new cases arise?
- Are there agreed, clear and easily understood processes in place for reporting to external multi-sectoral stakeholders and disseminating risk communication messages (Media)?

LOGISTICAL COORDINATION

- Is there a decision-making authority/body and an agreed procedure to modify, restrict, postpone or cancel the activity related to the evolving COVID-19 outbreak?
- Have coaches and staff undergone training and exercises on personal safety procedures and emergency mitigation measures (including those specifically listed in this checklist)?

RISK COMMUNICATION

- Is there a risk mitigation communication strategy in regard to COVID-19?
- Is there a designated person(s) to lead media activities and tasked with managing all external communications with the public and the media?
- Has coordination been set up with media channels and social media sites so that messaging can be coordinated with, and assisted by, the platforms to provide targeted messaging as needed?

PUBLIC HEALTH AWARENESS OF COVID-19

- Has public health advice on clinical features of COVID-19, preventive measures, especially respiratory etiquette, hand hygiene practices, and physical distancing, been shared with all staff, athletes, and personnel of all relevant facilities?
- Has information on the at-risk populations been provided to all athletes, and others so they may make an informed decision on their attendance based on their personal risks?
- Has public advice included information on the meaning of the following measures: quarantine, self-isolation and self-monitoring?