

RETURN TO VOLLEYBALL



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These **'Return to Volleyball'** Protocols are VBNU's recommendations intended to enable a safe return to the sport.

These Protocols are based on current Nunavut public health requirements and directives, guidelines passed on to VBNU by GN – Sport and Recreation Division and VBNU's to provide guidance for opening and maintaining safe sport.

ASSUMPTION OF RISK

Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity. VBNU does not carry insurance that covers pandemic diseases or contagions including COVID-19.

Athletes and their parents/guardians are asked to review VBNU's "COVID-19 DECLARATION" form thoroughly and complete it. In addition, all athletes, parents/guardians and coaches should satisfy themselves that the indoor facility is operating in compliance with all applicable laws (which laws may differ depending on where the facility is located).

LEGAL DISCLAIMER

The information included in this protocol is current for the time of publishing and is aligned with the current recommendations from CPHO, the Government of Nunavut – Sport and Recreation Division, national and international bodies including the World Health Organization (WHO) and Public Health Canada.

However, recommendations may change depending on daily territorial, local and global COVID-19 situation reports; local resources should also be consulted for up to date information.

These protocols and guidelines are meant for educational awareness training and are not an all encompassing **'RETURN TO VOLLEYBALL'** plan for all.

This document is to supplement and not replace applicable law and the information provided by public health authorities.



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COMPLIANCE WITH REGULATIONS

All volleyball activities must adhere to all federal, territorial, and municipal laws and regulations. This includes but is not limited to:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Team sport regulations
- Volleyball Canada rules, policies and procedures
- VBNU rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

COVID-19 EDUCATION

Each coach and program manager (of each event) MUST ensure that coaches, athletes, parents, members and volunteers receive education on safety and hygiene protocols as well as Government (CPHO) information on ways to limit the spread of COVID-19

Recommendations for Any Facility Use for Recreation and Physical Activity

	Compulsory Handwashing – pre and post workout or activity. Washing should be with soap and water for 20 seconds. Repeat often.
	Avoid touching face during activity.
	Encourage use of non-shared equipment.
	Provide cleaning products and wipes so that staff and users can regularly clean shared equipment such as weights, mats, and machines. Use disposable wipes.
	Physical Distance – maintain two metres. Where needed, markers on floors or equipment. I.e. every second treadmill, space out benches, limit numbers based on room size.
	Keep logbook on users and staff, who is coming and going, what time, etc.



VBNU – OVERVIEW - RETURN TO VOLLEYBALL PROTOCOLS

GENERAL

- Community training and play only. **NO INTER-COMMUNITY TRAVEL.**
- Recommended ratio for coaches to athletes. 1 coach: 12 athletes.
- Maintain attendance and tracking of each session or practice.

FACILITY / PROGRAM CONSIDERATIONS

- Total number of participants cannot exceed lesser of 25 people or fifty percent (50%) of the rated capacity established by the Office of the Fire Marshall
- 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.
- No spectators are allowed.
- Pre- Registration – avoid drop-in activities, maintain tracking of who participated in each session.
- Arrive no earlier than 10 minutes upon training/play time and leave immediately after session.
- Assign one person for all set-up and take down of equipment – nets, cones, etc.
- Ensure equipment is disinfected after each use.
- Establish a session checklist of items that need to be completed

PARTICIPANTS

- Participants must stay home if they do not feel well.
- Participants should not be sharing water-bottles, towels, or other equipment.
- Hand washing or sanitizing at intervals throughout should be encouraged.
- Participants should be asked to sign a participant agreement acknowledging their acceptance of risks.
- Participants should be completing a COVID Self Assessment before arriving to each session.

CONTACT MINIMILIZATION

- Participant should consider wearing a mask and gloves
- No “high fives”, handshakes, group hugs or celebrations.
- Physical distancing should be practiced between all participants, supervisors, and staff.
- Use a sanitizing spray on balls at frequent intervals and especially between different user groups.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants.
- When able, designate a person to ensure health and safety guidelines are being followed (limited equipment sharing, physical distancing, reminding people to cough into crook of elbow, etc.).



VBNU – EVENT PLANNING AND IMPLEMENTATION PROTOCOL RECOMMENDATIONS

PRE-EVENT PLANNING

- 1) Review **'CHECKLIST FOR RETURN TO ACTIVITY/SPORT'**
- 2) Familiarize yourself with all Facility and Activity Guidelines (School, Hall, DEA, Municipal rules)
- 3) Complete – **'NUNAVUT MITIGATION TOOL'**
- 4) Develop a **'COMMUNICATION PLAN'** and **'TRACKING SYSTEM PLAN'**.
- 5) Ensure you have a **'CLEANING PLAN'** in place for equipment and facility, as per the facilities rules and mandates.

ARRIVAL TO FACILITY

- 1) Ask participants to arrive no earlier than 10 minutes before activity.
- 2) Have participants sign a: **COVID-19 DECLARATION OF RISK FORM**
- 3) Ask participants to enter wearing a mask.
- 4) Implement measures to manage flow of traffic. In one door and out another door.
- 5) Once in facility, participants are not permitted to leave.
- 6) Ensure all change rooms, locker rooms etc are closed, except to provide access to a washroom. (participants arrive ready to participate)
- 7) Participants are asked to **'SELF-ASSESS'** before arriving to facility. If any symptoms are checked 'Yes' they should not attend the event/session. **See 'SELF ASSESSMENT GUIDE'**
- 8) Group Leader / Coach should conduct an on-site screening protocol where participants are screened upon entering. Verbal screening (with checklist) is accepted. **See 'ON-SITE SCREENING FORM'**
- 9) Sign-In (tracking) of all individuals MUST be recorded. **See 'PARTICIPANT TRACKING FORM'**
- 10) All participants should Hand Wash or Sanitize upon entering building. Have a Hand Washing / Sanitizing station available.
- 11) Participants MUST have own water bottle. **NO** Sharing is permitted.

PROGRAMMING

- 1) Scrimmages, Game Play and limited duration competition is allowed
- 2) Frequent breaks should be taken for participants to sanitize their hands.
- 3) Event Sessions should be limited to 90-120 minutes maximum.
- 4) While training / competing 2 meter distance is not required but DELIBERATE physical contact is not allowed and must be avoided (No High fives, No celebratory huddles, etc.)
- 5) 25 people Maximum or 50% of facility allowance which ever is lesser. This includes referees, coaches, program managers.
- 6) Physical distancing must be maintained when off of the court.
- 7) Any inactive participants (coaches, athletes on the bench) is recommended to wear a mask.
- 8) Facility rules and protocols may have further restrictions and requirements must be adhered to.
- 9) Warm-Ups and Cool-downs should be done off court and must respect physical distancing protocols.



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POST EVENT

- 1) Ensure all participants leave the courts and venue **IMMEDIATELY** after session is over.
- 2) Participants should wash hands / sanitize at completion of event.
- 3) Program Managers and coaches **MUST** follow CPHO, Facility, DEA, Education and Municipal Cleaning Guidelines. (Ask if you are not sure of your facility cleaning guidelines)
 - Wiping down of: Poles, referee stand, antennas, top and bottom of nets, score tables, benches, chairs and volleyball should also be completed after every 90-120 minute session.
[See 'VOLLEYBALL CLEANING GUIDE'](#)
- 4) Maintain and Log all COVID-19 Screening Questionnaires and Tracking Information.

**** THE BETTER PLANNED AND PREPARED YOUR EVENT IS, THE SAFER AND EASIER IT WILL BE TO IMPLEMENT the plan****



APPENDICIES

VOLLEYBALL CANADA RETURN TO PLAY GUIDELINES

'CHECKLIST FOR RETURN TO ACTIVITY/SPORT'

NUNAVUT MITIGATION CHECKLIST TOOL

COVID-19 DECLARATION OF RISK FORM

SELF ASSESSMENT GUIDE

ON SITE SCREENING FORM

PARTICIPANT TRACKING FORM

VOLLEYBALL CLEANING GUIDE