

Jr Heat Volleyball – Return to Play Plan

June 26, 2020

Safety of our athletes and coaches is our #1 priority within our training plan. Therefore, we will adhere to the most stringent national, provincial and local health guidelines when participating in any activity. We will also follow all recommendations put forth to the RPCC (The COVID-19 Resumption Planning and Coordination Committee) by the UBC Okanagan Department of Athletics and Recreation. We will follow the recommendations in Volleyball BC's "A PHASED RETURN TO VOLLEYBALL PLAN".

1. Guiding Principles

No one with symptoms comes to work or to the sport activity, and staff are able to be off sick or work at home to enable self-isolation for ten days (at minimum). We will complete the following to ensure that this principle is met.

- Health history questionnaire for COVID 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.
- Signage will be present at entrances/exits, and outlet rooms.

Employees and athletes have fewer workplace contacts (shorter times, fewer people), through such measures as staggered shifts, smaller groups, occupancy limits, virtual meetings, continuing to work from home.

- Smaller groups initially (within Provincial limitations).
- Shorter hours of time on-site.
- Virtual meetings.
- Occupancy limits posted to facilities/outlet rooms.

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

- Additions of hand-washing/sanitization stations.
- Ensuring usage before and after every session.
- Allow for breaks in the training schedule for players to wash their hands and sanitize.
- Increased frequency of disinfection and cleaning schedules.
- Increased sanitization of equipment before and after usage.

2. Modifications

Volleyball is normally a game played with 6 players on each side of the net, 12 players within a 9 x 18 m area along with many more on the sideline. For our return to play we will have a maximum of 6 players on the court until such time that viaSport, Volleyball BC and Volleyball Canada loosen restrictions. Focus will be on small group training.

3. Engineering controls

- Separate entrance and exits.
- Traffic flow coming and going.
- Handwashing and hand sanitizing stations.
- Allow time between sessions for sanitizing all equipment and high touch areas before the next group enters.

4. Administrative controls

- Daily BC COVID assessment tool.
- Attendance tracking in case of a positive case & tracing.
- Education prior to initiation for staff and student athletes.

5. Personal Protection Equipment

- Not necessary with all of the above measures are in place.
- Participants can wear a mask if they choose to.
- Coaches and staff will carry masks and gloves in case of emergency or first aid situation.

6. Appendices – additional information

- a. viaSport [Return to Sport Guidelines](#)
- b. updated - Volleyball Canada [Return to Volleyball](#)
- c. Volleyball Canada [“One Pager”](#)
- d. updated - Volleyball BC [Return to Play Plan](#)

- e. Volleyball BC has an extensive list of return to play resources posted on their website. www.volleyballbc.org

- f. Volleyball Canada’s Return to High Performance Sport Policy is also in the final development stages and will be ready for distribution in the near future. www.volleyball.ca