

# **Jr Heat Volleyball – Return to Play Plan**

September 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) and by the UBC Okanagan Department of Athletics and Recreation. We will follow the recommendations in Volleyball BC's: A PHASED RETURN TO VOLLEYBALL PLAN CONSIDERATIONS & GUIDELINES FOR "PROGRESSIVELY LOOSEN" PHASE - Updated August 25, 2020.

## **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. 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.

### **3. 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.

### **4. Personal Protection Equipment**

- All participants will wear a mask entering the facility, in all common areas, hallways, washrooms and when they leave the facility.
- Participants can wear a mask while participating if they choose to but will not be required to do so as long as physical distancing can be maintained during the majority of activities.
- Coaches and staff will carry masks and gloves in case of emergency or first aid situation.

### **5. 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](http://www.volleyballbc.org)