



RETURN TO PLAY

INDOOR VOLLEYBALL RETURN TO PLAY/TRAINING PROTOCOLS

VERSION 2.0

Applicable to Ontario Regions in Stage 3

PHASE 2 & 3

COMMENCING AUGUST 4, 2020

These Return to Play/Training Protocols (Protocols) are OVA's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and OVA's desire to make our sport safe for all. These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on Ontario Volleyball's website at www.ontariovolleyball.org.

Currently, Ontario is in Progression 1 and 2 and 3 of Volleyball Canada's - "A Safe Return to Volleyball" plan. These guidelines are only applicable to Stage 3 communities.

Key sources of Ontario law:

O. Reg. 364/20: Rules for Areas in Stage 3

<https://www.ontario.ca/laws/regulation/200364>



A SAFE RETURN TO VOLLEYBALL 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 practices will need to be practiced throughout all stages.



Please see [Appendix A](#) for Volleyball Canada's snapshot of guidelines on "A Safe Return to Volleyball" or click here:

https://volleyball.ca/uploads/News/Return_to_Volleyball_june19.pdf

Process of OVA Return to Play/Activity Approval

1. Alignment with Volleyball Canada's guidelines and Ontario law (see "Key sources of Ontario law" above)
2. OVA Protocols vetted by OVA's external legal counsel and OVA's insurance broker
3. Approval by OVA's Board of Directors

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. OVA does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are asked to review OVA's "ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19" form thoroughly and complete it.

In addition, all athletes, parents/guardians and club members 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). OVA will not review such compliance and takes no responsibility for it.

Legal Disclaimer

The information included in this protocol is current for the time of publishing and is aligned with the current recommendations from national and international bodies including the World Health Organization (WHO) and Public Health Canada. However, recommendations may change depending on daily provincial, local and global COVID-19 situation reports; local resources should also be consulted for up to date information.

This protocol and the Appendices are meant to provide general guidelines and educational awareness training and are not an all-encompassing return to play plan for all. This document is to supplement and not replace applicable law and the information provided by public health authorities. Each person should consider this protocol and the Appendices in light of their specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each person should consult other sources and experts in order to customize their own plans. No legal or medical advice is being provided in this protocol or Appendices. The purpose of this protocol and the Appendices is to reduce the risk of liability. This protocol and the Appendices are not a safety program and do not guarantee the safety of staff, participants, parents/guardians, spectators, household members or other third parties. The information and recommendations outlined within this protocol and the Appendices should be used to develop individual plans that evaluate the unique risks that each training environment presents. Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks.

OPERATIONS

Compliance with Regulations

All indoor volleyball activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:

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

Club Risk Assessment and Mitigation Checklist Tool

Each Club and Coach conducting training must complete the Club Risk Assessment and Mitigation tool (<https://www.ontariovolleyball.org/ova-return-to-play>) and is required to:

- Keep their results on file as they may be requested from the PSO, NSO or Public Health Unit.
- Achieve a score defined as “Moderate Risk (low-moderate)” to proceed with activity.

See **Appendix B** for Sample Club Risk Assessment and Mitigation Tool.

Compliance with these Protocols

Each Club, Coach, and Athlete conducting training (whether or not on rented courts) must implement and comply with the current and any updated Version of these Protocols. The OVA Return to Play Acknowledgement Form must be completed and returned to info@ontariovolleyball.org, before any volleyball activity commences.

Here is the link to the form: <https://www.ontariovolleyball.org/ova-return-to-play>

The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 form provided as part of these Protocols must be completed by each participant of outdoor volleyball activities (including staff, athletes, coaches and volunteers). **This form must be completed prior to the start of participation in club or training activities.** The club must keep this form on-file for each participant. It is not necessary to submit this to the OVA but it may be requested by the OVA at any time.

See **Appendix C** for waiver.

Any non-implementation or non-compliance with these Protocols may have serious consequences including, but not limited to a lack of insurance coverage. Club leaders and/or coaches can be held personally liable in the event of a lawsuit.

Any organizer/club/coach may remove a participant or spectator from the facility or from participation in the activities, programs or services at any time and for any reason if the organizer believes, in its sole discretion, that the participant is no longer in compliance with any of the standards described in this protocol.

COVID-19 Education

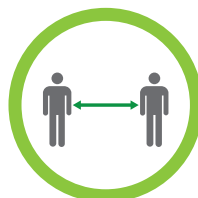
Each Club and/or Coach must ensure that staff, coaches, athletes, parents, members and volunteers receive education on new safety and hygiene protocols within the club as well as Government approved information on ways to limit the spread of COVID-19 including:



Respiratory etiquette



Hand hygiene



Physical distancing



Use of Personal
Protective Equipment
(e.g. face masks, gloves)

Note: Please see [Appendix D](#) for samples of these education tools.

COVID-19 Response Plan

Each Club must develop a COVID-19 Response Plan which must include the following provisions:

1

Designating groups of individuals to oversee the implementation of health and safety guidelines.

2

Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during outdoor volleyball activities, including but not limited to:

- developing and making all staff aware of the 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.
- designating an isolation area to place individuals that start to feel unwell or show symptoms of COVID-19 and provide a list of phone numbers of who to notify if this happens.
- developing a transportation protocol for individuals exhibiting symptoms of COVID-19.
- developing protocols regarding whom club staff/coach should contact to report suspected cases and request testing and epidemiological investigations.

3

Establishing a protocol for individuals to report to Club and external stakeholders (i.e. OVA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms.

4

Establishing a protocol for the club to inform staff, coaches, athletes, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group.

5

Establishing procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

6

Establishing a communication plan to keep staff, coaches, athletes, parents, members and volunteers informed during Return to Play phases.

7

Establishing a protocol for staff, coaches, athletes, parents, members and volunteers after a COVID-19 diagnosis.

Note: Please see [Appendix E](#) for sample COVID-19 Response Plan protocols

Club Offices

All club administrative activities should be conducted on-line and virtually whenever possible.

Scheduling

Scheduling of training session should be done on-line. Schedules must ensure staggered time between each session to allow for requisite cleaning and sanitizing of equipment/facility between different user groups.

Multiple facilities

Coaching and training at multiple locations is strongly discouraged. Clubs may ask athletes or coaches to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:

- Use new face mask at each location
- Manage schedules to avoid entering different facilities on the same day
- Ensure coach has Session Participation and Health Screening Tracking Template and Daily Health Screening Questionnaire for each facility visited in the same day

Facility coordination

Coaching and training at multiple locations is strongly discouraged. Clubs may ask athletes or coaches to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:



Implementing effective measures to manage the flow of traffic in and out of the training area.



Wiping down / sanitizing high touch areas such as entry / exit doors, etc.
Scheduling and implementing cleaning between each training group.



Ensuring that any person who enters or uses the training area maintains a physical distance of at least 2m from any other person.

Ensuring that team sports or other sports or games that are likely to result in individuals coming within 2-metres of each other are not practiced or played within the facility.



Ensuring closure of dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.



Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting.

- Ensuring that team sports or other sports or games that are likely to result in individuals deliberately physically contacting each other are not practiced or played within the facility. See **Appendix J - Back to Operations – Questions for Facilities**.

Self-screening measures

All individuals taking part in indoor volleyball training must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or club activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- Have been in contact with someone with COVID-19 in the past 14 days
- Have returned from travel outside of Canada (**must quarantine for 14 days at home**)
- In the last 14 days, have been in close physical contact with someone who returned from outside of Canada in the last 2 weeks and is not an essential worker with exemption from mandatory quarantine?
- Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)

See **Appendix F** for Health Screening Questionnaire.

Health Screening of Individuals

Conduct a screening protocol whereby individuals are screened on-site daily before participation in any club or training activities. This screening may be conducted verbally. See **Appendix F**.

When training is taking place on courts in a non-club setting, the coach is responsible for ensuring this screening is taking place.

Tracking of participants in club and training group

Track all athlete / coach / volunteer participation in club or volleyball activities daily. Participant tracking information must be recorded and kept on file to assist with contact tracing in the event of any positive COVID-19 cases within the club or training group.

When indoor volleyball activities are taking place on any courts even outside of a club setting, the coach is responsible for ensuring this logging and tracking is taking place.

See **Appendix G** for Participant Tracking Form

PROGRAMMING

Programming

Clubs and training groups shall limit programs as follows:

PHASE 2 & 3: INDOOR TEAM SPORTS -TRAINING AND GAME PLAY

- ☀ Scrimmages, game play and limited duration competition sessions are allowed.
- ☀ See recommended game play/training session guidelines in **Appendix H**.
- ☀ When training and playing volleyball, 2 metres physical distancing is not required, but deliberate physical contact is not allowed and must be avoided at all times. I.e. no high-fives, no celebratory huddles, etc.
- ☀ Physical distancing must be maintained when off of the court.
- ☀ At all times, effort must be made to minimize incidental physical contact.
- ☀ Any inactive participants (i.e. coaches, athletes on the bench) must wear a mask.
- ☀ Frequent breaks must be taken for participants to clean and sanitize their hands, guideline every 30 minutes.
- ☀ It is recommended that training and game play sessions are no longer than 120 minutes.
- ☀ Up to 6 active participants per side on the court for training and game play played on 9 Metre x 18 Metre courts (9m x 9m side)
 - o A libero may switch in and out per regular volleyball rules, but the libero must respect physical distancing when off the court
 - o Therefore 14 athletes can be active in the training/ game play session
- ☀ Applies to competitive and recreational volleyball activities/training and game play.
- ☀ **Note:** Facility rules and protocols may have further restrictions and requirements that must be adhered to.

PHASE 2 & 3: INDOOR TEAM SPORTS - LEAGUES

- ☀ **Maximum 50 participants** per league division.
- ☀ No interplay between league divisions.

Limitations on Size of Groups

All training and game play sessions must follow provincial and local public health as well as facility/permit guidelines with respect to the size of gatherings.

Follow current Ontario Provincial guidelines regarding gathering restrictions. Currently, until at least **July 17, 2020**, no more than **50 people** are permitted in a gathering indoors.

Note Subject to facility/permit guidelines, the club/coach/organizer cannot gather more than a total of **50 people** for training including coaches, staff, and participants.

The OVA will communicate in subsequent Versions of these Protocols updated Phase 2 and Phase 3 information as it becomes available.

Shared Equipment and Volleyball Cleaning Guidelines

Volleyballs must be cleaned between **each game or** training session group and at minimum each hour.

- Volleyballs 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.
- Allow transition time for groups to move in and out and for volleyballs/equipment to be sanitized.

See **Appendix I** for Mikasa recommended cleaning protocols.

Physical Distancing

Athletes should follow the guidelines below in resuming training:

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- Athletes are not permitted to deliberately physically contact each other on the court
- Athletes may breach physical distancing barriers while on-court in training or in game play situations, however, must maintain physical distancing when off of the court.
- Off the court, athletes must respect physical distancing guidelines within all parts of the site/facility by staying at least 2m apart at all times.
- All off-court warm-ups and training should comply with current physical distancing requirements.
- Utilize visual cues (i.e. placing pylons, skipping ropes) to remind participants of 2m spacing.
- Limit each 9m x 18m court to 14 active athletes.
- Ensure ample space between each court to respect physical distancing and to keep volleyballs from co-mingling with other training groups (e.g. set up nets on every other court).
- Establish volleyball specific physical distancing protocols including the elimination of handshakes, high fives, huddles and participants switching sides.

OFF-COURT ACTIVITIES

Facility access and traffic flow

Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility.

Ensure all participants leave the courts and venue immediately after the last match.

Abide by all facility rules in addition to the Organizer/Club protocols.



Spectators

If allowed by facility/site/organizer, one spectator per athlete is permitted. Spectators must maintain 2 metres physical distancing at all times. All facility/site rules must be followed.



Personal hygiene

Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies:



Individuals should wash / sanitize hands upon entry to site/facility or training area and at completion of training.



All athletes and coaches must carry disinfectant wipes, hand sanitizer and/or pump soap in their equipment bags.



All participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (Kleenex, towels, etc.).



Discourage hand slapping, high fiving, and any other practices that do not adhere to physical distancing requirements.

Warm-up / Cool down

Warm-ups and cool downs completed **off-court** must respect physical distancing protocols and all participants must remain at least 2m apart.

Personal Protective Equipment

All Individuals must wear a non-medical face mask/covering when in open areas of site/facility.

Locker/Change Rooms

Athletes must arrive at the site/facility in their training clothes. Based on government regulations, dressing rooms, locker rooms, change rooms, showers and clubhouses at the site/facility should not be used except to the extent they provide access to a washroom or a portion of the site/facility that is used to provide first aid.

Personal Items

Personal items like gym bags, if possible, should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought to the courts. Athletes and coaches may carry their own water bottle, towel, etc. to the court.

Consider bringing enough water before leaving the house to avoid having to touch a tap or water fountain handle while at the venue or in cases where water is not available.

Coaches should consider using hand whistles as opposed to regular whistles when possible.

Site facility

Athletes must follow physical distancing protocols and remain at least 2m apart from any other individual at all time during training, *except when on the court participating in the training or game play*

ON-COURT ACTIVITIES

Personal Protective Equipment

Coaches

- **Must** wear a non-medical face mask while coaching and during off court activity.

Athletes

- Not required to wear a non-medical face mask while training.
- **Must** bring face masks to wear during off court activity.

Referees

- **Must** wear a non-medical face mask while working a match.
- Electronic hand-held whistles are required.

Physical Distancing and Physical Contact

Athletes are required to maintain a physical distance of at least 2m from any other athletes and coaches during the session, when not engaged in on-court volleyball activities.

When an athlete is engaged in on-court volleyball activities, 2 metres physical distancing and incidental brief physical contact is allowed.

Personal items

Athletes must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. Athletes must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.

On-court Coaching

- Coaches, and athletes must remain at least 2m apart from each other.
- Coaches should limit their contact with the ball. Athletes should introduce the volleyball into the drill, whenever possible. I.e. hitting or serving volleyballs.
- If handling the ball, coaches should use hand sanitizer when they move between different individuals or groups.

APPENDICES

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|-------------------------|-----------------------------------------------------|
| Appendix A | Volleyball Canada Return to Play Guidelines |
| Appendix B | Club Assessment and Club Mitigation Checklist Tool |
| Appendix C | Assumption of Risk Waiver |
| Appendix D | COVID-19 Educational Resources |
| Appendix E | COVID-19 Club Response Plan |
| Appendix F | Health Screening Questionnaire |
| Appendix G | Session Participation and Health Screening Tracking |
| Appendix H | Return to Play Drills |
| Appendix I | Mikasa Volleyball Cleaning Guidelines |
| Appendix J | Back to Operations - Questions for Facilities |

Hover over and click appendix to download.