

# **YT ELITES VOLLEYBALL CLUB COVID-19 SAFETY PLAN AND RETURN TO PLAY PROTOCOL**

## **INTRODUCTION**

YT ELITES Volleyball club has established the following COVID-19 Safety and Return to Play Protocol document in order to provide a safe environment during the COVID-19 pandemic for our coaches, volunteers and athletes for the 2020-21 season. This plan has been created with the goal of us meeting the provincial health officer's expectations and our provincial sporting body (Volleyball YUKON)'s expectations so that we can run program.

YT ELITES Volleyball Club is committed to our members and will follow and abide federal, provincial and municipals laws, and regulations, , federal, provincial and municipal (local) government health authorities, the rules and guidelines established by our facility providers and the guidelines established by Volleyball YUKON, Volleyball Canada.

Volleyball YUKON will advise us if there is a change in phase and subsequently our Return COVID-19 Safety Plan and Return to Play Protocol document will be revised accordingly.

## **Yukon SAFE SIX**

- Maintain physical distancing – keep 2 metres (6 feet) away from anyone who is not a member of your bubble.
- Wash your hands frequently with soap and water, or use hand sanitizer with at least 60% alcohol.
- Stay home if you are feeling sick, even if symptoms are mild.
- Don't gather in groups of more than 10 people indoors or 50 outdoors, and remember to keep 2 metres (6 feet) apart.
- Limit travel to rural communities, and be respectful when you are there.
- Self-isolate when required, due to contact with someone diagnosed with COVID-19 or due to travel within the last 14 days

## **PHASE 4 KEY PRINCIPLES-**

- Skill-based activities, 2x2 and 4x4 modified small competition are permitted.
- Set up courts to adhere to physical distancing requirements.
- Set up courts to minimize numbers and ensure spacing.
- Participants must stay with the same group for the duration of the session to minimize contact.
- Volleyballs are assigned to each group and are not to be shared with other groups/courts until sanitized.
- A “clean bin” must be utilized to ensure that sanitised volleyballs can be separated from those requiring cleaning.

## **SKILL BASED COMPETITION-**

Indoor-Participants are divided into pre-identified groups of 1 court = Maximum of 8 athletes per court (4 per Side). For example, 2 courts =16 athletes and 4 coaches Indoor - maximum of 4 athletes per side, total of 8 players per court

Outdoor - maximum of 2 players per side, total of 4 players per court. Maximum of 8 athletes per court (4 per side)

Mini-leagues permitted - 50 athletes per cohort (same age group or club). Groups/teams of 8 players maximum. CLUB Tryouts are discouraged - sign to club of choice. Group gatherings cannot exceed a maximum of 50 people outdoors and 10 people indoors Group gatherings cannot exceed the safe distancing limits for the facility (6 feet distance for athletes and spectators)

## **RISK ASSESSMENT**

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, the sport of volleyball has been classified as a MEDIUM risk sport for the contraction of COVID-19 due to the shared use of the ball and being indoors. (Beach volleyball is considered less risky than indoor volleyball as it takes

place outside. All participants should carefully assess their personal health status before choosing to participate in this club based activity.

**PROTECTIVE MEASURES TO KEEP ALL YT ELITES COACHES, ATHLETES, STAFF AND VOLUNTEERS SAFE.**

## **PROGRAM REGISTRATION**

Participants will register online to minimize the physical exchange of documentation and paper in person and to have all participant contact information (including emergency contact information) on file. Only registered participants and approved coaches and volunteers will be permitted at practices and volleyball club related activities. Online payment via credit card, is the preferred method of payment. Those paying with cheque will be asked to place it in a drop off box or mail it.

## **PRIOR TO ACTIVITY MEASURES**

A) **ORIENTATION** All participants and the athlete's parents shall be required to attend an orientation session where health protocol and Return to play and COVID-19 Safety plan guidelines specific to club volleyball will be reviewed. There will be an orientation session geared for athletes and another orientation for coaches and volunteers. These sessions will be held virtually prior to the first training session. In addition, we are re-requesting all club members, participants and staff review this document.

B) **Pre-Screening (Daily performed before each activity) - DAILY HEALTH CHECK**

All participants, athletes, coaches and volunteers, prior to attending/participating each volleyball club related activity (e.g. practice, game, training session, meeting, etc) **MUST** complete a daily health screening questionnaire (Appendix C) at home where they check to see that they are free of all signs and symptoms of an illness and other pre-screening activities. As well, once on site, participants, athletes, coaches and volunteers will be screened using this "Daily Health Screening Questionnaire" Coaches will record the results of the questionnaire daily along with their daily attendance records. This records will be kept on file in case they are required later for contact tracing.

Participant should know the common symptoms of COVID-19 and stay away from all volleyball club activities if displaying symptoms (refer to Appendix C for the key symptoms).

The symptoms of COVID-19 are similar to other respiratory illnesses including influenza and the common cold. Symptoms include:

- Fever
- Chills
- Coughing or worsening chronic cough
- Shortness of breath or severe difficulty breathing (e.g. struggling to breathe or speaking in single words)\*
- Sore throat
- runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Feeling confused/Dizziness
- Abdominal pain\*
- Losing consciousness\*
- Severe chest pains\*
- Skin rashes or discolouration of fingers or toes

\* From YUKON COVID-19 Self-Assessment Tool

Participants and accompanying parents must stay at home if they:

- Do not feel well or are displaying symptoms of COVID-19

- Have someone in their household has COVID-19 or is showing symptoms of COVID-19
- have traveled outside of Canada within the last 14 days
- Have someone in their household has traveled outside of Canada within the last 14 days
- have been in contact with a known/presumptive case of COVID-19 in the last 14 days
- Have been asked to self-isolate or quarantine
- Have been diagnosed with COVID-19
- have not completed the daily health questionnaire at home
- are considered a vulnerable or high at-risk individual (individuals over 65 years, weakened immune system or underlying medical condition)
- answer “YES” to any of the questions on the Daily Health Screening Questionnaire (see Appendix C)

Participants must be healthy with no signs or symptoms of illness or underlying condition in order to attend a volleyball club activity.

During a training or competition/game situation, if a participant displays any of the symptoms (e.g. coughing, sneezing) the individual must be removed from the activity and Self- isolate immediately.

## **Facilities**

### **CANADA GAMES SPECIFIC REQUIREMENTS**

- COVID-19 Pre-screening of all patrons prior to entering the facility.
- NO Spitting or blowing your nose without a tissue anywhere in the facility. All 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.
- Water bottle fill stations are available in the concourse. However water fountains will not be available. Bring your own bottle.

- Follow directional signage for entry/exits throughout the facility.
- Shower facilities are not available until further notice.
- Masks and/or face shields are welcome in the facility. Wear a mask in narrow hallways, or anywhere physical distancing cannot be maintained.
- Athletes and spectators should be separated. Please use spectator seating and maintain physical distancing of at least 2 metres (6 feet) from other spectators and athletes.
- Seating is available on the second level but will not be permitted on the court side
- Failure to follow guidelines and policies could result in immediate removal from the facility and future booking privileges revoked. The City of Whitehorse may cancel future bookings without refunds.

## **GENERAL CONSIDERATIONS**

- All participants, coaches and staff must wash their hands before and immediately following participation in volleyball activities.
- Breaks are to be given to ensure hand washing or sanitizing at intervals throughout the activity must be scheduled.
- All participants, coaches and staff should avoid touching one's face throughout volleyball activities.
- All participants, coaches, officials and staff should consider wearing a mask
- No sharing of water bottles, towels, or other personal items. No communal food.
- Physical distancing of 2 meters (6 feet) should be practiced at all times.
- No handshakes, hugs, high fives, meeting at the net, or other unnecessary physical contact.
- Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms. Participants must stay home if they have been in contact with known or presumptive case of COVID-19 in the previous 14 days.
- All participants must be pre-registered so that organisations have full name and contact information in the event of an outbreak

●Should a participant subsequently be diagnosed with COVID-19 within 14days of participating in a volleyball activity, they should notify the organisers soon as possible.

### **Requirement Description Entering the facility**

●Participants must not enter the facility more than 10 mins before their scheduled time on the court. During this time, participants are encouraged to wait in their cars (with guardians), instead of forming groups outside the facility

●Come changed ready to play as change rooms may not be available.

●Sanitizer will be provided at the entry/ exit point of the court. And must be used prior to picking up a volleyball

●YT Elites will be running a quick verbal survey to ensure each participant is not showing or feeling any signs of COVID-19 prior to getting on the court participants showing signs/ symptoms and/or are not feeling good will be sent home immediately

●The number of people using bathrooms and change rooms will be limited to ensure spacing and gathering requirements can be followed

●Spectator seating is open on second level Please follow the posted guidelines for wiping down your seat and maintain physical distancing

● Enter Via Fieldhouse and exit by Flexihall

● Narrow hallways have single lane access so please plan your transitions appropriately

### **During Session**

●Full attendance including contact information will be taken for every participant present at each session. Records will be kept for min 21days

●Social distancing should be followed whenever possible

●NO sharing of beverages, food or any other personal effects with other participants

●All participants, coaches and staff should cover their mouth and nose when coughing or sneezing, followed by sanitizing with provided sanitizer

- Ball cleaning: Balls should be sanitized using a wet, warm cloth with a mild/gentle cleaning solution or with wet-wipes (ex. Clorox wipes)
- Shared equipment (ex. volleyballs) will be disinfected prior to, frequently throughout and immediately after the session
- No blocking is permitted for the purposes of removing hazards and close contact at the net

### **Leaving Facility**

- There is to be no gatherings on or off the courts
- Once the session is complete, participants are expected to gather their items and leave the facility in a timely manner
- Balls and all shared equipment to be disinfected after session is complete