



Central Alberta Queens Volleyball Club Re-Entry Plan 2020-21



CAQVC teams are considered Cohorts or Mini-Leagues(Cohorting Participants) as by Alberta Health Guidance and Health Orders for Stage 2[Oct 2nd] along with Volleyball Alberta Resources.

Screening for Symptoms:

- A Volleyball Alberta/CAQVC VB COVID-19 Waiver form as well as A Volleyball Alberta/CAQVC Health Check Form must be submitted at the start of practice/event on the first day/night. No participant will be allowed to be part of the practice/event, unless the waiver and Health Check is signed by the participant and a parent or legal guardian.
- In addition each facility might have additional waivers that will need to be signed by the participant as well as a parents or legal guardian.
- Coaches and Participants will be asked a daily set of questions when entering the camp in regards to symptoms.
- Coaches and Participants will have a daily temperature check via an Infrared No Touch Thermometer.
- Participants will be made aware and educated regarding symptoms as well as self-monitoring of COVID-19.
- If a coach or participant develops symptoms we will separate this person immediately from the cohort and will not allow interaction with the rest of the cohort. In addition we will ask and provide a facemask immediately for the athlete in question. After safely separating the participant we will contact parents to come and pick the participant up immediately.
- We will as always keep a daily attendance log for coaches and participants

Distancing Measures:

- Prior to and upon entry of the facility there will be 2 meter distance protocol while checking into the practice/event.
- CAQVC practices/events this season will be restricted to maximum of 48 participants and 4 head coaches and maybe one assistant coach[MASKED] to stay below of the 50 participant maximum in a cohort/mini league
- The nature of volleyball is such that a 2 meter distance cannot be guaranteed and is unavoidable. Alberta Health recognizes this. Therefore we will have Personal Protective measures in place (please refer to the Personal Protective Equipment (PPE) section)
- Parents will not be allowed to attend CAQVC practices as spectators only on day one[ID camp] for drop off purposes and confirmation of waivers will they be allowed to enter the facility with 2 meter distancing. We need to respect the facilities and distancing with other events potentially running concurrently. Please understand this was not an easy decision but a necessary measure to keep everybody safe.
- Potential that athletes will wear masks may occur due to GoA/SPAR requirements or facility requests.

Cleaning:

- The facilities we use will maintain a high level of precautions when it comes to sanitization of high traffic and high touch surfaces such as bathrooms, doorknobs, benches and chairs.
- The sports equipment used by the practices/events such as balls and training aids will be cleaned daily.
- For areas such as our team tables and chairs, these will be cleaned daily by the facility or CAQVC coaching staff.

Personal Protective Equipment (PPE)

- Daily hand sanitizing procedure will be required by all participants and CAQVC coaches upon entry of the facility/practice/event as well as when leaving and at the end of the practice/events.
- Hand sanitizing will be required of all coaches and participants at the start and end of practice/event. As well as before any water or snack break and people touching their water bottles and snacks. All coaches and participants need to provide their own hand sanitizer, which they will keep in their bags.
- Each participant will be required to have their “**own TWO labeled 1 LITRE size water bottles**” for practice/event and will not be allowed to share with anybody. We want to discourage the usage of water fountains with direct mouth contact.
- In addition each participant should carry in their personal gear, a towel to wipe off sweat as well a box of tissue for sneezing or coughing. No sharing should take place of any personal items.
- The sports equipment used by the practice/event such as balls and training aids will be cleaned daily.
- Outside contractors such as presenters for specialty sessions will stay 2 or more meters away from the cohort while delivering their presentation.
- Masks are available in case of emergency in our PPE bucket. We encourage each participant and coach to have their own mask in their personal gear.
- Masks during activity are not recommended and can actually be hazardous for participants and coaches. During down time such as talks the wearing of masks is optional within the cohort while we encourage 2 meter distancing unless you are from the same household.

Responsibilities:

- CAQVC Coaches will be responsible to enforce and direct participants in terms of the COVID-19 rules and regulations.
- Participants are expected to be familiar with the rules prior to attending practice/event and having reviewed this CAQVC Re-Entry Plan with their parents.
- In case a participant is non compliant when it comes to the rules of the CAQVC Re-Entry Plan, CAQVC Coaches have the right to separate the participant from the group and call a parent to have the participant picked up and removed from the practice/event/team temporarily or permanently.
- All participants and coaches should refrain from touching their eyes, nose, mouth and face while participating in the CAQVC practice/event.
- All participants and coaches are encouraged to exhibit good respiratory etiquette(i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
- Participants and Coaches must arrive ready and dressed to participate so the usage of locker rooms is not necessary to prevent gatherings.
- After activities, individuals should minimize time spent in the dressing/locker/change rooms and maintain physical distance in lobbies and common spaces.
- The nature of volleyball practices/events are such that a 2 meter distance cannot be guaranteed and is unavoidable, in order to enhance personal safety and protection we discourage celebrations and other customs during activities (e.g., handshakes, high fives, fist pumps, chest pumps) that bring participants within 2 meters or promote contact.
- When resting, in mini breaks, and during lectures or specialty sessions participants should be maintaining 2 meter distancing.
- Transportation to and from camp should be arranged so that only cohort members, or members from the same household, share rides.