

**Northern British Columbia
Volleyball Club**



**RETURN TO PLAY SAFETY PLAN
(COVID-19)**

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1.0 Objectives

The objective(s) of the Northern British Columbia Volleyball Club (NBCVC) Return to Play Safety Plan is to:

- Provide direction to the members (executives, managers, coaches, players and parents) of NBCVC to respond effectively in the event of a viral pandemic;
- Create a culture of infection control in the play area to include policies regarding remaining away from teammates while ill, systems to reduce infection transmission, and player education;
- Minimize illness during a viral spread and limit the impact on NBCVC ability to operate,
- Establish lines of communication with our membership.

The following NBCVC Safety Plan will align to local, provincial and federal contingency plans. NBCVC will follow the directives of the Provincial Health Office, local authorities, and other relevant regulators. Due to changing directives, there may be changes to the requirements of members at anytime.

2.0 Responsibilities

Safety is a shared responsibility encompassed by all members of the NBCVC. Executives, managers, coaches, parents, players are required to know, understand, and follow all safety procedures and protocols implemented within the Return to Play Safety Plan. In order to conduct play in a safe and responsible manner, members at all levels are expected to understand their individual safety responsibilities.

Executives and Team Managers

- Oversee the coordination and management of the Safety Plan
- Allocate resources for the coordination and management of public health emergency initiatives
- Support of contingency plans to maintain NBCVC services
- Continue to establish line of communication with members

Coaches

- Player safety, ensuring the policies and procedures are complied
- Disease surveillance and reporting

Parents and Guardians

- Follow direction, policies, procedures and implementation of the Safety Plan initiatives
- Monitor your child's health, keep them home if any symptoms appear

Players

- Follow direction, policies, procedures and implementation of the Safety Plan
- Report to parent/guardian if any symptoms are present

3.0 Training

In order to be proactive, education and training regarding pandemic planning is paramount to the success of NBCVC Safety Plan, in minimizing the impact of a pandemic in the business functions and surrounding communities. NBCVC will ensure that all members are trained on:

- Illness prevention
- Initial disease symptoms
- How to avoid spread of disease
- Implemented policies and procedures
- When it is appropriate to return to play after illness

Awareness training will be communicated with all personnel via email and posted on the club's website.

4.0 Communications

Communication with members of NBCVC regarding any changes to the operations due to COVID-19 will be completed via email.

5.0 Prevention

The coronavirus disease 2019 (COVID-19) spreads as most people are being infected from other people. A sick person expels droplets when they cough, sneeze, or talk. People can get infected when these droplets enter the nose, eyes or mouth. Touching contaminated objects puts the droplets onto an individual's hands from where they can enter the eyes, nose and mouth.

Common symptoms for COVID-19 include:

- Fever
- Cough
- Difficulty or severe trouble breathing
- Chest pain
- Feeling confused
- Having a hard time waking up
- Sore throat
- Sneezing
- Loss of smell and taste

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is known as the incubation period.

Effective preventative measures will be taken at NBCVC in order to avoid the spread of the COVID-19 virus within the gym and community.

The key methods identified to prevent a public health emergency are:

- Handwashing
- Personal hygiene
- Personal Protective Equipment
- Cleaning
- Social Distancing
- Creation of Cohort
- Site Access

5.1 Handwashing

Hand washing (with warm soap and water, alcohol-based hand rub, or antiseptic hand wash) is the single most effective measure to reduce risks of transmitting infections.

Alcohol-based hand sanitizers (with a minimum 60% alcohol solution) will be located upon entry to the facility for members to use.

5.2 Personal Hygiene

Personal hygiene is the basic concept of cleaning, grooming and caring for an individuals' body. While it is an important part of daily life at home, personal hygiene isn't just about combed shiny hair and brushed teeth, it's important for member health and safety in the community.

The following simple infection control measures are applicable to a wide range of infectious diseases including the common cold, influenza, infectious diarrhea and viral diseases such as COVID-19. These measures shall be adopted as everyday practices:

- Avoid personal contact (including handshakes, high fives and sharing items)
- Wash and disinfect hands regularly
- Avoiding touching mouth, nose, and eyes
- Stay hydrated
- Clean and sanitize surfaces
- Cough into arm or a tissue
- Use hand sanitizer often where available
- Avoid touching common surfaces in common areas, door handles, railings, etc.

5.3 Face Coverings

Face coverings will be worn by players and coaches when entering and exiting the facility and anytime they must leave the court.

5.4 Cleaning and Disinfecting Play Environment

It is the responsibility of the facility to ensure generalized deep clean protocol guidelines are used. NBCVC will ensure:

1. **All facility policies are followed.**
2. **Sanitizer is available to all participants upon entry to the facility.** This suggestion includes but is not limited to dry tissue for cough and hand sanitizers being available in gym and school
3. **Disinfecting schedule for equipment.** Volleyballs will be wiped down or sprayed after each practice.

5.5 Social Distancing

Social distancing is most effective when an infection can be transmitted via droplet contact (coughing or sneezing); direct physical contact; indirect physical contact (e.g., by touching a contaminated surface); or airborne transmission (if the microorganism can survive in the air for long periods).

These measures should be adopted as everyday practices:

- Maintain a 2-meter distance between yourself and others when possible.
- When a player is being coached, the players, must spread out whenever possible.
- There may be up to 12 individuals on the court (six per side) at any one time
- Reduce face-to-face meetings, increasing the use of telephone and video conferences, and increase reliance on the electronic exchange of information for executive members
- No handshakes, high fives or other unnecessary physical contact

Close physical proximity should be minimized as much as possible. Physical distancing must be maintained off-court (eg. pre and post-game). Activities must comply with any modifications to rules made by Volleyball Canada to minimise contact during COVID-19. Any introduction of volleyball activities involving either close proximity or physical contact should be done within a cohort.

5.6 Creation of Cohort

Cohorts will be created for all volleyball activities where there is contact or close proximity of less than 2 metres. ViaSport BC defines a cohort as “a group of participants who primarily interact with each other within the sport environment over an extended period of time (eg. series of events)”. Examples of volleyball cohorts might include:

- program within a volleyball club where players train and play together weekly.
- an age bracket for inter-club play within a region.
- a recreational league where players rotate weekly to play.

The intention behind creating cohorts is to limit the number of people that each individual will come into contact with, reduce the risk of transmission and ensure quicker contact tracing by health authorities if an outbreak occurs. For volleyball, the following guidelines must be followed when creating a cohort:

- Cohorts should not exceed 100 individuals.
- Cohorts should be made up of individuals/teams of similar age and skill level.

- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two week break between activities is recommended.
- When in a cohort, individuals do not need to maintain physical distancing during volleyball activities on-court. However, individuals should still seek to minimise physical contact wherever possible. At least two metres distancing should be maintained between all participants off-court (e.g. on benches, during intermission). If physical distancing cannot be maintained masks should be worn. Note: Team benches at the side of the court are included in the “field of play”. This means that participants on the same team of the same cohort do not need to maintain physical distancing while sharing a bench, though players should consider wearing a mask when feasible. Coaches, trainers or support staff must wear masks on the bench if they cannot maintain physical distance.
- Coaches and referees may be counted outside the total cohort number if they are able to maintain physical distancing at all times. If they are unable to do so, coaches and referees should be assigned and counted within a cohort.
- Parents and spectators are not allowed in the facility at this time.

5.7 Site Access

NBCVC facilities will be closed to visitors, including parents. Coaches, team manager and players only will have access to the practice facility.

Members, including players shall be advised not to come to practice or team meetings when ill or under quarantine until symptoms are resolved or the quarantine has ended.

Prior to each NBCVC engagement; meeting or practice, all club members must complete a pre-screening questionnaire via the Team Snap app. Attendance and contact tracing will be recorded at each event by the coach or team manager.

6.0 Containment Activities

Those who are infected with COVID-19 may have little to no symptoms. One may not know they have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Players who may start to feel symptoms while participating, even with mild symptoms, must leave the facility immediately.

6.1 Self-Isolation

Members should self-isolate themselves if any symptom are present. Individuals shall contact their healthcare provider or the local public health department, giving them details of their symptoms.

Self-isolation is required for 14 days after returning from travel to areas with widespread sustained transmission of COVID-19 or exposure to a person with COVID-19.

6.2 Personal Information

NBCVC will use the Team Snap app to do daily health checks prior to activity. The app requires participants to complete a health questionnaire. The information is stored with the team manager. It is imperative that the information obtained is restricted and not shared with any other individuals without consent. Medical information is governed under strict regulatory information outside of the Personal Information Protection Act (PIPA) and must be adhered to.

Personal Information Protection Act (PIPA)

The purpose of the Act is to govern the collection, use and disclosure of personal information by organizations in a manner that recognizes both the right of individuals to protect their personal information and the need of organizations to collect, use or disclose personal information for purposes that a reasonable person would consider appropriate in the circumstances.

Members who have disclosed their medical information in order to be accommodated have the right to confidentiality. Medical information that they share should be kept private, unless they give their consent to disclose the information.

6.3 Return to Play

NBCVC is committed to keeping its members safe. During the pandemic, if a member of NBCVC or their family become infected with the COVID-19 virus, they must follow the direction of the local health authority. Post self-isolation they must follow professional health guidance recommendations prior to return to play.

7.0 Appendices

Illness Policy

Outbreak Plan

Participant Agreement/Liability Waiver