

# **Air Attack Volleyball Club - Return to Play Plan**

Updated - September 14, 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 follow the recommendations in Volleyball BC's "A PHASED RETURN TO VOLLEYBALL PLAN".

## **1. Guiding Principles**

Ensure that no one with symptoms will come to facilities, practices, games, or any AirAttack related sport activity. Coaches and volunteers are able to remain at home to enable self-isolation for fourteen days (at minimum). In addition, we will implement the following measures 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.

Coaches, volunteers, and athletes have fewer facility contacts and increased measures to maintain physical distancing such as staggered practice times, smaller groups, occupancy limits, virtual meetings, continuing to train from home.

- Smaller groups initially (within Provincial limitations).
- Shorter hours of time on-site.
- Virtual meetings (Limit in person encounters).
- 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 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.

Increased personal hygiene measures by encouraging the following

- Frequent hand washing.
- Applying social distancing measures when applicable.
- No handshaking.

Limit use of shared equipment when possible

- Individual water bottles.
- Teams have designated equipment such as volleyballs, carts, antennas, and scorecards that are not to be shared with other teams.

- Coaches will use electronic whistles.

## **2. Modifications**

Volleyball is normally a game played with 6 players on each side of the net, 12 players within a 9 x 18 m area along with many more on the sideline. For our Return to Play, we will have cohorts of up to 100 people, as per viaSport and Volleyball BC. For activities that take place outside of a predetermined cohort, there will only be 6 individuals per court (3 per side).

## **3. Engineering Controls**

- Separate entrance and exits at facilities.
- Designated arrival and departure times for all teams, athletes, and coaches.
- Traffic flow coming and going.
- Hand washing and hand sanitizing stations.
- Allow time between sessions for sanitizing all equipment and high touch areas before the next group enters.

## **4. Administrative Controls**

- Daily BC COVID assessment tool
- Attendance tracking in case of a positive case & tracing
- Education prior to initiation for coaches, volunteers, and athletes

## **5. Personal Protection Equipment**

- Encouraging the use of masks for all participants.
- Coaches and staff will carry masks and gloves in case of emergency or first aid situations.

## **6. Travel**

- Strictly **NO** out of Province, or out of Country travel for volleyball related events including, but not limited to tournaments, games, training.

## **7. Appendices - additional information**

- viaSport: [Return to Sport](#)
- Volleyball Canada: [COVID Updates](#)
- Volleyball BC: [Return to Play](#)