



COVID-19 Return to Play Guidelines

Table of Contents

Communicable Disease Plan	2
Understanding the risk	2
Implement measures, practices, and policies to reduce the risk	2
Communicate measures, practices, and policies	2
Monitor the environment and update our plan as necessary	3
Understanding the Risk	4
Identification of COVID-19 Symptoms	4
Transmission of COVID-19	5
How COVID-19 spreads	5
Settings with higher risk of transmission	6
Follow public health measures	6
Associated Risk of Return to Play for Volleyball	7
Governance	7
Implementation	8
Guiding Principles	8
Five Principles for Every Situation	8
Sport Environment Risk Assessment	8
Risk Reduction Protocols	9
Waiver/Health Screening	9
Facilities Plan	10
Entry Process	10
Screening Questionnaire	10
Exit Process	12
General Hygiene Considerations	12
Participant Hygiene	12
Equipment (Nets/Balls/Posts/etc)	13
Water and Personal Belongings	13
Spectators / Viewing	13
Safe Sport Considerations	13
COVID-19 Program Guidelines – Modified Training	14
COVID-19 Response Plan	15
Illness Policy	16
Treating Sick or Injured Players	17
Return to Activity and Training After COVID-19	17
Participant Travel	18
Communication	18
Member Communication Plan	18

Communicable Disease Plan

Understanding the risk

Preventing communicable disease involves taking ongoing measures to reduce the risk of communicable disease transmission in your environments. It also involves implementing additional measures when advised to do so by public health during periods of elevated risk.

The level of risk of certain communicable diseases, including COVID-19, may increase from time to time or on a seasonal basis. This may occur at a local or regional level, or within a certain workplace.

Implement measures, practices, and policies to reduce the risk

- Participants (including, but not limited to... coaches, athletes, managers, etc.) who have symptoms of a communicable disease must avoid being in the environment.
- Hand-hygiene facilities with appropriate supplies will be provided. Participants will be reminded to wash/sanitize hands regularly.
- A clean environment will be provided through routine cleaning processes that are appropriate for the industry.
- Ongoing communication will take place with facilities to ensure that ventilation is adequate, properly maintained, and functioning as designed.
- Support for all program delivery personnel to receive and maintain vaccinations for COVID-19 and other vaccine-preventable conditions.

Communicate measures, practices, and policies

Make sure everyone entering the environment, including all “visitors” or guests receive information about the most current measures, practices, and policies for managing communicable disease.

- Ensure all participants understand the measures in place.
- Provide all participants with information on policies for staying home when sick and when to re-enter the environment.
- Ensure that program leaders are knowledgeable about our measures, practices, and policies, and incorporate these into supervision practices within the environment.
- Be mindful that some aspects of managing communicable disease may raise privacy and confidentiality issues. Seek advice on these issues as necessary.

Monitor the environment and update our plan as necessary

This involves continuously evaluating and updating our plan to reflect the changing risk levels and work practices.

- Momentum Volley Board of Directors play an important role in identifying and resolving health and safety issues.
- Inspections and ongoing supervision in the environment (training, competition, etc.) to ensure measures are functioning properly, followed, and maintained.
- Monitor the guidance, notices, orders, and recommendations from Public Health. Adjust plans as necessary.
- Make sure participants know how to raise health and safety concerns.

Understanding the Risk

Identification of COVID-19 Symptoms

It is important that all active members and guests participating in programs recognize the symptoms of COVID-19. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever (see below)
- Chills
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

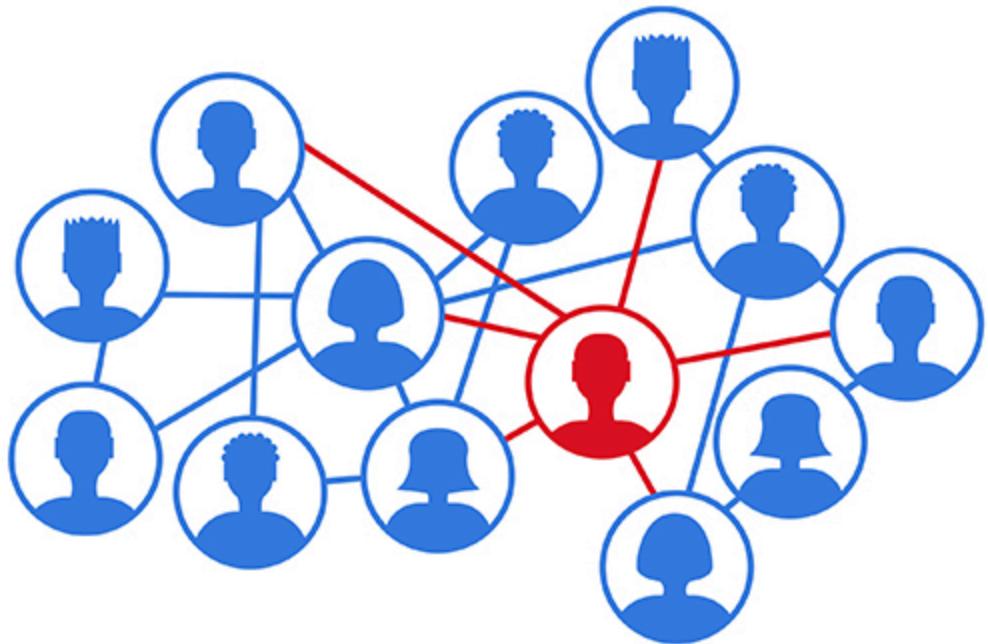
Fever: Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#). Infants less than three months of age who have a fever should be assessed by a health care provider.

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children.

COVID-19 symptoms can range from **mild to severe**. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.

Transmission of COVID-19

From the [Government of Canada](#)



How COVID-19 spreads

- SARS-CoV-2, the virus that causes COVID-19, spreads from an infected person to others through respiratory droplets and aerosols when an infected person breathes, coughs, sneezes, sings, shouts, or talks. The droplets vary in size, from large droplets that fall to the ground rapidly (within seconds or minutes) near the infected person, to smaller droplets, sometimes called aerosols, which linger in the air, especially in indoor spaces.
- The relative infectiousness of droplets of different sizes is not clear. Infectious droplets or aerosols may come into direct contact with the mucous membranes of another person's nose, mouth or eyes, or they may be inhaled into their nose, mouth, airways and lungs. The virus may also spread when a person touches another person (i.e., a handshake) or a surface or an object (also referred to as a fomite) that has the virus on it, and then touches their mouth, nose or eyes with unwashed hands.

Settings with higher risk of transmission

- Outbreak investigations and scientific studies are revealing more about COVID-19 and this new knowledge is being applied to reduce its spread. We know that the virus is most frequently transmitted when people are in close contact with others who are infected with the virus (either with or without symptoms). We also know that most transmission occurs indoors.
- Reports of outbreaks in settings with poor [ventilation](#) suggest that infectious aerosols were suspended in the air and that people inhaled the virus at distances beyond 2 metres. Such settings have included choir practice, fitness classes, and restaurants, as well as other settings. Transmission can be facilitated by certain environmental conditions, such as re-circulated air. Activities that increase generation of respiratory droplets and aerosols may increase risk in these settings (such as singing, shouting, or exercising).
- It is still unclear how easily the virus spreads through contact with surfaces or objects.

Follow public health measures

- While we do not yet fully understand all modes of transmission and their relative importance, it is likely that multiple modes of transmission occur.
- The public health measures that we have been practising continue to be effective in preventing the spread of the virus that causes COVID-19. To protect yourself and others, use multiple [personal preventive practices](#) at once in a layered approach. With the increased circulation of some [variants of concern](#), it is even more important that you strictly follow recommended personal preventive practices.
- Ventilation
- Maximize ventilation by ensuring that heating, ventilation and air conditioning (HVAC) systems are in good working order. Drawing as much fresh air as possible from outside will decrease the concentration of aerosols that may be suspended in the air, and reduce the chances of SARS-CoV-2 spread if those aerosols happen to contain the virus. If the weather permits, open a window. Reduce the noise level in public spaces, for example turn off or reduce the music volume, so people can speak quietly.

Associated Risk of Return to Play for Volleyball

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.

Volleyball BC has determined that volleyball is a MEDIUM risk sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of infection. Outdoor volleyball is considered less risky than indoor volleyball.

Participants should carefully assess their personal health situation before engaging in this activity.

Governance

The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in B.C. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the ecosystem.

Provincial sport organizations are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health.

Implementation

Guiding Principles

The following 5 principles will be integrated into and guide the development and subsequent modifications of this Return to Play document.

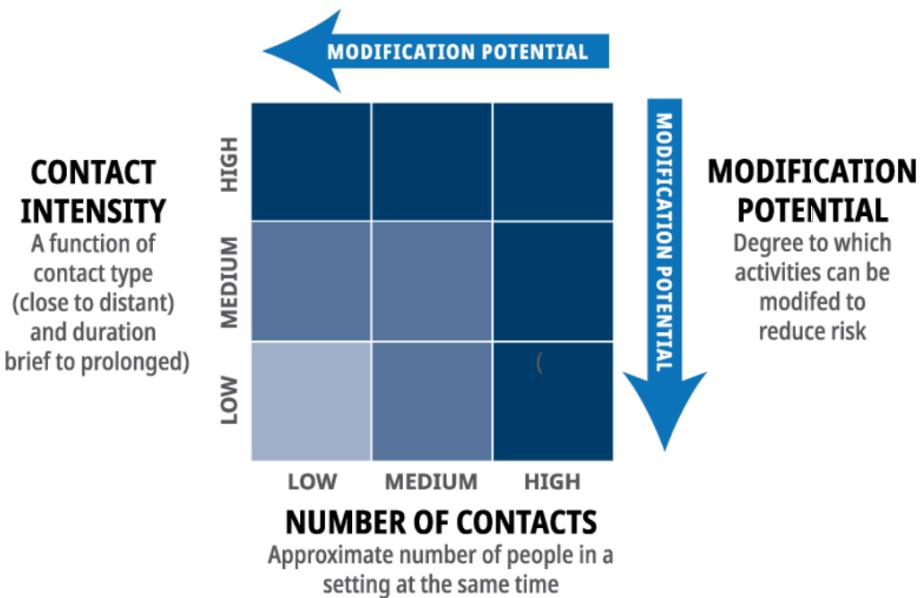
Five Principles for Every Situation

Personal Hygiene	Stay at Home if You are Sick	Environmental Hygiene	Safe Social Interactions	Physical Modifications
Frequent handwashing	Routine daily screening	More frequent cleaning	Meet with small numbers of people	Spacing within rooms or in transit
Cough into your sleeve	Anyone with any symptoms must stay away from others	Enhance surface sanitation in high touch areas	Maintain distance between you and people	Room design
Wear a non-medical mask	Returning travellers must self-isolate	Touch-less technology	Size of room: the bigger the better	Plexiglass barriers
No handshaking			Outdoor over indoor	Movement of people within spaces

Sport Environment Risk Assessment

The protective measures outlined below have been put in place to help mitigate the risk of COVID-19 infection in our sporting environment.

As an organization, we have identified areas where there may be risks, either through close physical proximity or through contaminated surfaces within our facilities. Also, we recognize that the closer individuals are and the longer they are close to each other, the greater the risk of contracting coronavirus.



In each of our facilities we will work closely with partner organizations to:

- Identify areas where people gather and restrict or prohibit access.
- Identify situations and processes where individuals are brought into close proximity to one another or members of the general public.
- Identify any and all equipment that may be shared by multiple individuals.
- Identify high touch surfaces within the environment.

Risk Reduction Protocols

Participants are required to adhere to the laws, regulations and guidelines set forth by the Province of British Columbia, Public Health, viaSport, and Volleyball BC. This plan has been developed in compliance with guidelines for recreational facilities included in viaSport BC's Guidelines for Sport and the BC Recreation and Parks Association Guidelines for Restarting Operations in Recreation.

Waiver/Health Screening

- Coaches must complete an [Indemnity and Assumption of Risk waiver](#) prior to their first day of activities.
- Coaches must complete the [Health Declaration Form](#) before their first day of activity.
- If there are any changes to the information contained within a Coach's Health Declaration any time after submitting the form, the Coach must notify the Club immediately in writing of this change.

Individuals under the age of 18 will require a Parent or Guardian to verify the declaration on the athlete's behalf. Individuals will not be allowed to participate until the Health Declaration form has been submitted. The health declaration only needs to be completed once per participant per program. **If there are any changes to the**



responses contained in an individual's Health Declaration any time after submitting the form, the individual must notify the Club immediately in writing via email of this change and refrain from attending sessions until they are able to pass the Health Declaration again.

Facilities Plan

- Guidelines and Occupancy Limits
 - Total occupancy at any single time will be based on the most current individual facility outline.
 - No drop-in. Pre-registered participants only permitted in the building
 - By entering the facility, participants acknowledge the risks associated with COVID-19, etc.
 - Hand washing and/or sanitation stations available
 - Physical distancing reminders
 - If displaying symptoms of COVID-19 or sick, do not enter
 - Individuals showing signs of illness will be asked to leave immediately (isolated and monitored until safe transportation is arranged)

Entry Process

Participants will be met upon arrival at each facility (facility dependent) by a representative of our organization or facility staff at each session. They will be asked to maintain physical distancing protocols for attendance and sign in.

- Staff will be set up in a position that adheres to physical distancing and markers will be used to encourage physical distancing between participants during check in.
- Participants and staff will verify registration (one time) and that the symptom and contact screening has taken place (each session).
- Athletes and parents will verify the declarations that have been provided in a manner that minimizes physical contact of shared items.
- Once declaration is confirmed and has been properly submitted, participants are directed to the courts to begin the program
 - If declaration is not confirmed the participant will not be permitted to access the facility and will be prohibited from participating.

Self Assessment Questionnaire

Prior to each participant's subsequent visit to the same program they are required to undergo COVID-19 Screening and contact verification. The model for the self-assessment is provided and updated by the province of British Columbia.

Thrive Health BC COVID-19 Self-Assessment Tool

COVID-19 Self-Assessment Tool sample questions (Subject to change)

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

- Fever (see below)
- Chills
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

All travelers arriving in B.C. from outside of Canada are required by law to self-isolate for 14 days and complete a self-isolation plan.

- I confirm that I / my athlete does not have any of the symptoms listed above.
- I confirm that I / my athlete has not been in contact with a confirmed case of COVID-19 within the last 14 days. *A close contact means you were notified as being near a person with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient.*
- I confirm that I / my athlete has not traveled outside of Canada and/or to any regions with a known outbreak of COVID-19 within the last 14 days.

If a patron, participant, member of a rental group, or visitor answers yes to any of the above questions they will not be permitted to enter the facility. At this point, the following information must be recorded and staff/coaches will RECOMMEND THAT this individual follows the most current Public Health guidelines.

Recommendations (as of January 1, 2022)

- If you have had close contact with a person with confirmed COVID-19 within the last 14 days, [self isolate](#) for 10 days from your last contact with the COVID-19 case unless you have received at least one dose of a COVID-19 vaccine more than 3 weeks ago, had COVID-19 within the last 90 days, or were advised differently by public health. If you have received at least one dose of a COVID-19 vaccine or had COVID-19 within the last 90 days, you do not need to self-isolate.
- Monitor for symptoms, even if you have not had close contact with a person with confirmed COVID-19. Individuals who have received at least one dose of a COVID-19 vaccine more than 3 weeks ago or had COVID-19 within the last 90 days also need to monitor for symptoms. If you develop any symptoms, retake this self-assessment for instructions.
- If you have traveled outside Canada within the last 14 days, you may be subject to additional requirements. Visit [Travel, testing, and borders](#) for more information.

Once athletes have completed the screening and have passed:

1. Staff will then direct participants into the building and directly to the hand washing/sanitation stations.
2. Guests will proceed to activity.

Exit Process

- Participants will be asked to return the volleyballs to a clearly designated area to be sanitized before they are reused or put away.
- Participants will collect their belongings and leave the court area immediately following activity
- Participants will be advised to wash their hands immediately after the conclusion of their session.
- Staff will direct the flow of participants out of the court area. Individuals will be requested to leave promptly without congregation.

General Hygiene Considerations

Participant Hygiene

- There will be no handshaking, high fives, hugging, etc.
- All participants and guests should avoid touching their face throughout activities.
- All guests should consider wearing a mask.
- Staff, coaches, and participants will be instructed to maintain physical distance based on the most current Provincial Health recommendations off the court and, if required, while on the court.
- Sanitation breaks will be scheduled into activities at regular intervals for participants and equipment.

Equipment (Nets/Balls/Posts/etc)

Member and Registered Participant use only:

- Designated nets, balls, and other equipment are only to be handled by members and registered participants. This will minimize the number of people who will be in contact with equipment and enable contact tracing accuracy.
 - Masks are to be worn at all times during set-up and take down of equipment.
- When accessible, Identified staff will set up and organize equipment ahead of time
 - Minimizes the number of individuals that deliberately contact equipment
 - Enables an opportunity for staff to sanitize their hands before participants arrive and activities commence.

Water and Personal Belongings

- Participants will be asked to limit the amount of personal belongings brought with them.
- Athletes and coaches must not share water bottles, towels, or other personal items.
- Everyone will be asked to bring sufficient water for the entire day and all personal items will be kept separate from one another at the courts.

Spectators / Viewing

Spectators will not be permitted. Apart from exceptional circumstances, participants will be met outside or upon entry to the facility and escorted in to avoid unnecessary individuals in the facility.

Spectator areas will be closed:

- Bleachers/viewing area will be closed off (where applicable)
- Lounge areas and foyers will be closed off
- Parents/guardians of minors (young children) may escort them into the facility for the purposes of ensuring they are comfortable within the environment, providing that overall occupancy levels are not compromised, personal hygiene, and physical distancing measures are maintained.

Safe Sport Considerations

All programs will continue to follow the Responsible Coaching Movement policies and guidelines. This means that any one-on-one interactions between a coach and an athlete within a potentially vulnerable environment (examples include, but are not limited to obstructed sightlines, out of earshot of additional personnel), must take place with the company of a second coach or screened and NCCP trained adult (with the exception of medical emergencies).

COVID-19 Program Guidelines – Modified Training

Overview

Programs will be modified in response to Public Health orders to ensure that the health and safety of both the staff and participants are considered. Programs will provide an opportunity for skill development and play while still following the provincial health recommendations and Return to Sport guidelines. Strict adherence to the following guidelines and modifications is required to meet and/or exceed these guidelines.

Program Registration

- All participants must be pre-registered for the program to minimize the physical exchange of in-person paper documentation and to have all participant contact information (including emergency contact information) on file. Drop in activities are strictly prohibited.
- Payment must be made electronically. We will not be conducting any in-person transactions.

Compliance & Athlete Dismissal

- The organization reserves the right to remove any participant from its programs at any time and for any reason if any staff believe that the participant is non compliant with the terms described in this document.
- If a participant is removed for violation of the COVID-19 Safety Plan, there will be no refund provided.

Program Administration

- Sessions will be designed and executed in accordance with current Return to Play and Return to Volleyball guidelines provided by viaSport and Volleyball BC.
- The maximum number of participants per court will be in compliance with the most recent guidelines from Volleyball BC and in accordance with our facility partners/providers.
- Equipment will be set up prior after undergoing proper sanitation of surfaces that are frequently contacted.
- We will minimize the use of shared equipment by having participants work individually and/or designate a minimal number for a specific group of participants.
- Coaches and staff will/can be provided with a mask and gloves for use during the program.
 - Coaches will attempt to provide instruction from a physical distance of 2-3m at all times.
- Courts will be set up to ensure physical distancing is maintained and in compliance with the physical distancing guidelines and calculations for occupancy in a recreational space outlined in viaSport BC guidelines and BCRPA guidelines.
- No one outside of participants, coaches and staff will be permitted in the court area.

Coaches and Staff

- Coaches and on-site staff will be instructed on the Communicable Disease Plan & Return to Play guidelines including all health and safety measures put in place.
- Coaches and staff must be healthy with no signs or symptoms of illness. Individuals will be educated on the common symptoms of COVID-19 and instructed to stay away if displaying symptoms. Coaches will be required to complete a Health Declaration Form at the start of the program and participate in the daily screening questionnaire provided at the beginning of each session. If an individual is showing signs of cold, flu, or COVID-19 symptoms, they must be removed from the activity and self-isolate immediately. Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- At the start of each Session, the Head Coach will:
 - Ensure that emergency contact information is available for all athletes and coaches in attendance in the Session.
 - Designate an area to be defined as the “Isolation Area”. No person shall enter the designated Isolation Area unless they are feeling unwell and/or displaying symptom(s) consistent with COVID-19.
 - Maintain a detailed log of all participants and coaches in its program. Logs will be provided.
- Coaches and staff will/can be provided with a mask and gloves for use during the activity.
- Coaches and staff will wash hands before and immediately following participation in volleyball activities. They will be provided with sanitizing materials for themselves and the equipment.
- Coaches will maintain a minimum distance from participants in accordance with the current guidelines established by the Province of British Columbia, viaSport, and Volleyball BC.

COVID-19 Response Plan

- If an individual comes in contact with a confirmed or probable case of COVID-19 they will be sent home immediately to self-isolate and advised to use the British Columbia Centre for Disease Control (BC CDC) guidelines on [Self-Monitoring for COVID-19](#).
- Individuals will be advised to use the [BC COVID-19 Self-Assessment Tool](#) and will follow all instructions listed. If any problems occur, or the individual is unable to complete the Self-Assessment Tool, they will be encouraged to phone 8-1-1 if they are able. If their condition is an emergency or there is a direct threat to their health, they will be encouraged to phone 9-1-1.

Participants or members of staff who develop symptoms during an activity or who have been exposed to a probable or confirmed case of COVID-19 will be considered to have a probable case of COVID-19. In this situation, the COVID-19 Response Plan will be activated:

- The person with the probable case (hereby known as, “probable case”) will immediately be sent home
 - While the person is waiting for transportation, they will be placed in a quarantined area to be pre-determined at each facility. If the person is not able

to reach the predetermined location other participants will be moved into a safe location.

- The Club President, Club Manager and Rental Facility will be made aware of the situation and the COVID-19 Response Plan will be activated:
 - Any areas that the probable case was in contact with will be immediately cleared and cleaned by someone wearing appropriate personal protective equipment
 - Any and all activities in the facility or vicinity of exposure will cease immediately until cleared by health authorities or other government bodies.
 - BC CDC and WorkSafe BC Guidelines and Resources will be distributed to the probable case.
 - Contact information for all patrons, rentals, and other user groups that may have come into contact with the exposed staff member or other probable case will be collected.
 - This contact information will be used to contact patrons and users at the direction of the health authorities, and may be shared with health authorities upon request.
 - Based on viaSport recommendations, we will NOT inform participants, Local Health Officials will contact participants who have come in contact with a positive test.
 - Health authorities will be contacted and will provide further instructions
 - WorkSafe BC will be contacted and will provide further instructions

The following information will be gathered regarding the presumed exposure to COVID-19:

- Name of probable case:
- Phone number of probable case:
- Address of probable case:
- Known programs from two weeks prior to the probable exposure:
- Date of presumption of COVID-19 exposure:
- Approximate time of presumed COVID-19 exposure:
- Rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:
- Contact information for people involved in rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:
- If the presumed exposure occurred prior to being sent home or prior to additional shifts or programs, contact information for all rentals, events, and programs, involved during times involving the probable case:

Illness Policy

- All individuals - including coaches, athletes, and parents - MUST STAY HOME if ANY of the following are true:
 - They have been diagnosed with COVID-19 and/or feel unwell and/or are displaying any of the symptoms consistent with COVID-19

- a person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19
- they, or someone in their household, has travelled outside of Canada within the last 14 days
- they, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days
- Are considered a vulnerable or at-risk individual (individual over 65 years, weakened immune system or underlying medical condition)
- If you are feeling unwell, contact the Club Director or Program Leader immediately and follow these steps:
 - self-isolate
 - contact your healthcare provider, call 8-1-1, or use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing is needed
 - monitor your symptoms daily and do not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - Continue to update the Club on your health status daily.
 - Do not return to work until you have been cleared to do so by your healthcare provider or local health authority.

Treating Sick or Injured Players

- Identify an Isolation Area at the court at the beginning of the session and ensure that no one enters the Isolation Area unless they are feeling unwell or displaying signs of COVID-19.
- If attending to an injured player, a mask and gloves MUST be worn.
- If an athlete tells you that they are feeling unwell, please follow these steps:
 - Separate the athlete from the rest of the group and direct them to the Isolation Area
 - Contact the athlete's parent/guardian and request that the athlete be picked up.

Return to Activity and Training After COVID-19

The Canadian Sport Medicine Advisory Council has shared [this document](#) that outlines the recommended steps to returning to activity and training after an athlete has contracted COVID-19 (specifically mild/moderate cases). Of particular interest may be the infographic on the final page: it is important to note that there should be 10 days of rest from onset of symptoms, and a minimum 7 days of being symptom-free before beginning the return to play process.

Participant Travel

For more information on province-wide restrictions, please visit the [government of BC website](#).

Essential travel is travelling for work, school, medical appointments, and to obtain groceries, medicines, and other essential items. It can also mean travelling to care for someone like a family member who is ill.

Non-essential travel is travel for tourism, entertainment, or recreation. Stay local for these activities. For example skiing and snowboarding at your local mountain.

Visit the [Government of Canada](#) for more details for incoming travellers; information for essential workers arriving in B.C. from outside of Canada is available on the [Guidance page](#).

Communication

Member Communication Plan

Email or letter template message: Return to our sport with respect to COVID-19

Dear Member,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Volleyball BC has been working with viaSport and the Province of British Columbia to interpret the recommendations of our Chief Provincial Health Officer and how they best apply to volleyball.

We have implemented safety measures, precautions and transmission control procedures in an effort to create and maintain a healthy and safe environment for all participants. We ask for your patience and understanding as we move along this new pathway in community sport. We also ask for your engagement and compliance in following the new protocols that have been developed in adherence with viaSport and Volleyball BC. These protocols have been put in place to ensure the safety of our community.

Volleyball BC has completed a detailed risk assessment and determined that volleyball is a “medium risk” sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training

group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of transmission. For this reason, it is required that prior to participating, parents and/or legal guardians must review our COVID-19 Return to Play Plan to help better understand the risks involved and risk-mitigation measures that are being employed. Parents and/or legal guardians must also ensure that their athlete(s) is/are aware of the policies and procedures and agree to adhere to the rules that will be put in place. Additionally, the "Indemnity and Assumption of Risk" waiver must be completed prior to registering for any programming.

Upon review of the risks and the mitigation strategies set out in our Return to Play Plan, we ask that every family consider their personal situation and associated risk tolerance and confirm their intent to participate.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.*
- If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.*
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.*
- Wash your hands before participating.*
- Bring your own equipment, water bottle and hand sanitizer.*
- Comply with physical distancing measures at all times.*
- Avoid physical contact with others, including shaking hands, high fives, etc.*
- Leave the field of play as quickly as possible after you finish.*

If you have any questions or concerns, please do not hesitate to contact the club directly.

For additional information on the Volleyball BC guidelines, please review the Volleyball BC Phased Return to Volleyball Plan.



The club will maintain open and transparent communications with all of its stakeholders during each Return to Play phase as set forth by the British Columbia Government.

- The Club will provide written notice to update members, coaches and volunteers of changes to its activities during COVID-19.
- The Club will continue to take guidance from the Provincial Government, Volleyball BC and other key stakeholders. We will make changes to our policies and procedures as necessary.
- Safety protocols will be communicated to members, coaches and volunteers prior to the start of all Club Programs and posted and accessible to all members on the Club's website.
- In the event of a confirmed or probable exposure to COVID-19, the Club will be in immediate contact with the local public health office and Volleyball BC and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority.