



## VOLLEYBALL YUKON - RETURN TO PLAY PLAN

VERSION - Sept. 11, 2020

Sport and recreation plays an important role in the social, emotional and physical wellbeing of individuals and our wider community. As we seek to re-start volleyball in Yukon, this plan outlines measures that we can take to ensure that our sport resumes in a safe and responsible manner.

Volleyball Yukon requests the support of all volleyball clubs, coaches, participants, parents/guardians/spectators, and referees in following this “Return to Volleyball Plan” for a safe resumption of volleyball. It is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus. Sport and recreation play an important role in the social, emotional and physical well-being of individuals and our wider community however, returning to volleyball should only be considered when Public Health restrictions and physical distancing measures allow it. As Yukoners are embracing the new normal, this plan will provide guidelines to restart volleyball in a COVID-19 environment. A safe return to volleyball will follow a phased approach abiding by Yukon Public Health Recovery Plan.

This document outlines the key preventative and protective guidelines to beach volleyball activities in Yukon during the COVID-19 pandemic. This is a living document and will be updated as new information becomes available and should be used with the most up to date Return to Volleyball document issued by Volleyball Yukon. The Volleyball Yukon website will be updated regularly with COVID-19 information, public health resources and volleyball resources relevant to COVID-19. As this plan may be updated at any time based on public health guidelines, please make sure you are reviewing the most up-to-date version from the website.

### Yukon SAFE SIX

- Maintain physical distancing – keep 2 metres (6 feet) away from anyone who’s 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’re 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’re there.
- Self-isolate when required, due to contact with someone diagnosed with COVID-19 or due to travel within the last 14 days.



## VOLLEYBALL - A PHASED APPROACH

For each Phase below, all public health guidelines and the Volleyball Yukon guidelines must be followed. Individuals need to take into account these guidelines when preparing for a volleyball activity as some guidelines will require modification and additional planning. All VY members and affiliates looking to host sanctioned events under VY's umbrella, must adhere to the guidelines and request approval prior to the event as outlined in this guide. For non-VY associated groups, please refer to the information below as a valuable reference.

<b>PHASES of RETURN to VOLLEYBALL</b>
<b>PHASE 1</b> <b>Training at Home</b>
<b>PHASE 2</b> <b>Individual Training &amp; Skill-based Permitted</b>
<b>PHASE 3</b> <b>Small Competition Permitted</b>
<b>PHASE 4</b> <b>Increase Competition Size Permitted and Mini Leagues</b>
<b>PHASE 5</b> <b>All Volleyball Permitted</b> (Maintaining modifications as directed by regional health authorities)



## **MODIFICATIONS for COMPETITION & COHORTS**

In order to adhere to the Yukon Contact Sport Guidelines, competition and league play (including club play) will be modified. This allows a safe return for sport competitions and decreases opportunities for exposure, while allowing increased interaction during game play and practice.

Modified game play allows teams within the same age group to play one another. The cohorts can be no larger than 50 participants in total (facility space allowing), and athletes are limited to only two sport cohorts in Yukon. Volleyball Yukon recommends clubs to limit indoor teams to 8 players per court (4 players per side). And recommends clubs to limit beach to 4 players per court (2 players per side).

### **PHASE 1**

- VY will not be sanctioning any events.
- Only unsanctioned home training and skill-based activities occur during Phase 1.
- All public health guidelines must be followed.

### **PHASE 2**

- VY will not be sanctioning any in person events.
- Only individual training and skill-based activities can occur within the two-household bubble during the Phase 2.
- All public health guidelines must be followed.
- Skill based
- Sharing equipment is discouraged
- Ensure personal hygiene before, during, and after

### **PHASE 3**

- Outdoor activities are permitted.
- Skill-based activities and 2x2 modified competition/rallies 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 sanitized volleyballs can be separated from those requiring cleaning.



#### PHASE 4

- 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
Participants are divided into pre-identified groups of no more than 10 (8 athletes and 2 coaches) in total court space. 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).



## PHASE 5

- All skill-based activities and modified competition are permitted.
- Set up courts to adhere to physical distancing requirements.
- Set up courts to minimize numbers and ensure spacing.
- Outdoor activities and competition must abide by Public Health and facilities requirements.
- Participants should minimize contact.
- It is recommended that volleyballs are sanitized.
- It is recommended that a “clean bin” be utilized to ensure that sanitized volleyballs can be separated from those requiring cleaning.

SKILL BASED	COMPETITION
Participants are divided into pre-identified groups of no more than 10 (8 athletes and 2 coaches) in total court space. 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 may be allowed with modifications.
Group gatherings cannot exceed the regional health authority recommendations at that time.	Larger competitions allowed, limited to facility capacity and regional health authority direction.

## GENERAL CONSIDERATIONS

- Participant safety is paramount.
- You must adhere to ALL public health restrictions in your community (eg. the SAFE SIX, maximum group gatherings, facility access).
- Returning to volleyball should only be considered if regional restrictions and physical distancing measures allow for it.
- Programs should be local only – participants should come from a local area to participate, rather than from outside an area.



## GENERAL HYGIENE REQUIREMENTS

- All participants, coaches and staff must wash their hands before and immediately following participation in volleyball activities.
- Breaks 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 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.
- All participants, coaches, officials and staff should consider wearing a mask.
- No sharing of water bottles, towels, or other personal items. No communal food tables.
- 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.

## PARTICIPANT REQUIREMENTS

- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- Participants must be healthy with no signs or symptoms of illness.
- Organisers must screen participants for symptoms at the start of each session. Verbal acknowledgement must be given that a participant is symptom-free and healthy to participate. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- 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 a known or presumptive case of COVID-19 in the previous 14 days.
- Participants who are immune-compromised, over 60 years, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.
- 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 14 days of participating in a volleyball activity, they should notify the organiser as soon as possible.



## COACH AND STAFF REQUIREMENTS

- Coaching should be completed while ensuring physical distancing guidelines.
- Coaches and staff must be healthy with no signs or symptoms of illness. Individuals should know of the common symptoms of COVID-19 and stay away if displaying symptoms.
- Organisers must screen coaches and staff for symptoms at the start of each session. Verbal acknowledgement must be given that a coach or staff member is symptom-free and healthy to participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated 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.
- Coaches and staff who are over 60 years, immune-compromised, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.
- Coaches and staff should consider wearing a mask and gloves during the activity.
- Coaches should lead and instruct without touching the ball as much as possible. If handling the ball, coaches should use hand sanitizer and/or gloves when they move between different individuals or groups.

## PARENT/GUARDIAN & SPECTATOR REQUIREMENTS

- Parents/Guardians/Spectators should be limited in number (ex. 1 per participant). This is to minimise the risk and to adhere to public health restrictions on the size of a group.
- Where possible, participants should be dropped off and picked up outside of the facility. *Please note that this arrangement must not compromise safe sport guidelines (ex. there must be 2 responsible and screened adults with a group of minors at any one time).*
- Parents/Guardians/Spectators who have been exposed to COVID-19 within 14 days, who are displaying symptoms, who over 60 years old or who have underlying health conditions should stay away.
- If present, parents/guardians and spectators must abide by physical distancing guidelines.

## FACILITY AND EQUIPMENT REQUIREMENTS

- Outdoor activity has been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball at this time and therefore the preferred training environment when possible.
- Minimize the total amount of users in one space at any given time. The more users of the space the higher the risk - this is especially true for indoor spaces with increased contact surfaces and less air circulation.



- Limit access points in and out of the area/facility to control numbers in the space.
- Use signage, tape, and stanchions to direct the flow and position of participants (ex. sign-in at the start, waiting for drills)
- Close all common areas including change rooms, water fountains, meeting spaces and team benches.
- All common contact surfaces within the facility should be cleaned and disinfected regularly, including door handles, chairs and tables. Work with the facility owner to determine cleaning protocols. Bring your own cleaning materials.
- When scheduling, allow a 30 minute cleaning break between sessions to permit equipment and facility sanitation.
- Limit the number of balls used during the activity. Ensure that balls are sanitized between each session and/or user-group. Set up a “clean bin” to ensure that sanitised balls are separated from those requiring cleaning.
- Ball cleaning: Balls should be sanitised using a wet, warm cloth with a mild/gentle cleaning solution or with wet-wipes (ex. Clorox wipes).

## BEACH VOLLEYBALL PROGRAM REQUIREMENTS & MODIFICATIONS

- The outside environment and space makes grass and beach volleyball the preferred environment for Return to Play.
- Set up courts to adhere to physical distancing requirements. Ideally, set up every other court to minimise numbers and ensure spacing. Grass volleyball may be more flexible for setting up with adequate space.
- Staff setting up and taking down courts must wear gloves.
- Participants are divided into pre-identified groups/cohorts. Participants must stay with the same group/cohort for the duration of the session/season to minimise contact. Wherever possible, place individuals from the same household into the same group.
- Balls are assigned to each group and are not shared with other groups.
- Only one group of 4 participants is allowed on one court at one time with their dedicated set of balls. Scenarios below.
  - Scenario 1 - 2 participants and 1 ball (pepper, 1v1, serve and pass skills)
  - Scenario 2 - 3 participants and 1 ball (same as above, enables coach to play too)
  - Scenario 3 - 4 participants and 1 ball (same as above, modified game-based activities)
- All participants, coaches and staff must wash hands before and after each session.
- Groups should rotate on and off court. During off-court time, practice drills may be undertaken at a safe distance.
- Modify the flow of training so that there are no congregation points.
- No blocking is permitted for the purposes of removing hazards and close contact at the net.
- Parents/Guardians/Spectators are permitted to stay if they can safely adhere to social distancing in the outside area.
- All hygiene, participant, facility and equipment safety measures outlined in all must be taken.



## INDOOR VOLLEYBALL PROGRAM REQUIREMENTS & MODIFICATIONS

- Follow all facility operator guidelines.
- Clearly mark out the court spacing and walkways through the courts. Use directional signage and marking to direct participants.
- Ideally use separate doors to enter and exit the facility. The doors should be held open or have one organiser who opens them. Allow transition time for groups to move in and out and for equipment to be sanitized (30 minutes between groups).
- Participants/Guardians/Spectators should be limited to no more than 1 per participant or excluded if they impact the maximum group size or cannot socially distance in the room.
- Participants are divided into pre-identified cohorts of no more than 50 individuals, groups of 8 athletes. Participants stay with the same group and cohort for the duration of the session/season to minimise contact. Wherever possible, place individuals from the same household into the same group.
- Only one group of up to 8 participants is allowed on one court at one time with their dedicated set of balls.
- All participants, coaches and staff must wash hands before and after each session.
- Team benches are not to be used unless 6 feet distance can be maintained.
- Balls are assigned to each group and are not shared with other groups.
- Modify the flow of training so that there are no congregation points.
- No blocking is permitted for the purposes of removing hazards and close contact at the net.
- All hygiene, participant, facility and equipment safety measures outlined in all must be taken.

## ADDITIONAL CONSIDERATIONS FOR ORGANISERS OF VOLLEYBALL ACTIVITIES

- Participant safety is paramount at all times.
- You must adhere to ALL public health restrictions in your community (ex. maximum group gatherings, facility access).
- Retain detailed records of all participants in sessions. Details should include full contact information, date, time and location of volleyball activities.
- Ensure that all programs and activities require pre-registration so that you minimise the physical exchange of documentation and paper in-person and have all participant contact information on file.
- Participants should come from your local region to participate in order to limit unnecessary travel and risk of spreading COVID-19. Notify all participants to practice physical distancing while commuting to and from the activity.
- Start small to test out the new way of running activities. Refine and tweak your procedures to ensure that all guidelines are adhered to and to ensure that all participants are safe.
- Volleyball activities should be focused on skills development only. Small games-based training and mini leagues may only be undertaken ONLY if it can be delivered while maintaining the parameters outlined in this document.



- Check with your insurer to ensure that you are fully aware of any risks or liability associated with resuming volleyball activities. Ensure that participants are fully informed and consent to risks associated with participating in volleyball activities.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19, the Return to Play and all associated procedures to minimise risk.

### **ADDITIONAL CONSIDERATIONS FOR OWNERS/OPERATORS OF VOLLEYBALL FACILITIES**

- Conduct a full and comprehensive review of your facility, analyzing risk and exposure areas.
- Determine what areas will be open and available to patrons and what will be closed off.
- If feasible, consider making your facility “one-way”, with one entrance and one exit to simplify physical distancing.
- Set up a “clean bin” to ensure that sanitised volleyballs can be separated from those requiring cleaning. See useful links at the end of the document.
- Ensure you have sufficient supplies of sanitizing materials and disposable gloves and masks for staff.
- Position hand sanitizer at all entry and exit doors to the courts and at key locations.
- Adjust scheduling of programs or activities to allow the safe arrival/departure of guests and adequate time for cleaning of all equipment between sessions.
- Ensure that courts are set up with adequate space around them and to allow the safe movement of individuals practicing social distancing of 2 meters.
- Check with your insurer to ensure that you are fully aware of any risks or liability associated with resuming volleyball activities. Ensure that participants are fully informed and consent to risks associated with participating in volleyball activities.

### **EMERGENCY PREPAREDNESS**

- Ensure that you have necessary gloves, masks, hand sanitizer and cleaning materials at hand. Ensure that there is a clear procedure for handling any participant, staff member or coach in the event that they develop signs of cold, flu or COVID-19 during a volleyball activity. This should include identification of an isolation area, notification processes, and education of staff on the procedure.
- Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the activity.

### **EDUCATION & SUPPORT**

- Volleyball Yukon requests the support of all volleyball participants, coaches, organisers, parents/guardians and spectators in following these guidelines for safe resumption of our sport.
- Volleyball Yukon is available to work with any organisations or facilities seeking to resume volleyball activities to ensure that it is done in a safe and responsible manner.



## APPENDIX A - CLUB/AFFILIATE ADHERENCE

### CLUB/AFFILIATE ADHERENCE

**Affiliated clubs and/or coaches wishing to engage in volleyball programming must adhere to this Return to Volleyball plan and provide the following to Volleyball Yukon for approval prior to opening or advertising program registration:**

1. All dates, times and locations of each planned program session
2. A complete list of beach volleyball coaching staff with emails and phone numbers
3. Submit a preview of their on-line beach program registration portal for review
4. Clubs must adhere to the RCM (Responsible Coaching Movement) and Safe Sport guidelines.

#### Scheduling

- Start times for groups/cohorts will be **staggered by 30 minutes** to allow for cleaning.
- At least one empty court will be left between groups.
- BEACH - Ensure there are no more than 4 players on each court at any given time (2 per side).
- INDOOR - Ensure there are no more than 8 players on each court at any given time (4 per side).
- All participants, including coaches, must pre-register through GOALLINE prior to participating in each session. Information collected will include name, email address, phone number, date and time of volleyball activities.

#### Checklist for Program Supervisor or “COVID CAPTAIN”

- Ensure hand sanitizer is available at the courts
- Ensure bleach solution is available in spray bottles along with many clean towels for cleaning volleyballs
- Ensure masks and gloves are available
- Wipe down commonly used surfaces before and after each group session; benches, picnic tables, etc

#### Hygiene

- Ensure participants:
  - wash their hands before and immediately following participation.
  - wash volleyballs before and immediately following participation.
  - schedule breaks **every 30 minutes** for hand washing and sanitizing volleyballs
  - only use the balls assigned to their court
- Gloves and a mask must be worn by anyone needing to provide First Aid assistance.

#### Cleaning Volleyballs



- Volleyballs will be cleaned using a combination of 10ml bleach and 990ml water sprayed on and removed with a clean rag for EACH ball or use bleach wipes (1 per ball).

### **Collecting Event Participation Waivers and Daily Attestations**

- All participants need to be pre-registered (through GOALLINE) online PRIOR to arriving at the courts.
- All participants must sign the COVID-19 Participation Waiver (through GOALLINE) prior to participation in each program.
- Ensure a tray, folder, or box with the words “Attestation” is to be set up at the entrance to collect the daily attestations.
- All participants must sign the COVID-19 Attestation prior to the start of each session.
- Daily attestations collected by clubs need to be digitally scanned and emailed to Volleyball Yukon for filing each week of the program.

### **Participants**

- Must bring their own water bottles, sunscreen, bug spray, etc
- Must not share their water bottle, sunscreen, bug spray, etc

### **COVID-19 Screening Protocols**

- As participants enter the Volleyball facility, they will be asked if they have any of the following signs of COVID-19:
  - Fever (chills, sweats)
  - Cough or worsening of previous cough
  - Sore throat
  - Headache
  - Shortness of breath
  - Muscle aches
  - Sneezing
  - Nasal congestion/runny nose
  - Hoarse voice
  - Diarrhea
  - Unusual fatigue
  - Loss of sense of smell or taste
  - Red, purple, or blueish lesions on the feet. Toes or fingers that do not have a clear cause
- Any participants with a symptom will be removed from the activity.

### **COVID-19 Reporting Protocols**

- Should a participant contract COVID-19, VOLleyball Yukon MUST be contacted immediately with details of the participant, and all participants attending sessions within the previous 14 days will



be notified via email via the affiliate board and their information will be provided to Public Health officials if requested.

## APPENDIX B - DAILY ATTESTATION TEMPLATE

**LOGO HERE**

**NAME OF ORGANIZATION HERE** the "Organization"

### DAILY COVID-19 ATTESTATION AND AGREEMENT

By signing below, the participant (named below) or the participant's Guardian attests that the they:

1. Do not knowingly have COVID-19;
2. Are not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise.
3. Have not travelled internationally during the past 14 days;
4. Have not frequented a COVID-19 high risk area in the Province/Territory during the last 14 days;
5. Have not, in the past 14 days, knowingly come into contact with someone who has COVID19, who has known symptoms of COVID-19 or is self-quarantining after returning to Canada; and,
6. Have been following Yukon Government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the participant agrees that while attending the program, session or attending an event of **ORGANIZATION**, they:

1. Will follow the laws, recommended guidelines, and protocols issued by the Yukon Government in respect of COVID-19, including practicing physical distancing, and will do so to the best of their ability while attending the competition or attending an event at the facility;
2. Will follow the guidelines and protocols mandated by the Volleyball Yukon or the competition organizer in respect of COVID-19;
3. Will, in the event that that they experience any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
  - a. Inform the competition organizer; and,
  - b. Depart from the facility immediately.

<b>Participant Print Name:</b>	
<b>Date of Birth:</b>	
<b>Parent/Guardian Print Name: (of participant is a minor)</b>	



<b>Signature of participant or Guardian for minor:</b>	
<b>Attested on Date:</b>	

**FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19**

By signing below, the participant (named below) attests that they have been diagnosed with COVID19, but have been cleared as non-contagious by territorial or local public health authorities and has provided to the competition organizer, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

<b>Participant Print Name:</b>	
<b>Date of Birth:</b>	
<b>Parent/Guardian Print Name: (of participant is a minor)</b>	
<b>Signature of participant or Guardian for minor:</b>	
<b>Attested on Date:</b>	

Last updated: Sept. 10, 2020