



# Sask Volleyball

## RETURN TO PLAY PROTOCOL

Updated June 17, 2020

Sport and recreation play an important role in the social, emotional and physical wellbeing of individuals and our wider community. As we seek to re-start volleyball, the Sask Volleyball Return to Play Protocol outlines measures to ensure our sport resumes in a safe and responsible manner.

Please note this is not a legal document. While recommendations within this document are based on industry best practices and norms, we encourage you to check with your local health authorities to verify what is acceptable for your specific community. The Sask Volleyball Return to Play Protocol intends to align with the most updated publicized version of the [Government of Saskatchewan's Re-Open Saskatchewan Plan](#), as well as Volleyball Canada's Return to Volleyball document. This document will be updated as necessary in an attempt to align with these organization's recommendations.

### Return to Play - Summary

#### Stage 1 Highlights

- Implementation: May 25, 2020
- Modifications to sport activities required:
  - Restriction to group gatherings – no more than 1 person
  - Online Individual Training Only
- Primary focus on skill development.
- Community focused, Remain within Local Communities.

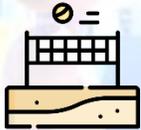
#### Stage 2 Highlights

- Implementation: June 22, 2020
- Modifications to sport activities required:
  - Outdoor Participation Only
  - Limit to Group Size – no more than 6 Participants on a Court
  - Limit exposure to shared Equipment and between Participants
  - Limit breaches of 2-meter physical distance between Participants as much as possible.
  - No Blocking at the Net
- Primary focus on Skill Development, No Competitions.
- Community focus, Remain within Local Communities.

**Future Stages, including reduced restrictions, intro to competition, and travel, to be determined in alignment with the Re-Open Saskatchewan Plan.**

## Return to Play - Detail

### 1. GENERAL CONSIDERATIONS



- Participant safety is paramount.
- You must adhere to ALL public health restrictions as a minimum in your community. Physical distancing of 2 meters should be emphasized, with breaches to this standard minimized as much as possible.
- Outdoor beach and grass volleyball are deemed safer than indoor volleyball, and is the only permitted training environment at this time.
- Programs should be local only. Participants should come from the local area where they normally reside or interact with, rather than from outside the area.
- Volleyball activities must be skill development only until communicated otherwise. Within a Training Session a group of athletes may scrimmage with each other. Formal Competition will return at a later phase.

### 2. HYGIENE FOR PARTICIPANTS, COACHES, AND ORGANIZERS



- Wash hands prior to and immediately following participation in volleyball activities.
- Avoid touching one's face throughout volleyball activities.
- Sneeze or cough into one's elbow.
- Participants should consider wearing a mask and gloves during volleyball activities. If Coaches or Organizers are involved with multiple groups per session, they are strongly encouraged to wear a mask.
- Schedule breaks between sessions to ensure hand washing and sanitizing equipment.
- No sharing of personal items (i.e. water bottles, towels, hand sanitizers, sun screen, etc).
- No unnecessary physical contact.
- No Spitting, Gum, or similar.



### 3. PARTICIPANT RESPONSIBILITIES



- Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms.
- Participants must be pre-registered through an online system determined by the Organizer.
- Participants must sign a Participant Waiver with the Organizer, acknowledging the risks of contracting COVID-19.
- Participants must sign a Daily Attestation and Agreement with the Organizer prior to each training session. Participants must bring their own pen to the training activity to sign this document. If a participant begins to show signs of cold, flu, or COVID-19 with coughing or sneezing during a training session, they must be removed from the activity and self-isolated immediately.
- 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 over 65 years of age, immune-compromised, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.

- 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.

## 4. ORGANIZER RESPONSIBILITIES

### Preparation

- Organizers must be an Approved Beach Volleyball Program with Sask Volleyball, which includes registration and screening of all Coaches, and agreement to follow the Sask Volleyball Return to Play Protocol.
- All programs require online pre-registration by participants and a waiver agreement so that you minimise the physical exchange of documentation and paper in-person, and have all participant contact information on file.
- Volleyball activities must be focused on skills development, with competition introduced slowly in later phases. Any group training may only be undertaken if it can be delivered while maintaining the parameters outlined in this document.
- Coaches and Organizers who are over 65 years, immune-compromised, or with underlying health conditions should not participate. Those who live with high-risk individuals should consider their participation carefully.
- Programs should be advertised locally only. Participants should come from the local area where they normally reside or interact with, 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.
- Set up courts to adhere to physical distancing requirements. If less than two meters exists between courts, set up every other court to minimise numbers and ensure spacing. Grass volleyball may be more flexible for setting up with adequate space.
- Maximum Group Size is 6 Participants per court, not including a Coach.
- Participants must be divided into pre-identified groups that adhere to the maximum Group Size. Participants must stay with the same group for the duration of each session to minimise contact. Wherever possible, place individuals from the same household into the same group.

### Daily Training Environment

- Participants, Coaches, and Organizers must stay home if they have sign or symptoms of illness, or been in contact with a known case of COVID-19 in the previous 14 days.
- Participants, Coaches, and Organizers must be screened for symptoms at the start of each session. As well, each must sign a Daily Attestation and Agreement and bring their own pen to the activity to sign this document.
- If a Participants, Coach, or Organizer is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Retain detailed records for one year of all participants in each Training Sessions. Details should include full contact information, date, time, and location of volleyball activities, as well as a way to reference other Participants they were grouped with.
- Ensure the Rule of Two is followed for all Training Sessions (two adults within a Training Group of minors at all times).
- Coaches and Organizers are strongly encouraged to wear a mask and gloves during the volleyball activity.
- Coaching should be completed while ensuring physical distancing guidelines.



- 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.
- Participants may not play on more than one court per Training Session.
- Volleyballs should be assigned to each court and not shared with other courts.
- No Blocking at the net in order to limit breach of social distance guidelines.
- A “clean bin” should be utilized to ensure that sanitised volleyballs can be separated from those requiring cleaning.
- Modify the flow of training so that there are no congregation points.
- Refine and tweak your procedures to ensure that all guidelines are adhered to and to ensure that all participants are safe.

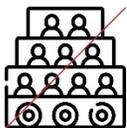


### Emergency Preparedness

- Ensure all Coaches and Organizers are fully educated on symptoms of COVID-19, Sask Volleyball’s Return to Play Protocol, and all associated procedures to minimise risk.
- Establish protocol for Participants, Coaches, and Organizers to report and manage sickness.
- Establish protocol for handling any Participant, Coach, or Organizer 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 process (all families within an affected group, Organizer, and Sask Volleyball), and education of Coaches and Organizers on the procedure.
- Ensure that you have gloves, masks, hand sanitizer and cleaning materials available to Coaches and Organizers for all Training Sessions in the event that the facility does not provide.
- Notify all participants of possible exposure to COVID-19 if you become aware of any suspected or confirmed cases that attended the Training Session.

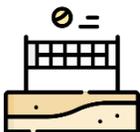
## 5. PARENT/GUARDIAN AND SPECTATORS

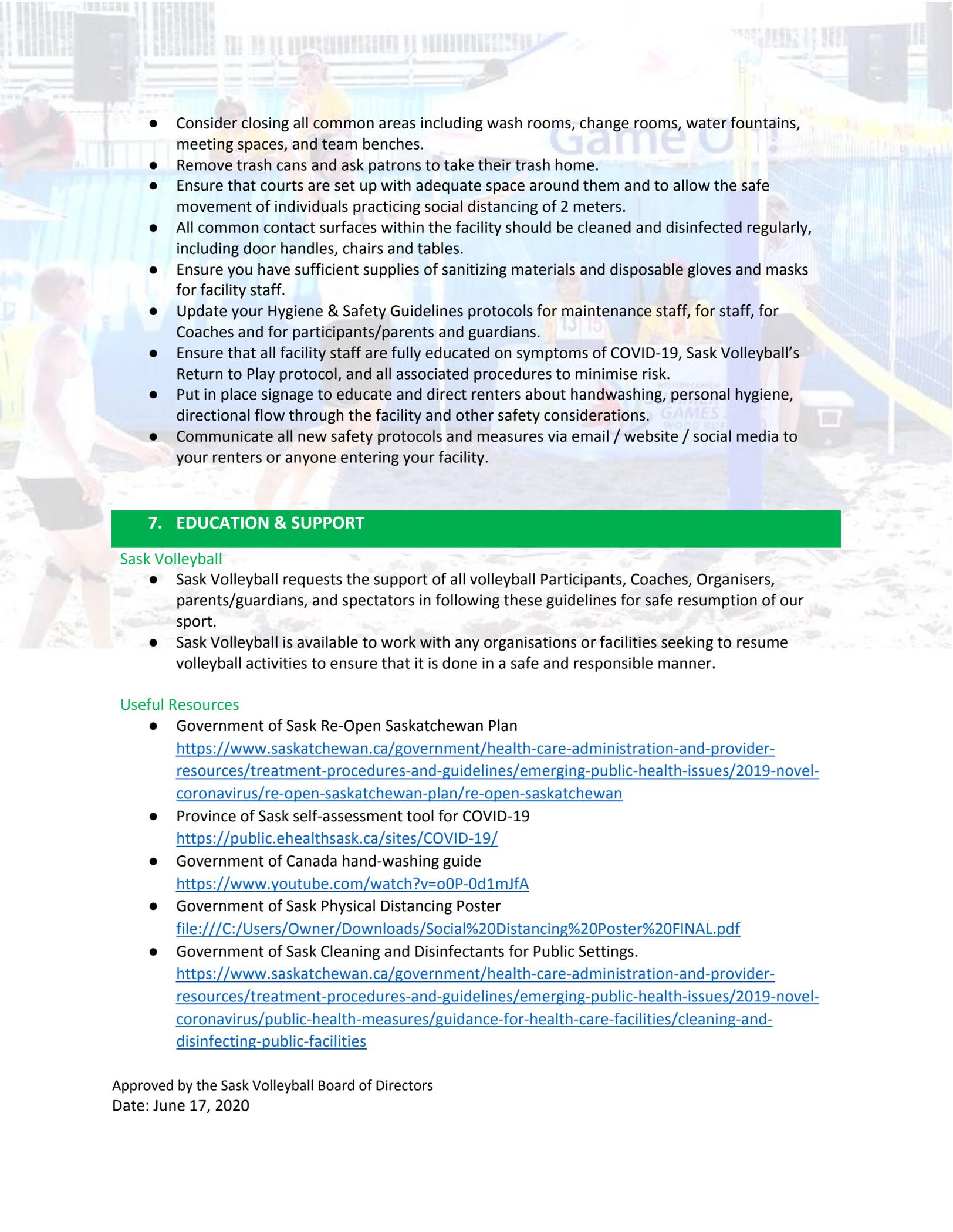
- Parents/Guardians/Spectators should be limited. If present, Parents/Guardians and Spectators must abide by physical distancing guidelines.
- Where possible, Participants should be dropped off and picked up outside of the facility.
- Parents/Guardians/Spectators who have been exposed to COVID-19 within 14 days, who are displaying symptoms, who over 65 years old or who have underlying health conditions, should stay away.



## 6. RECOMMENDATION TO VOLLEYBALL FACILITIES

- Refer to guidelines issued through the [Re-Open Saskatchewan Plan](#) pages 14-24 for more detailed processes for creating a safe work environment.
- Conduct a full and comprehensive review of your facility, analyzing risk and exposure areas.
- Minimize renting the entire facility in order to limit mass gatherings. The more users of the space the higher the risk.
- Adjust scheduling of programs or activities to allow the safe arrival/departure of groups, and adequate time for cleaning of all equipment between sessions.
- Limit access points in and out of the area/facility to control numbers in the space.
- Determine what areas will be open and available to patrons and what will be closed off.



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- Consider closing all common areas including wash rooms, change rooms, water fountains, meeting spaces, and team benches.
  - Remove trash cans and ask patrons to take their trash home.
  - 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.
  - All common contact surfaces within the facility should be cleaned and disinfected regularly, including door handles, chairs and tables.
  - Ensure you have sufficient supplies of sanitizing materials and disposable gloves and masks for facility staff.
  - Update your Hygiene & Safety Guidelines protocols for maintenance staff, for staff, for Coaches and for participants/parents and guardians.
  - Ensure that all facility staff are fully educated on symptoms of COVID-19, Sask Volleyball's Return to Play protocol, and all associated procedures to minimise risk.
  - Put in place signage to educate and direct renters about handwashing, personal hygiene, directional flow through the facility and other safety considerations.
  - Communicate all new safety protocols and measures via email / website / social media to your renters or anyone entering your facility.

## 7. EDUCATION & SUPPORT

### Sask Volleyball

- Sask Volleyball requests the support of all volleyball Participants, Coaches, Organisers, parents/guardians, and spectators in following these guidelines for safe resumption of our sport.
- Sask Volleyball 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.

### Useful Resources

- Government of Sask Re-Open Saskatchewan Plan  
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan>
- Province of Sask self-assessment tool for COVID-19  
<https://public.ehealthsask.ca/sites/COVID-19/>
- Government of Canada hand-washing guide  
<https://www.youtube.com/watch?v=oOP-0d1mJfA>
- Government of Sask Physical Distancing Poster  
<file:///C:/Users/Owner/Downloads/Social%20Distancing%20Poster%20FINAL.pdf>
- Government of Sask Cleaning and Disinfectants for Public Settings.  
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures/guidance-for-health-care-facilities/cleaning-and-disinfecting-public-facilities>

Approved by the Sask Volleyball Board of Directors

Date: June 17, 2020