

A SAFE RETURN TO VOLLEYBALL

As our nation begins to look to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus. The following document has been created to help inform those looking to restart volleyball programming in their region. Returning to volleyball should only be considered when regional public health restrictions and physical distancing measures allow for it. Public health restrictions will always guide what is allowable in your region. Please consult with your Provincial Health Authority before engaging in volleyball activities or programming.

FACILITY CONSIDERATIONS

- 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.
- 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.
- Only required seating, tables, etc. should be made available. Access to water fountains, meeting spaces, change rooms, etc. should be carefully considered and likely discouraged.
- All common contact surfaces within the facility should be cleaned and disinfected regularly.

PARTICIPANTS

- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- People over 65 years of age or people with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged.
- Participants should know of 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 case in the previous 14 days.

CONTACT MINIMIZATION

- Physical distancing should be practiced by a maximal amount of participants at all times.
 - This may require adjustments to scheduling activities and minimizing inter team/group play.
 - Coaching should be completed while practicing physical distancing guidelines.
 - Spectators should be discouraged and if present must also abide by physical distancing guidelines.
- Participants should not be sharing water-bottles, towels, or other equipment.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants.
 - Use a sanitizing spray on balls at frequent intervals and especially between different user groups.
- Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged.

PRACTICE GOOD HYGIENE

- Participants should wash their hands before and immediately following participation.
- Hand washing or sanitizing at intervals throughout should be encouraged.
- Participants should avoid touching ones face throughout.

RETURN TO VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.

