

# Sask Volleyball

## RETURN TO PLAY PROTOCOL

Updated May 26, 2021

Sport and recreation play an important role in the social, emotional and physical wellbeing of individuals and our wider community. The Sask Volleyball Return to Play Protocol outlines measures to ensure our sport continues in a safe and responsible manner.

Please note this is not a legal document. The Sask Volleyball Return to Play Protocol intends to align with the [Government of Saskatchewan's Re-Open Saskatchewan Plan](#), ongoing discussions with Sask Health, and Volleyball Canada's Return to Volleyball document. This document will continue to 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.

#### Stage 3 Highlights

- Implementation: June 30, 2020

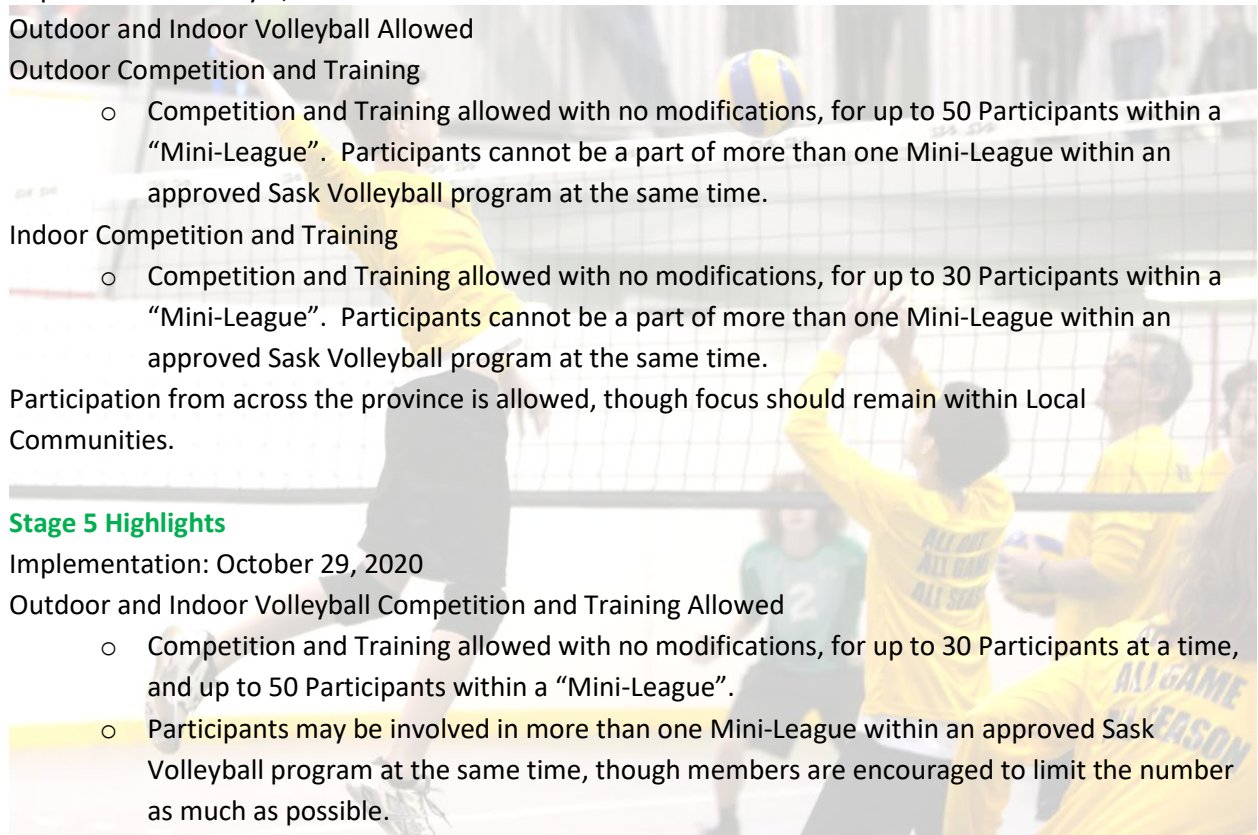
- Modifications to sport activities required:
  - Outdoor Volleyball Allowed Only
- Competition and Training allowed with no modifications, for up to 50 Participants within a “Mini-League”. Any skill, like blocking at the net, or competition format is allowed within the Mini-League. Participants cannot be a part of more than one Mini-League within an approved Sask Volleyball program.
- Participation from across the province is allowed, though focus should remain within Local Communities.

#### Stage 4 Highlights

- Implementation: July 6, 2020
- Outdoor and Indoor Volleyball Allowed
- Outdoor Competition and Training
  - Competition and Training allowed with no modifications, for up to 50 Participants within a “Mini-League”. Participants cannot be a part of more than one Mini-League within an approved Sask Volleyball program at the same time.
- Indoor Competition and Training
  - Competition and Training allowed with no modifications, for up to 30 Participants within a “Mini-League”. Participants cannot be a part of more than one Mini-League within an approved Sask Volleyball program at the same time.
- Participation from across the province is allowed, though focus should remain within Local Communities.

#### Stage 5 Highlights

- Implementation: October 29, 2020
- Outdoor and Indoor Volleyball Competition and Training Allowed
  - Competition and Training allowed with no modifications, for up to 30 Participants at a time, and up to 50 Participants within a “Mini-League”.
  - Participants may be involved in more than one Mini-League within an approved Sask Volleyball program at the same time, though members are encouraged to limit the number as much as possible.
- Club Volleyball Team Composition
  - Athletes and Coaches must declare their Legal Residence address on the Sask Volleyball 2020-21 Team Registration Form. The Legal Residence is residence where you have your permanent home or principal establishment and to where, whenever absent, intend to return. Sask Volleyball can at its discretion request proof of legal residency, including but not limited to official government documents.
  - An athlete may apply for a billeting exemption, which must include proof that the athlete is attending school in a community different than that of their Legal Residence.
  - Club teams must declare the address of their main training centre on the Sask Volleyball 2020-21 Team Registration Form.



- Coaches or Athletes who reside in one of the Major Centres listed below may not participate with a club team whose main training centre is located within a different Major Centre (i.e. Regina resident cannot play on a team from Saskatoon, etc). The following communities are designated as a Major Centres:

- Lloydminster
- Moose Jaw
- North Battleford
- Prince Albert
- Regina
- Saskatoon
- Swift Current
- Yorkton

- Coaches and Athletes may only participate with a club team within 150km of their home residence address, as per the closest main highway route according to Google Maps.
- Club Teams not based in a Major Centre may populate their roster with athletes within 150m of their main training centre, including athletes from only one Major Centre.
- Exemptions for Coaches or Athletes to participate with a club team outside of 150km of their home residence address will be taken on a case-by-case basis. No exemptions will be considered for Coaches or Athletes who reside in one of the Major Centre to participate with a club team within a different Major Centre.
- Club Teams not based in a Major Centre may only include athletes

- Club Volleyball Competition

- TBA

- Approved Development Programs

- Participants must follow the same guidelines as Club Volleyball Team Composition.

- Provincial Team Guidelines

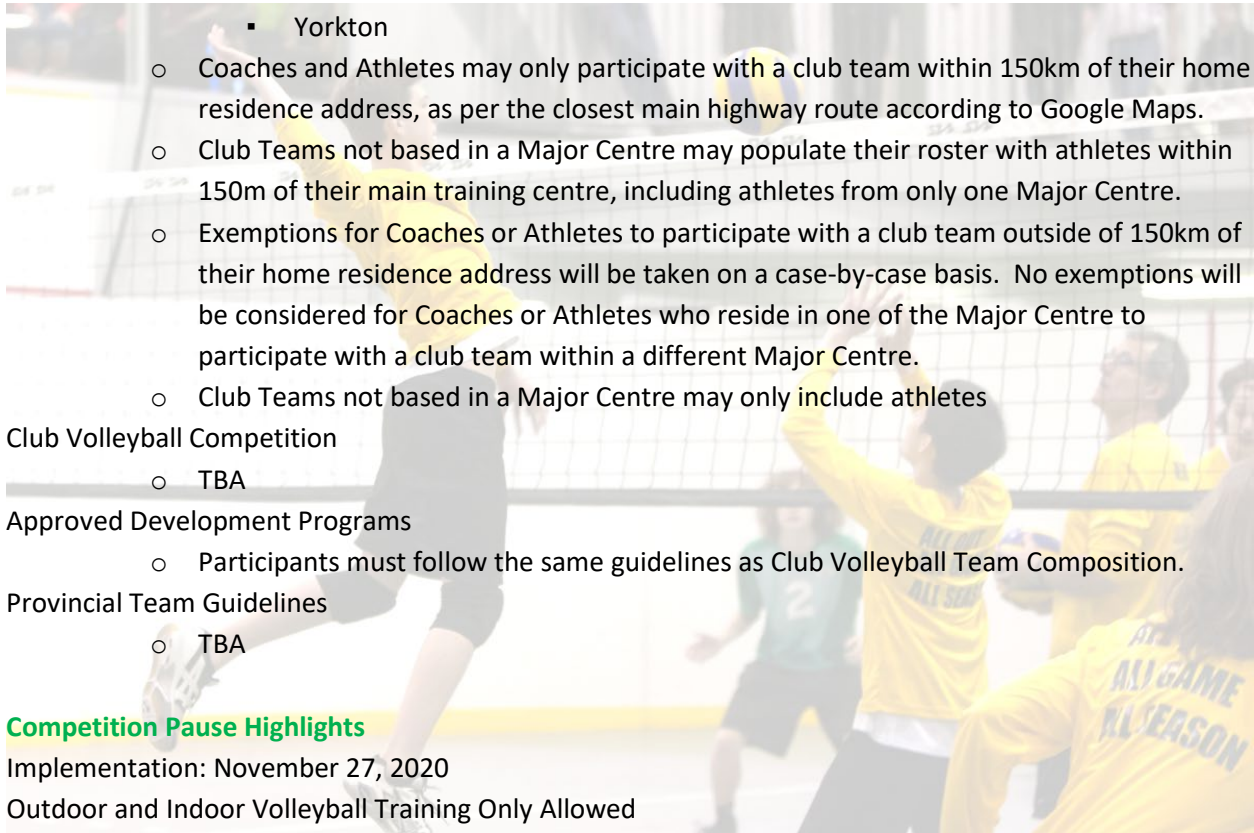
- TBA

### Competition Pause Highlights

- Implementation: November 27, 2020

- Outdoor and Indoor Volleyball Training Only Allowed

- No Competition Allowed
- Training allowed with up to 8 Participants at a time, and up to 50 Participants within a “Mini-League”.
- Masks must be worn by all participants at all times
- Participants must make every attempt to maintain 3m social distance at all times.



### Re-Open Road Map Step 1.1

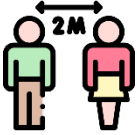
- Implementation: May 30, 2021
- Indoor restrictions to remain until June 20 or further notice.
- Outdoor-Only Volleyball Training and League Competition Allowed
  - Participants not required to wear masks (but may choose to do so) or physical distance.
  - Intra-Provincial travel (within province) for training or league competition allowed, though participants are encouraged to find a program within their own community. Inter-Provincial (outside province) not allowed.
  - Gathering size maximum of 150.
  - League Play allowed, but tournament play not allowed for now.

Future Stages to be determined in alignment with the Re-Open Saskatchewan Plan.

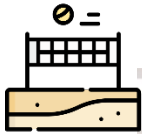


## Return to Play - Detail

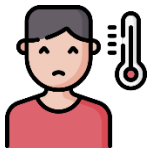
### 1. GENERAL CONSIDERATIONS



- Participant safety is paramount.
- You must adhere to ALL public health restrictions as a minimum in your community.
- Outdoor beach and grass volleyball are deemed safer than indoor volleyball. Programs should consider only running indoor activity when outdoor activity is not possible.
- Athletes and Coaches may participate in programs within 150km of their residence. Residence of a Major Centre may not participate in a program based in another Major Centre.
- Indoors, Training only allowed for up to 8 Participants at a time and 30 Participants within a “Mini-League”. Must be masked at all times and maintain social distance.
- Outdoors, League Competition allowed for up to 150 Participants at a time, masks and social distancing not required.
- Spectators must remain socially distanced from playing field, and should be limited as per indoor or outdoor gathering size limits.
- Inter-provincial travel (in and out of province) not allowed.
- Intra-provincial travel (within province) allowed.



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



- COVID-19 droplet transmission is much more likely when individuals are in close contact. The likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. Transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced. COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.
- 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.
- Coaches and Organizers must wear a mask and gloves during the volleyball activity.
- Athletes must wear a mask while in an indoor volleyball facility at all time.
- 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 stay home if they have been in contact with a known or presumptive case of COVID-19 in the previous 14 days.
- Athletes must wear a mask while in an **indoor** volleyball facility at all times.
- 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.
- Member athletes who participate in non-sanctioned volleyball will be subject to discipline through Sask Volleyball's Code of Conduct policy, and may not be eligible for future Sask Volleyball sanctioned activity.

#### 4. ORGANIZER RESPONSIBILITIES

##### Preparation

- Organizers must be an Approved Beach Volleyball Program, Approved Indoor Volleyball Program, or Approved Volleyball Club, with Sask Volleyball, which includes registration and screening of all Coaches, and agreement to follow the Sask Volleyball Return to Play Protocol.
- Member Coaches and Organizers who participate in non-sanctioned volleyball will be subject to discipline through Sask Volleyball's Code of Conduct policy, and may not be eligible for future Sask Volleyball sanctioned activity.
- 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.
- Any program 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, although participation across the Province is permitted. 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.
- For Indoor Programs, Maximum Group Size is 8 Participants at a time, and 30 Participants within a group, including all Participants, Coaches, and Organizers.
- For Outdoor Programs, Maximum Group Size is 150 Participants at a time, including Participants, Coaches, and Organizers.
- Participants must be divided into pre-identified groups that adhere to the maximum Group Size. Participants can move between groups between sessions. 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.



- If a Participant, 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 Session. 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 present when alone with a minor).
- Coaches and Organizers must wear a mask during indoor volleyball activity.
- Coaching must 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.
- Designate one or more people to be responsible for ensuring compliance with these guidelines. This should not be someone engaged in other critical duties.
- Volleyballs should be assigned to each group and not shared with other groups.
- 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.



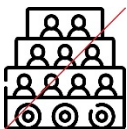
### Emergency Preparedness

- 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, including Sask Health, if you become aware of any suspected or confirmed cases that attended the Training Session.



## 5. PARENT/GUARDIAN AND SPECTATORS

- Parents/Guardians/Spectators must be limited to 1 per Participant. If present, Parents/Guardians and Spectators must abide by physical distancing guidelines and must be separated from Participant spaces.
- 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 are 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](#) for more detailed processes for creating a safe work environment.
- Conduct a full and comprehensive review of your facility, analyzing risk and exposure areas.
- 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.
- 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.
- All common contact surfaces within the facility should be cleaned and disinfected between different groups utilizing the facility, 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=o0P-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: May 26, 2021

