



# Abstract Volleyball – Alberta Covid-19 Action Plan

## PARTICIPANTS

- Participants should wash their hands before and immediately following participation while also sanitizing at frequent intervals during participation.
- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- People over 65 years of age or 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 any symptoms. Please do not come to training if you are not feeling well.
- Participants must stay home if they have been in contact with a known case in the previous 14 days.

## CONTACT MINIMIZATION

- Although physical distancing should be practiced at all times and volleyball is classified as a low contact sport, not all contacts can be completely eliminated. An increase in group density and/or a transition from controlled activities to game-like activities will increase the risk of contact.
- There will be a maximum of 10 athletes and 1 coach during the clinic and 6 during the small group training sessions to minimize group density. Note each facility may have different regulations on group size.
- Coaching will occur while practicing physical distancing.
- Spectators are not permitted as per the Volleydome Gym Covid-19 regulations, parents or guardians may help with covid-19 screening and check in but are not permitted to watch as that will limit the total number of athletes able to participate in their programs.
- Groups will have their designated ball carts and will be cleaned thoroughly after every hour session.
- During each session, there will be 'sanitation and water breaks' every 20 minutes.
- Unnecessary contact between participants (handshakes, high-fives, huddles, etc.) is discouraged at this time. There will be lots of positive feedback to make up for the loss of high fives.

## FACILITY CONSIDERATIONS – Volleydome GYM COVID-19 Regulations and Requirements

- Patron(s) will be advised to arrive **15 min** before scheduled court time and enter through the designated entrance. The Volleydome GYM will have a check-in area that is clearly marked with all signage relating to Volleydome protocols and Alberta Health Guidelines posted.
- Patron(s) arrival time will be staggered according to court.
- Staff members (wearing masks) will be available for check-in. They will:
  - require all patrons use hand sanitizing station (**Minhas Micro Brewery Hand Sanitizer 80% DIN 80098050**)
  - verbally screen for cough, fever, shortness of breath, runny nose, and/or sore throat symptoms. No entry if symptoms present, regardless of whether or not you have been

tested for COVID, if you have symptoms of coughing or shortness of breath, you must immediately be sent home.

- at their discretion screen for fever using a temperature sensor, there will be no entry if fever is detected.
- confirm the contact information provided through the online form and verify the number of participants matches registration.
- go through protocols and waivers (which will be kept on file for repeat customers) to ensure patrons understand court use guidelines.
- assign court number and check-out sanitized balls as needed.
- Once through the check-in process patrons should proceed directly to their assigned court for their allotted bookings. A designated area will be provided for personal belongings beside each court.
- The Volleymore Gym is a larger venue which will reduce the risk of transmission indoors.
- All common contact surfaces within the facility will be cleaned and disinfected regularly.
- Players are expected to arrive changed & ready to practice. **There will be no change room area access.**
- Public washrooms are available if needed. Stalls will be blocked off to allow for physical distancing. Please only use if needed and no hanging out in bathroom areas.
- No food or open drinks in the facility. Please bring a water bottle with you for personal use only, water fountains will be available only for filling water bottles and patrons will be asked to wipe down fountain contact points before and after use.

## **STAFF SPECIFIC MEASURES**

- Abstract Volleyball Staff and Coaches will be required to complete daily medical/self-assessment checks. If they are ill, they will not be permitted to coach or work at the facility.
- Abstract Volleyball Staff and Coaches will be up to date about the latest available guidance on the COVID-19 outbreak (official web resources available from BCCDC, WHO, CDC, ECDC, UN, local public health authorities) Abstract Volleyball Staff and Coaches are committed to following the available guidance.
- Abstract Volleyball Staff and Coaches will be informed of the local daily situation reports as provided by local, provincial, national and international public health authorities. Coaches will understand that they may be working in provinces with different regulations and will be up to date on the provinces policies and reports.
- Abstract Volleyball Staff and Coaches will be given up to date information to local COVID-19 changes.
- Abstract Volleyball Staff and Coaches understand the risks and transmission routes of COVID-19, they understand the steps that attendees can take to limit spread. If required, coaches may wear masks in certain facilities, they will enforce mandatory hand sanitation breaks and plan practices around athlete physical distancing.

## **EMERGENCY PREPAREDNESS AND RESPONSE PLANS**

- Athletes will comply with all facility Covid-19 regulations.
- In case of injury or illness the coach will contact the athlete's emergency contact immediately.
- If an athlete becomes ill, they will be placed in an isolation area until the emergency contact arrives.
- Bring medical supplies as needed (band aids, tape) as they will not be supplied. If a situation occurs where first aid is needed. The coach will assess and call emergency contact. All contact is discouraged when tending to medical issues.

## **MANAGEMENT OF NEW OR SUSPECTED CASES**

- If an Abstract Volleyball Staff or coaches become ill with Covid-19 symptoms during a session they will immediately leave the building and proceed to get tested for Covid-19. The facility director will also be notified, and all athletes will be notified.
- If the coach falls ill during the session the current training athletes will be refunded and asked to monitor their health.
- All athletes that have been in contact with the coach or staff member will be contacted.
- If a new case arises during training, Abstract Volleyball will collaborate and coordinated with the local public health sector.
- If a new case arises at the facility the Abstract Volleyball's lead coach will assess the situation and will modify, restrict, postpone or cancel the training related to the evolving COVID-19 outbreak.
- Abstract Volleyball Staff and Coaches will work with the facility managers and comply with their procedures related to the evolving COVID-19 outbreak.

## **COMMUNICATION**

- Athletes and Parents must understand the risk to exposure to COVID-19 when participating in any Abstract Volleyball clinics or Small Group Training Sessions.
- Abstract Volleyball's Julie Young will lead media activities and is tasked with managing all internal and external communications with NSO, PSO, public health, government officials, the general public, and the media in regards to COVID-19.