



Abstract Volleyball – B.C. 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 12 athletes and 1 coach during the setters clinic (2 courts, 6 per court, 3 per side) 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 Harry Jarome Sports Centre Covid-19 regulations, parents or gradians 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 – Harry Jarome Sports Centre Regulations and Requirements

- Physical distancing of 2 meters must be practiced at all times on and off the court.
- There must be no more than 6 individuals (3 per side) on a court. Blocking at the net will not be permitted.
- Upon registration and entry:
 1. Please arrive no early than 15 minutes before your scheduled rental.
 2. **Wait outside of the facility** for staff to meet you at your designated times. You may call 604.291.2007 to speak with facility staff inside the dome.
 3. All participants will be met outside and asked COVID-19 symptom screening questions before they are allowed to enter the facility. If a patron, participant, member of a rental

group, or visitor answers yes to any of the symptoms they will not be permitted to enter HJSC.

4. Guests will be escorted inside HJSC and will be required to wash or sanitize their hands before checking in at the office.

5. All guests will be required to complete a Waiver/Indemnity Agreement and COVID-19 Declaration before participating in any activity. We will securely retain these records for contact tracing in the event of a COVID-19 outbreak.

- To maintain occupancy limits, only individuals involved in an activity will be permitted inside HJSC.
- The current maximum capacity for the HJSC is 70 individuals. **Spectators are not permitted.**
- Parents/guardians may escort their child inside for drop off/pick up only, providing that it does not compromise occupancy limits.

Belongings

- Please limit the number of personal belongings brought into HJSC.
- You will be advised where to place your belongings in the facility.
- There must be no sharing of water bottles, towels or other personal items.

General Hygiene Considerations

- Guests should wash their hands before and immediately following activities.
- Guests should avoid touching one's face throughout activities.
- Guests 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 guests should consider wearing a mask and gloves.

Common Areas and Services

- Please follow all signage, markers and directions when inside HJSC.
- There is no access to the spectator seating, vending machine or changerooms at this time.
- Please respect the occupancy limits posted at the washrooms.

Exit Process

- Collect your belongings and leave the court area, following the directional signage.
- Please keep track of the time and be prompt in leaving the court so that we can clean it between sessions.
- Do not socialise or congregate in HJSC or in the parking lot so that other guests are able to safely enjoy their sessions.

If guests do not adhere to these rules and protocols, they will be asked to leave HJSC. Any violation of these rules may result in forfeit of the rental with no refund.

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.