



# COVID-19 Exposure Control Plan

## Spring 2021

### **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.
- Coaching will occur while practicing physical distancing and coaches will be minimizing group demonstrations
- Spectators are not permitted, 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 balls will be cleaned thoroughly after every session.
- During each session, there will be frequent 'sanitation and water breaks'
- 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.

### **NEED TO KNOWS:**

1. Please arrive no early than 15 minutes before your scheduled session.
2. **Wait** for staff to meet you at the designated check in area for your designated start times.
3. All participants will be asked COVID-19 symptom screening questions before they are allowed to enter the program area. If a patron, participant, member of a rental group, or visitor answers yes to any of the symptoms they will not be permitted to participate
4. Participants will be required to wash or sanitize their hands before touching the volleyballs.
5. All guests will be required to complete a Waiver/Indemnity Agreement and COVID-19 Declaration before participating in any activity. This is completed at online registration. **There will**

**be no on-site registration available.** We will securely retain these records for contact tracing in the event of a COVID-19 outbreak.

6. Parent/guardians/supporting adults are asked not to congregate in the program area, or the parking lots nearby to promote health and safety restrictions and eliminate risk of getting shut down and youth can continue to enjoy their training sessions.

7. Belongings: There must be no sharing of water bottles, towels or other personal items.

**8. Registration in Abstract Volleyball programs indicates that participants and parent/guardian/supporting adults have read and agree to follow the participation requirements outline in this COVID19 Exposure Control Plan.**

## **GENERAL HYGEINE 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.

**Violation of these rules from participants or supporting adults may result in removal from the program without 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, 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.
- A first aid kit is on site as needed (band aids, tape). If a situation occurs where first aid is needed: The coach will assess and call emergency contact if further care is required. 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 coordinate with the local public health sector.
- If a new case arises at the program, 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 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 Jesse Knight 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 regard to COVID-19.