

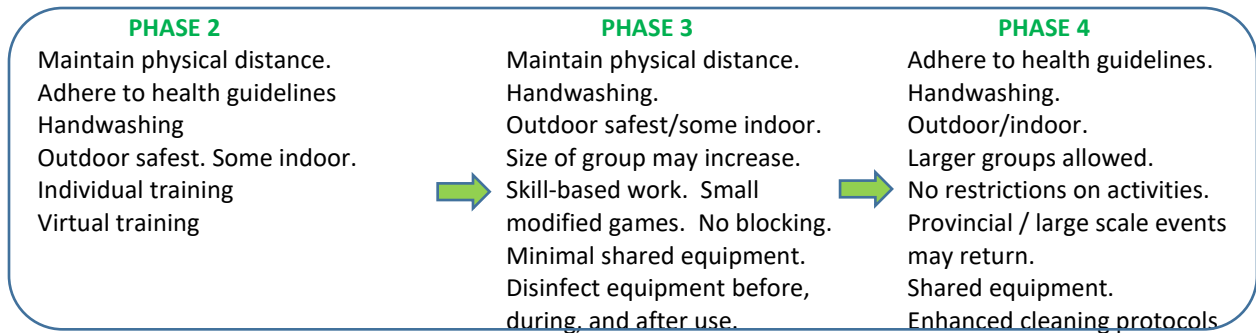
A PHASED RETURN TO VOLLEYBALL CONSIDERATIONS & GUIDELINES

Sport and Recreation play an important role in the social, emotional and physical well being of individuals and our wider community. Under the Renew PEI Together Plan, sport organizations can consider reopening but before doing so must have a detailed plan that follows the sport-specific guidelines. This document outlines the considerations and guidelines for the safe resumption of Volleyball in PEI.

It is important that all individuals understand that when you choose to participate in physical activities outside the home during the pandemic, you are at an increased risk of contracting COVID 19. This is an inherent risk of participating in non-essential activities in your community.

1. A PHASED APPROACH

- A safe return to volleyball will take place in phases that align with public health guidelines about the safe resumption of activity. The diagram below illustrates three different phases outlined by our Chief Provincial Health Office, adapted to move towards full volleyball activity.
- Public health restrictions will always guide what is allowable in our community. Each phase should only be considered when public health restrictions and physical distancing measures allow for it.
- From June 26th, 2020, we are entering Phase 4 of this plan. The focus of this document are guidelines and considerations for Phase 4. These may be adapted as we move into future phases.



2. GENERAL CONSIDERATIONS

- Participant safety is paramount.
- You must adhere to all public health restrictions in your community (ex.: maximum group gatherings, facility access).
- Returning to volleyball should only be considered if local restrictions and physical distancing measures allow for it.
- Programs should continue to be community focused in Phase 4. Participants should come from the local area only to avoid non-essential travel.
- In Phase 4, volleyball activities can focus on group skills development with game play permitted.

3. GENERAL HYGIENE CONSIDERATIONS

- Participants, coaches and staff should wash their hands before and immediately following participation in volleyball activities.
- Breaks to ensure hand washing or sanitizing at intervals throughout the activity should be scheduled.
- Participants, coaches and staff should avoid touching one's face throughout volleyball activities.
- Participants, coaches and staff 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.
- There should be no sharing of water bottles, towels, or other personal items.
- Physical distancing of 2 meters should be practiced at all times.
- There should be no unnecessary contact between participants – this includes handshakes, hugs, meeting at the net, and high-fives.
- Participants should leave immediately after the activity. Participants should not congregate or socialize.

4. PARTICIPANT CONSIDERATIONS

- Group sizes should be minimized at all times and must abide by regional public health restrictions.
- All participants should be informed of the risks associated with participation, including the risks of contracting COVID-19.
- Participants must be healthy with no signs or symptoms of illness.
Organizers should screen participants for symptoms at the start of each session. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they should be removed from the activity and self-isolated immediately.
- Participants should know 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 or presumptive case of COVID-19 in the previous 14 days.
- Participants who are over 65 years, immuno-compromised, or with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged. Those who live with high-risk individuals should consider their participation carefully.
- Organizers should maintain full contact information for all individuals participating in an activity.
- Should a participant subsequently be diagnosed with COVID-19 within 14 days of participating in a volleyball activity, they should notify the organizer as soon as possible. See the Emergency Preparedness Section for more information in this situation.

5. COACH AND STAFF CONSIDERATIONS

- Coaching should be completed while ensuring physical distancing guidelines.
- Coaches and staff must be healthy with no signs or symptoms of illness. Individuals should know of the common symptoms of COVID-19 and stay away if displaying symptoms.
- If a coach or individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity.
- Coaches and staff must stay home if they have been in contact with a known case of COVID-19 in the previous 14 days.
- Coaches and staff who are over 65 years, immuno-compromised, or with underlying health conditions are deemed to be higher risk. Their involvement should be carefully considered and likely discouraged. Those who live with high-risk individuals should consider their participation carefully.
- Organizers should maintain full contact information for all coaches and staff participating in an activity.
- Should a coach/staff member subsequently be diagnosed with COVID-19 within 14 days of participating in a volleyball activity, they should notify the organizer as soon as possible. See Emergency Preparedness Section for more information in this situation.

6. PARENT/GUARDIAN & SPECTATOR CONSIDERATIONS

- Parents/Guardians/Spectators should be discouraged or minimized.
- 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.
- If present, Parents/Guardians/Spectators must also abide by physical distancing guidelines.

7. FACILITY AND EQUIPMENT CONSIDERATIONS

- Outdoor activity has been deemed safer than indoors. Beach and grass volleyball would be deemed safer than indoor volleyball at this time, however indoor volleyball activities are permitted in Phase 4.
- 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.
- If you are renting space, the facility owner or operator has overall responsibility for cleaning protocols within the facility. However, you are responsible for ensuring that there are sufficient cleaning protocols in place, as well as ensuring all your equipment is properly cleaned.
- Only essential seating, benches and tables should be made available. Access to water fountains, meeting spaces, change rooms etc. should be carefully considered and likely closed or discouraged.
- All common contact surfaces within the facility should be cleaned and disinfected regularly.
- Consider adjustments to scheduling activities to permit safe flow of participants and sanitisation of equipment and facility.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants
- Sanitize balls at frequent intervals and especially between different user groups. Clearly separate sanitized balls from those requiring cleaning.

8. BEACH VOLLEYBALL CONSIDERATIONS

- You must adhere to all public health restrictions in your community (ex. maximum group gatherings, facility access). In Phase 4 of the Renew PEI Together Plan, individuals may get together in groups of 50 people or less but must keep a physical distance so the size of the facility will dictate how many participants are permitted. Two court facilities will be able to host up to 12-16 participants using both sand and grass areas. Four court facilities will be able to host up to 24-32 participants using both sand and grass areas.
- Consider court set-up to adhere to physical distancing requirements and encourage safe movement of participants.
- Balls should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- All participants, coaches and staff should practice physical distancing.
- All participants, coaches and staff should wash hands before and after each session.
- The flow of participants should be considered so that there are no congregation points.
- Allow transition time for groups to move in and out and for equipment to be sanitized.
- Parents/Guardians/Spectators may be permitted if they can safely adhere to social distancing in the outside area.
- Consider hygiene, participant, facility and equipment safety recommendations outlined in the rest of this document.

9. INDOOR VOLLEYBALL CONSIDERATIONS

- You must adhere to all public health restrictions in your community (eg. maximum group gatherings, facility access). In Phase 4 of the Renew PEI Together Plan, individuals may get together in groups 50 people or less in organized recreational activities and keep a physical distance.
- Follow all facility operator guidelines for safe use of the space. The facility owner or operator has overall responsibility for cleaning protocols within the facility. However, anyone renting their space is responsible for ensuring that there are sufficient protocols in place, as well as ensuring all equipment is properly cleaned.
- Consider court set-up to adhere to physical distancing requirements and encourage safe movement of participants.
- Balls should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- All participants, coaches and staff should practice physical distancing.
- All participants, coaches and staff should wash hands before and after each session.
- The flow of participants should be considered so that there are no congregation points.
- Allow transition time for groups to move in and out and for equipment to be sanitized.
- Participants/Guardians/Spectators should be discouraged and minimised.
- Consider hygiene, participant, facility and equipment safety recommendations outlined in the rest of this document.

10. ADDITIONAL CONSIDERATIONS FOR ORGANIZERS OF VOLLEYBALL ACTIVITIES

- Returning to volleyball should only be considered when public health restrictions and physical distancing measures allow for it. Public health restrictions will always guide what is allowable. Please consult with your provincial health authority before engaging in volleyball activities or programming
- It is important to note that most insurance policies – including that provided through Volleyball PEI - exclude coverage related to communicable diseases or pandemics, including Directors and Officers Insurance. Therefore, return to play discussions should include acknowledgement of the inherent risk to the resumption of sport during a pandemic and clear strategies to mitigate these risks.
- Ensure that participants are fully informed and consent to risks associated with participating in volleyball activities.
- Retain detailed records of all participants in sessions. Details should include full contact information, date, time and location of volleyball activities.
- All activities require pre-registration to minimize the physical exchange of documentation and paper in-person and to have all participant contact information on file.
- All participants should be told to practice physical distancing while commuting to and from the activity.
- Ensure that all staff and coaches are fully educated on symptoms of COVID-19 and all associated procedures to minimize risk.
- Owners/operators of volleyball facilities should consult local authorities, public health guidelines to ensure that facility and operations meet safety guidelines.

11. OUTBREAK PREPARATION AND REPORTING

- Ensure that you have necessary sanitation and protection supplies at hand.
- Ensure that there is a clear procedure for handling any participant, staff member or coach 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 processes, and education of staff on the procedure.
- Ensure that your first aid policies and protocols are updated to include COVID-19 considerations. See useful links at the end.
- Follow recommended reporting protocols if you become aware of any suspected or confirmed cases of COVID-19.

12. USEFUL RESOURCES

- <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-handwashing/covid-19-handwashing-eng.pdf> - Reduce the Spread of Covid-19 – Wash your Hands
- <https://www.princeedwardisland.ca/en/information/health-and-wellness/provincial-response-coronavirus> - Provincial response to Coronavirus
- https://volleyball.ca/uploads/News/Return_to_Volleyball_onepage_EN.pdf - How do we Bounce Back – A Safe Return to Volleyball
- <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/cleaning-disinfecting-public-spaces/cleaning-disinfecting-public-spaces-eng.pdf> - Cleaning and Disinfecting Public Spaces
- <https://www.princeedwardisland.ca/en/information/health-and-wellness/fitness-facilities-guidance> - Fitness Facility Guidelines
- <https://www.princeedwardisland.ca/en/information/organized-recreational-activities-and-team-sports-guidance> - Organized Recreation Activities and Team Sports Guidance.
- <http://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19> - First aid protocols for an unresponsive person during COVID-19.
- <https://www.princeedwardisland.ca/en/service/self-assessment-for-covid-19> - Self Assessment for COVID-19

Please note this is not a legal document. It will be updated as new information becomes available. This document outlines key preventative and protective recommendations and best practices during a pandemic. These recommendations are based on industry best practice and norms.

Date: June 26th, 2020