

West Coast Volleyball Club

Communicable Disease Safety Plan

Beginning on July 1, 2021, organizations are no longer required to have a COVID-19 Safety Plan. Instead, it is recommended that organizations transition to developing a communicable disease plan that incorporates the principles and lessons learned from COVID-19. In response to these recommendations, West Coast Volleyball Club has developed the following Communicable Disease Safety Plan.

First and foremost, the health and safety of all of our athletes, coaches, volunteers and staff remains our top priority. On July 5, 2021, Volleyball BC stated that volleyball in this province has moved to Phase 3 of the “British Columbia Restart Plan” developed by the province in conjunction with ViaSport. Through this response protocol, it is our goal to ensure the healthiest and safest return to play for all of our athletes, coaches, volunteers and staff and to be responsive and communicative during this evolving COVID-19 pandemic. This plan was updated and revised on September 14, 2021 to reflect the current Public Health Orders and will be used to guide our indoor programs for the upcoming 2022 season.

Given the continuously evolving situation that COVID-19 presents, it is our commitment to our members and our stakeholders that West Coast Volleyball Club will follow the guidance of the Province of British Columbia, provincial and municipal health authorities and Volleyball BC and we require that all of our members do the same. Together, we will ensure the safest and healthiest Return to Play for everyone.

At any time, questions and/or concerns can be directed to the Club Director, Wayne Loewen at 604-807-2703 or waynel.wcvc@gmail.com.

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Know the Symptoms of COVID-19

It is important that all coaches and athletes participating in West Coast Volleyball Club's programs recognize the most common symptoms of COVID-19.

Key symptoms include:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms include:

- Sore throat and painful swallowing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have a fever and/or 2 or more of any other symptoms you must stay home.

¹ <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

Protective Measures to Keep Everyone Safe

The health & safety of our athletes, our coaches, volunteers and our staff is of utmost importance to WCVV and we have implemented safety measures, precautions and infection control procedures to try and create the healthiest and safest environment for our collective Return to Play.

The protective measures outlined below have been put in place to help mitigate the risk of COVID-19 infection.

1. Compliance with Laws and Regulations and Adaptations Based on the Evolving Pandemic

At all times, WCVV will abide by the laws, regulations and guidelines set forth by the British Columbia Government, City of Langley, Public Health and Volleyball BC.

- 1.1. WCVV Volleyball Club will abide by all recommendations of the local health authority to restrict or modify activities in the interest of its athletes and coaches' safety
- 1.2. In the event a program must be suspended or cancelled due to COVID-19 prior to its scheduled conclusion, athletes may be issued a partial refund.

2. Physical Distancing and Cohorts

- 2.1 As a part of Phase 3, physical distancing does not need to be maintained on or off the court.
- 2.2 There is no maximum group size for participants, coaches, officials, organizers, or staff. Cohorts are not required during this phase.
- 2.2. Athletes and coaches should take caution when engaging in any unnecessary non-volleyball contact activities such as handshaking, high fives, huddles or hugging. Athletes and coaches are encouraged to consider other ways of celebrating where possible, such as elbow bumps and waves.
- 2.3. Participants are encouraged to limit their time in the facility before and after training and should avoid large congregations or socializing prior to or after training. If doing so, participants are encouraged to socialize outside where possible.
- 2.4. For the case of back to back groups, all athletes from the first group must exit the building and equipment sanitized before the next group will be allowed entry into the building.
- 2.5. Participants are encouraged not to arrive more than 10 minutes before their training session to reduce the number of participants at the venue. Participants are also encouraged to leave within 10 minutes of their session to allow for the next group to arrive.

3. General Hygiene

- 3.1. Participants are encouraged to bring their own hand sanitizer and in their equipment bags. Hand sanitizer will also be available at the facility at the entrances and exits, and around the courts.
- 3.2. Participants, coaches, and staff are strongly encouraged to wash their hands before and immediately following participation in volleyball activities.
- 3.3. Coaches will seek to schedule regular breaks to ensure hand washing or sanitizing at intervals throughout the session.

4. Respiratory Etiquette and the use of Masks

- 4.1. Participants, coaches and staff should ensure safe disposal of all hygienic materials (eg. Kleenex, wipes, tape, etc.) in an appropriate garbage can.
- 4.2. Participants, coaches, and staff should avoid touching one's face throughout volleyball activities.
- 4.3. Individuals should cover their cough or sneeze with a tissue and then immediately wash their hands or cough/sneeze into their elbow.
- 4.4. Masks are not required to be worn by players when they are on the court of play. Players must wear a mask when engaging in low-intensity warm-ups, are sitting on the bench or are in-between games. Coaches, organizers, spectators and staff must wear masks at all times.
 - 4.3.1 As per the VBC guidelines, proof of vaccination is not required for any athlete nor for any adult involved in direct delivery or supervision of indoor youth sport.
 - 4.3.2 Facilities may set their own guidelines for mask use and proof vaccination, and participants must follow these at all times.

5. Water and Personal Belongings

- 5.1. Athletes and coaches must not share water bottles, towels or other personal items. Everyone will be asked to bring sufficient water for the entire training session and all water bottles must be labelled.
 - 5.1.1 Participants are encouraged to limit the amount of personal belongings that are brought into the facility. Bring only what you need for training.

6. Equipment Disinfection & Cleaning

- 6.1. WCVC will implement sanitization protocols for the volleyball equipment (nets, balls, antennas, etc...).
- 6.2. Teams are encouraged not to share balls and other equipment during a training session. All equipment will be cleaned and disinfected by WCVC staff before the next group uses them.

7. Establishment of an Isolation Area & Emergency Contact Information

At the start of each Session, a designated WCVV Staff member will:

- 7.1. ensure that emergency contact information has been received for all athletes and coaches in attendance in the session.
- 7.2. designate and mark an area to be defined as the "Isolation Area". No person shall enter the designated Isolation Area unless they are feeling unwell and/or displaying symptom(s) consistent with COVID-19.
- 7.3. maintain a detailed log of all participants and coaches in its Programs.

8. Facility Usage

8.1. Any rules that are specific to the facility being used (DW Poppy Secondary School and H.D. Stafford Middle School) will be communicated to all participants and parents prior to the start of the Program.

9. Spectators

Under Phase 3, indoor sport activities can have 50 seated spectators or 50% capacity, whichever is greater.

9.1. Given these rules, there will be a limit of 50 spectators during training sessions at DW Poppy Secondary School and H.D. Stafford Middle School. Participants are asked to limit themselves to no more than two(2) spectators during each training session.

9.2. Spectators are encouraged to practice physical distancing.

10. Program Registration

10.1. All participants must pre-register for all Programs via WCVV website to eliminate the physical exchange of documentation and paper in-person and to have all participant contact information (including emergency contact information) on file. Drop in activities are strictly prohibited.

10.2. Payment must be made via e-transfer.

We will not be accepting any in-person payments at this time.

If e-transfer is not possible, please contact Vinnu to confirm an alternative form of payment: 604-716-4126 or vinnua.wcvc@gmail.com

10.3. In addition to the standard WCVV registration forms, all participants, coaches and volunteers must complete and sign the WCVV Indemnity and Assumption of Risk form prior to their first session.

11. First Aid

11.1. In the event that first aid is required to be administered during an activity, all person(s) attending to the injured individual must wear a mask and gloves. If possible, the injured person should also be provided a mask and gloves.

12. Communications With Stakeholders

WCVC will maintain open and transparent communications with all of its stakeholders during each Return to Play phase as set forth by the British Columbia Government.

12.1. The Club will provide written notice to update members, coaches and volunteers of changes to its business during COVID-19.

12.2. Safety protocols will be communicated to members, coaches and volunteers prior to the start of all Club Programs and posted and accessible to all members on the Club's website.

12.3. In the event of a confirmed or probable exposure to COVID-19, the Club will be in immediate contact with the local public health office and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority.

13. Compliance & Athlete Dismissal

13.1. West Coast Volleyball Club reserves the right to remove any participant from its Programs at any time and for any reason if any West Coast Volleyball Club staff believe, in their sole discretion, that the participant is not complying with any of the terms described in this document.

13.2. If a participant is removed for violation of West Coast Volleyball Club's Communicable Disease Plan, there will be no refund provided.

West Coast Volleyball Club's Communicable Disease Safety Plan

The underlying objectives of this plan are risk mitigation, infection control and containment.

14. Prior to Arrival – Individual Pre-Screening

14.1. All individuals - coaches, volunteers, participants and accompanying parent(s)/guardian(s) MUST STAY HOME if ANY of the following are true:

- they have been diagnosed with COVID-19 and/or feel unwell and/or are displaying symptoms consistent with COVID-19
- a person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19
- they, or someone in their household, has travelled outside of Canada within the last 14 days and are required to self isolate.
- they, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days

14.2. Individuals who are considered vulnerable or at-risk for a communicable disease are encouraged to stay home. If participating, they should assess the risks particular to them to ensure their personal safety.

14.3 Participants are not required to submit an online Health Declaration prior to each session; however each participant must complete the BC COVID-19 Self-Assessment tool in advance of attending an activity and must follow any steps it recommends.

15. An Individual Feels Unwell or Displays Symptoms of COVID-19 During a Training Session (*athlete, coach, volunteer, staff*)

15.1. Isolate the Impacted Individual and Send Home for Self-Isolation

15.1.1. The individual must be immediately separated from the training group/program and moved to the designated Isolation Area

15.1.2. The individual must be picked up immediately

15.1.3. If the individual is an athlete, a Coach must continue to supervise the athlete while maintaining a minimum of 3m physical distance until they have been picked up by their parent or designated emergency contact

15.1.4. Athletes must be picked up by a parent, legal guardian, or designated emergency contact; they will not be permitted to leave by cab, rideshare or public transportation

15.2. Individual will Follow Public Health Requirements

Consistent with the recommendations of the BC Government, individuals experiencing symptoms of COVID-19 will be advised to:

15.2.1. Self-isolate.

15.2.2. Stay home and do not go to work, school or public places and do not use public transit, taxis or ride shares.

15.2.3. Do not have visitors to your home.

15.2.4. Must receive clearance from their health care authority and be able to pass the BC COVID-18 Self-Assessment tool prior to returning to play/coaching.

15.2.5. Follow any guidelines given to them by the local health authority and must receive clearance from their health care authority or health care provider prior to returning to play/coaching.

16. An Individual has tested positive for COVID-19 OR has been exposed to a confirmed case of COVID-19 (*athlete, coach, volunteer, staff*)

16.1. Individuals will Follow Public Health Requirements

Consistent with the recommendations of the British Columbia Government, individuals who have been diagnosed with COVID-19 or have been exposed to a confirmed case of COVID-19 must:

- Immediately self-isolate
- Contact their healthcare provider, 8-1-1, or complete the online BC COVID-19 Self-Assessment to determine if they need testing (if not already tested)
- Follow the guidance of their health care authority and get tested for COVID-19 if recommended
- Not return to any WVCV program until deemed safe by their health care authority.

17. Communications Regarding Exposures

If WVCV is notified of a possible exposure, it will be the responsibility of the Club Director, Wayne Loewen, to work with the local health authority and to follow any recommended actions, reporting, and contact tracing protocols, as required by them.

17.1.1. Though not required under Phase 3, the Club will maintain a detailed log of all participants and coaches in any program on any given day, including contact information, in order to facilitate prompt contact tracing and communication of information.

17.1.2. If advised to do so by the public health authority, while maintaining confidentiality in accordance with applicable laws and regulations, the Club will provide written notification to all participants, coaches, parents, members and volunteers in the affected Program of the potential exposure. If the public health authority advises the Club that it is not necessary (or advisable given confidentiality considerations) to notify other individuals, the Club may not notify Parents if another athlete becomes ill.

17.1.3. Infected individuals are recommended to be re-tested for COVID-19 following their 14-day isolation and prior to returning to play/coaching. However, irrespective of testing, all athletes, coaches, volunteers and staff must receive clearance from their health care authority prior to returning to play/coaching.

Coach Guidelines

These are general protocols for all programs. There may be other considerations that will be communicated to all coaches depending on program/location specific requirements.

1. HYGIENE/CLEANING PROTOCOLS

- 1.1. The Club will provide hand sanitizer and spray bottles of disinfectant for all coaches.
- 1.2. Sanitize all equipment between training sessions. Coaches are encouraged to assign a minimal number of staff and/or players to help with this.
- 1.5. Wash or sanitize your hands between groups and at regular intervals during the training session.
- 1.6. Plan regular water/hand washing breaks and remind all athletes to use their hand sanitizer during these breaks. Athletes will be asked to bring their own hand sanitizer but extra will be available via the hand sanitizer stations at the facility
- 1.7. For the case of back to back groups, all athletes and coaches from the first group must exit the building and equipment sanitized before the next group will be allowed entry into the building.
- 1.8. Avoid congregating, holding meetings or socializing prior to and after training. If doing so, please consider meeting outside where possible.
- 1.9. Consider assigning minimal people to gather equipment as needed.
- 1.10. Avoid sharing pens, clipboards, whistles, etc.

2. WAIVER & HEALTH SCREENING

- 2.1. Coaches must complete a [WVCV Indemnity and Assumption of Risk](#) waiver prior to their first session.
- 2.2. Coaches must self-assess using the BC COVID-19 Self-Assessment tool each day prior to attending any practice or game. Coaches are not required to submit an online health screening each day.

3. ILLNESS POLICY

- 3.1. All individuals - including coaches, athletes, and parents - **MUST STAY HOME** if ANY of the following are true:
 - They have been diagnosed with COVID-19 and/or feel unwell and/or are displaying any of the symptoms consistent with COVID-19
 - A person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19.
 - They, or someone in their household, has travelled outside of Canada within the last 14 days and are required to self isolate.
 - They, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days.
- 3.2. If you are feeling unwell, contact Wayne Loewen at 604-807-2703 as soon as possible and follow these steps:
 - Self-isolate
 - Contact your healthcare provider, call 8-1-1, or use the [BC COVID-19](#)

[Self-Assessment Tool](#) to help determine if further assessment or testing is needed.

- Monitor your symptoms daily and do not return to activity for at least 48 hours of being free of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. If directed to get a COVID test you cannot return to any club activities until a negative test result is received and you are symptom free.
- Continue to update Wayne Loewen on your health status daily.
- Do not return to play until you have been cleared to do so by your healthcare provider or local health authority and are symptom free.

4. VOLLEYBALL SPECIFIC

4.1. In Phase 3 of the provinces restart plan, physical distancing and cohorts are not required. There are no restrictions or limitations on volleyball-specific activities, and practices, games and competitions can resume.

4.2. Athletes and coaches should take caution when engaging in any unnecessary non-volleyball contact activities such as handshaking, high fives, huddles or hugging. Athletes and coaches are encouraged to consider other ways of celebrating where possible, such as elbow bumps and waves.

4.3. Balls and other equipment should not be shared between courts. Ensure that all equipment is sanitized prior to sharing with another group and at the end of practices, games and competition.

5. TREATING SICK OR INJURED PLAYERS

5.1. Identify an Isolation Area at the court at the beginning of the session and ensure that no one enters the Isolation Area unless they are feeling unwell or displaying signs of COVID-19.

5.2. If an athlete tells you that they are feeling unwell, please follow these steps:

- Separate the athlete from the rest of the group and direct them to the Isolation Area
- Contact the athlete's parent/guardian (using the Emergency contact list provided by the Club Administrator) and request that the athlete be picked up immediately
- Do NOT allow the athlete to leave on public transit, taxi or rideshare.
- Remind the athlete and their parent/guardian to self-isolate, monitor their symptoms, use the COVID-19 Self-Assessment tool and call 8-1-1 if they need more information.

5.3. If attending to an injured player, a mask and gloves MUST be worn. If practicable, consider asking the athlete to tend to him/herself with your direction.

At any time, questions and/or concerns can be directed to the Club Director, Wayne Loewen at 604-807-2703 or waynel.wcvc@gmail.com.