

# **WCVC COVID-19 Return to Play Protocol & Safety Plan**

In response to the current COVID-19 pandemic and based on the guidelines set forth by Volleyball BC, West Coast Volleyball Club has developed the following COVID-19 Return to Play Protocol.

First and foremost, the health and safety of all of our athletes, coaches, volunteers and staff remains our top priority. On June 18, 2020, Volleyball BC announced that volleyball training would be allowed to restart under the “Phased Return to Play” Plan developed by Volleyball BC 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.

With the situation that COVID-19 presents and it is a situation that evolves daily, 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](mailto:waynel.wcvc@gmail.com).

## TABLE OF CONTENTS

<b><u>KNOW THE SYMPTOMS OF COVID-19</u></b>	<b>3</b>
<b><u>PROTECTIVE MEASURES TO KEEP EVERYONE SAFE</u></b>	<b>4</b>
1. COMPLIANCE WITH LAWS AND REGULATIONS AND ADAPTATIONS BASED ON THE EVOLVING PANDEMIC	4
2. PHYSICAL DISTANCING	4
3. GENERAL HYGIENE	5
4. RESPIRATORY ETIQUETTE, AND THE USE OF PERSONAL PROTECTIVE EQUIPMENT (MASKS, GLOVES)	5
5. WATER AND PERSONAL BELONGINGS	5
6. EQUIPMENT DISINFECTION & CLEANING	5
7. ESTABLISHMENT OF AN ISOLATION AREA & EMERGENCY CONTACT INFORMATION	5
8. FACILITY USAGE	6
9. SPECTATORS	6
10. PROGRAM REGISTRATION	6
11. FIRST AID	6
12. COMMUNICATIONS	6
13. COMPLIANCE & ATHLETE DISMISSAL	7
<b><u>WCVC's VOLLEYBALL CLUB'S COVID-19 SAFETY PLAN</u></b>	<b>8</b>
14. PRIOR TO ARRIVAL – INDIVIDUAL PRE-SCREENING	8
15. PRIOR TO ACTIVITY – ONLINE HEALTH DECLARATION	8
16. AN INDIVIDUAL FEELS UNWELL OR DISPLAYS SYMPTOMS OF COVID-19 <i>(ATHLETE, COACH, VOLUNTEER, STAFF)</i>	8
17. AN INDIVIDUAL HAS TESTED POSITIVE FOR COVID-19 OR HAS BEEN EXPOSED TO A CONFIRMED CASE OF COVID-19 <i>(ATHLETE, COACH, VOLUNTEER, STAFF)</i>	9
<b><u>COACH GUIDELINES</u></b>	<b>11</b>
<b><u>APPENDIX A – DAILY HEALTH DECLARATION</u></b>	<b>13</b>

### **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.

Symptoms include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

If you have a fever or 2 or more of the other symptoms you must stay home.

<sup>1</sup> <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 will be issued a prorated refund for any days missed

### **2. Physical Distancing and Cohorts**

2.1 In the progressively loosened phase cohorts will be created for all volleyball activities. Within the cohorts individuals do not need to maintain physical distancing during volleyball activities on court. Individuals should still seek to minimize physical contact wherever possible and must maintain 2 meter physical distance from anyone who is outside the cohort.

2.1.1 As directed by VBC, cohorts should not exceed 100 individuals and when members of the cohort are gathering for games or activities, gatherings may not exceed 50 individuals. Additionally, cohorts should remain together for an extended period of time. If looking to change cohorts a 2 week break between activities will be used. Participants are encouraged to minimize the number of cohorts they are a member of (ie. specialized training vs team training) to reduce the number of individuals that they are interacting with.

2.2. Athletes and Coaches should not partake in any unnecessary non-volleyball contact activities. This includes handshaking, high fives, huddles, hugging, and participants switching sides, etc.

2.3. Participants should "Get In. Train. Get Out". WCVV recommends that participants do not congregate or socialize before or after the activity.

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 will not be allowed to enter early and wait within the facilities. Entry / Exit will be at different locations where possible.

### **3. General Hygiene**

3.1. Participants will be required to bring their own disinfectant wipes, hand sanitizer and/or pump soap in their equipment bags. Coaches will have extra hand sanitizer available for any participants who forget.

3.2. Participants, coaches, and staff must wash their hands before and immediately following participation in volleyball activities.

3.3. Coaches will schedule regular breaks to ensure hand washing or sanitizing at intervals throughout the session.

### **4. Respiratory Etiquette and the use of Personal Protective Equipment (Masks, Gloves)**

4.1. Participants, coaches and staff must bring a closed container (for example Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (eg. Kleenex, wipes, tape, etc.). These must be disposed of at home or in a garbage WCVV will work with the facilities to implement enhanced cleaning protocols for common areas and common equipment. container at the training location.

4.2. Participants, coaches, and staff should avoid touching one's face throughout volleyball activities.

4.2.1. Individuals should cover their cough or sneeze with a tissue and then immediately wash their hands or cough/sneeze into their elbow.

4.3. Participants, coaches and staff who are in the same cohort are not required to wear a mask but may do so at their own discretion. Although not required, participants may bring their own mask and gloves.

### **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 day and all personal items will be kept separate from one another at the courts.

Please note, water fountains and vending machines are closed until further notice. Water bottle filling stations are available.

### **6. Equipment Disinfection & Cleaning**

6.1. WCVV will implement sanitization protocols for the volleyball equipment (nets, balls). School District 35 will be responsible for implementing enhanced cleaning protocols at our training locations/facilities.

### **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 (for example, washrooms) will be communicated to all participants and parents prior to the start of the Program.

## 9. Spectators

9.1. Parents/guardians will be encouraged to remain in their vehicles when dropping off or picking up their child.

9.2. Anyone accompanying an athlete to the court is expected to adhere to physical distancing guidelines and is encouraged to wear a face mask.

9.3. Parents/Guardians/Spectators will not be allowed to stay in the facility after dropping off their child. Physical distancing guidelines must be adhered to during drop-off, check-in and pick-up, including one-direction flow. Given the limit of 50 people gatherings, parents will not be permitted in practice facilities.

## 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 the time of the event.

If e-transfer is not possible, please contact Vinnu to confirm an alternative form of payment: 604-716-4126, [vinnu.wcvc@gmail.com](mailto:vinnu.wcvc@gmail.com)

10.3. All participants, coaches and volunteers must complete and sign the "WCVV Indemnity and Assumption of Risk" prior to their first session ([See Appendix A](#)).

## 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.

11.2. If practicable, the injured person should tend to themselves with the verbal direction of a first-aid attendant.

## 12. Communications

WCVV 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 both the Club's website and the facility/venue.

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 COVID-19 Safety Plan, there will be no refund provided.

## West Coast Volleyball Club's COVID-19 Safety Plan

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

### 14. Prior to Arrival – Individual Pre-Screening

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

14.1. They have been diagnosed with COVID-19 and/or feel unwell and/or are displaying symptoms consistent with COVID-19

14.2. a person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19

14.3. they, or someone in their household, has travelled outside of Canada within the last 14 days

14.4. they, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days

14.5. Are considered a vulnerable or at-risk individual (individual over 65 years, weakened immune system or underlying medical condition)

### 15. Prior to Activity – Online Health Declaration

All participants, coaches and volunteers must be healthy with no signs or symptoms of illness or underlying condition prior to the start of each day's Session.

15.1. This should be completed at home, All Participants, coaches and volunteers must complete a *daily* online Health Declaration before attending any program on the same calendar day. For example, for a 5 day camp, a separate form must be filled out online each and every morning of the camp, before attending the camp. For Participants who are under the age of 16, a Parent or Guardian must fill the declaration out on the Participant's behalf. Anyone who has not completed the Health Declaration will not be allowed to participate until this form has been completed (See Appendix B).

### 16. An Individual Feels Unwell or Displays Symptoms of COVID-19 (*athlete, coach, volunteer, staff*)

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

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

16.1.2. The individual must be picked up immediately

16.1.3. If the individual is an athlete, a Coach must continue to supervise the athlete while maintaining a minimum of 2m physical distance until they have been picked up by their parent or designated emergency contact

16.1.4. 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



## **16.2. Individual will Follow Public Health Requirements**

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

16.2.1. Self-isolate.

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

16.2.3. Do not have visitors to your home.

16.2.4. Must receive clearance from their health care authority and be able to pass the daily Health Declaration prior to returning to play/coaching.

16.2.5. 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.

16.2.6. If an individual is experiencing symptoms of fever, cough, shortness of breath, running nose or sore throat, they are not legally obligated to self-isolate. However, Volleyball BC's daily Health Declaration asks if they have experienced any COVID symptoms in the last 14 days. So, if an athlete had a fever that day and was sent home, but feeling well the next, they would still not be able to rejoin the training, until they can pass the daily Health Declaration.

## **16.3. Communicate**

It is the responsibility of the Head Coach and the impacted individual to notify the Club Director, Wayne Loewen at 604-807-2703 or waynel.wcvc@gmail.com.

16.3.1. The Club will contact the local health authority and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority. 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.

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

### **17.1. 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:

17.1.1. Immediately self-isolate

17.1.2. Contact their health care provider, 8-1-1, or complete the online [BC COVID-19 Self-Assessment](#) to determine if they need testing (if not already tested)

17.1.3. Follow the guidance of their health care authority and get tested for COVID-19 if recommended

17.1.4. Not return to any WCVC program until deemed safe by their health care authority.

## **17.2. Club will Follow Public Health Requirements**

17.2.1. The Club will immediately contact the local health authority and will follow any recommended actions (eg. suspending or cancelling the program), reporting, and contact tracing protocols, as required by the local public health authority. This includes following the local health authority's advice in regards to how and what information should be provided to the other Participants and Parents/Guardians given the specific circumstances.

## **17.3. Communicate**

It is the responsibility of the impacted individual to notify the Club **immediately** by contacting the Club Director, Wayne Loewen at 604-807-2703 or waynel.wcvc@gmail.com.

17.3.1. The Club Director will immediately notify the local public health office and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority.

17.3.2. 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.

17.3.3. 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 masks, gloves, hand sanitizer and spray bottles of disinfectant for all coaches.
- 1.2. Coaches, and staff will be requested to wear masks when not interacting within their own cohort and 2m distancing is not able to be maintained.
- 1.3. Maintain a 2 meter distance from others outside your cohort.
- 1.4. Sanitize all equipment between training sessions.
- 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 supplied by the Club for those who forget.
- 1.7. 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.
- 1.8. Participants will not be allowed to enter early and wait within the facilities. Entry / Exit will be at different locations where possible.
- 1.9. Consider assigning one person to set up and take down the nets as needed.
- 1.10. Avoid sharing pens, clipboards, whistles, etc.

### 2. WAIVER/HEALTH SCREENING

- 2.1. Coaches must complete a [WCVC Indemnity and Assumption of Risk](#) waiver prior to their first day of work.
- 2.2. Coaches must complete a *daily* [Health Declaration form](#) each day before attending any camp or program.

### 3. ILLNESS POLICY

- 3.1. All individuals - including coaches, athletes, and parents - **MUST STAY HOME** if ANY of the following are true:
  - 3.1.1. They have been diagnosed with COVID-19 and/or feel unwell and/or are displaying any of the symptoms consistent with COVID-19
  - 3.1.2. a person(s) staying in the same household has been diagnosed with COVID-19 and/or is showing symptoms consistent with COVID-19
  - 3.1.3. They, or someone in their household, has travelled outside of Canada within the last 14 days
  - 3.1.4. They, or someone in their household, has been in contact with a known/presumptive case of COVID-19 in the last 14 days
  - 3.1.5. Are considered a vulnerable or at-risk individual (individual over 65 years, weakened immune system or underlying medical condition)

3.2. If you are feeling unwell, contact Wayne Loewen at 604-807-2703 as soon as possible and follow these steps:

3.2.1. Self-isolate

3.2.2. 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.

3.2.3. Monitor your symptoms daily and do not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

3.2.4. 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.

3.2.5. Continue to update Wayne Loewen on your health status daily.

3.2.6. 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 BC Restart Plan, individuals may only get together in their designated cohort.

4.2. Athletes and coaches should not partake in any unnecessary non volleyball activities. This includes handshaking, high fives, hugging, etc. Coaches should remind athletes of this.

4.3. Athletes and coaches should not share water bottles, towels or other personal items.

4.4. Everyone will be asked to bring their own water bottle and hand sanitizer and all personal items will be kept separate from one another at the courts.

4.5. Balls must not be shared between courts. Each court will be given their own basket of balls and they must use only those balls. Keep close track of which ones belong to your group.

#### **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:

5.2.1. Separate the athlete from the rest of the group and direct them to the Isolation Area

5.2.2. Contact the athlete's parent/guardian (using the Emergency contact list provided by the Club Administrator) and request that the athlete be picked up

5.2.3. Do NOT allow the athlete to leave on public transit, taxi or rideshare.

5.2.4. 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.

5.2.5. Wayne Loewen by calling 604-807-2703 or emailing waynel.wcvc@gmail.com.

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.

For additional information on the Volleyball BC guidelines that these protocols are based on, please review the [Volleyball BC Phased Return to Volleyball Plan](#).

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.

## **Appendix A – Daily Health Declaration**

The *daily* Health Declaration must be filled out every day, on the same calendar day that a participant is attending any of our programs. For athletes who are under the age of 16, a Parent or Guardian must fill the declaration out on the athlete's behalf. Anyone who has not completed the Health Declaration on the morning of the program will not be allowed to participate until this form has been completed. We will not be accepting in-person hardcopies so the declaration must be filled out online in advance.

[Click here to view and complete the Health Declaration](#)

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.