



DUCKS
VOLLEYBALL CLUB

2021
OUTDOOR
VOLLEYBALL
COVID-19
COMPREHENSIVE
SAFETY PLAN

ADOPTED JUNE 20, 2020
Revised July 1, 2021



Covid-19 Safety Plan & Return to Play

Following the guidance from Volleyball BC, viaSport and Worksafe BC, please refer to this document as a guideline for the measures the Ducks Volleyball Club will be taking to protect our staff and participants.

Key Guiding Principles

1. Participants, Coaches and Family Safety is paramount and at the forefront of all the decisions the Ducks are making to safely Return to Play.
2. Participants, Coaches and Families involved in Ducks training must understand and adhere to all public health restrictions and follow the structures put in place by Volleyball BC's Return to Play.

Return to Play Principles

*Currently we are BC's Restart Plan Stage 3 - Volleyball BC will notify us when we can transition to a different training phase, this can work both ways, either reducing training opportunities or expanding. We will communicate with you when we get more information. Therefore, training methods will be fluid and change and adapt throughout the season.

1. **Outdoor Training** – Greater flexibility in spreading out participants and allowing for 2m social distancing where possible – not required under Stage 3, but recommended where possible.
2. **Group and Gathering Limits**
 - a. In Stage 3 of the restart plan, there is no maximum group size for participants, coaches, volunteers, staff & officials.
3. **Sports return to normal**
 - a. We recommend, no unnecessary contact among participants (eg. handshaking, high fives, hugging etc).
 - b. All participants, coaches, and staff are recommended to practice physical distancing off the court.
4. **Cleaning Best Practices**
 - a. **Hygiene/Hand Washing/Touching Face/Laundering:** Players and coaches should practice proper hygiene,
 - i. Use alcohol-based hand sanitizer (with at least 60% alcohol)
 - ii. Abstain from touching their face (mouth, eyes, or nose)
 - iii. Hand sanitizer/cleanser will be provided for staff and participants at each session.
 - iv. Participants will be recommended to use sanitizer before and after training. We are asking athletes to bring their own personal sanitizer for their use.
 - b. **Personal Protective Equipment (PPE)** – All staff will be provided the option of wearing non-medical grade facemasks.
 - i. Players wishing to utilize masks will be asked to provide their own non-medical mask.



- c. **Water Bottles:** Athletes and coaches should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation.
 - i. There are no public water filling stations at the beach courts or at the grass field.

5. Participant Health: Participants must be healthy with no signs or symptoms of illness or underlying condition.

- a. Youth athlete participants will answer a quick wellness questionnaire/self-assessment prior to commencing each training session – utilizing the Team Snap health check questionnaire.
 - i. If a participant is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolate immediately.
- b. Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms.
- c. Participants must stay home if:
 - i. They don't feel well or are displaying symptoms of COVID-19
 - ii. Someone in their household has COVID-19 or is showing symptoms of COVID-19
 - iii. They have traveled outside of Canada within the last 14 days
 - iv. someone in their household has traveled outside of Canada within the last 14 days
 - v. They have been in contact with a known/presumptive case of COVID-19 in the last 14 days.
- d. Participants who are over 65 years, immuno-compromised, or who have underlying health conditions are deemed to be higher risk. Underlying health conditions include hypertension, diabetes, COPD/asthma, cardiovascular disease, cerebrovascular disease, and higher thromboembolism risk. Volleyball is not recommended for these individuals.
 - i. Those who live with high-risk individuals should consider their participation carefully. For more information about return to play for higher-risk individuals see page 16 of [viaSport BC's guidelines](#).

Participation and attendance in Ducks' training or events can be denied by a staff member if any of the above guidelines are not being met by an athlete or spectator OR if illness is suspected. We reserve the right to refuse participation in training as a measure to keep our staff and athletes safe.



Illness Policy

In this policy, "Team Member" includes an employee, volunteer, participant, or parent/spectator.

- 1. Participants** and coaches will be required to fill out the Ducks Volleyball Indemnity Agreement
- 2.** Inform your coach or program coordinator immediately if, you feel any symptoms of COVID-19 such as 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. Assessment**
 - a. Participants must be healthy with no signs or symptoms of illness or underlying condition.
 - a. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - b. If Team Members are unsure please use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
- 4. If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
- 5. If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any further action with regards to illness notification will be done by BC contact tracing, unless advised otherwise by the BC Health Authority.
- 6. If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Any further action with regards to illness notification will be done by BC contact tracing, unless advised otherwise by the BC Health Authority.
- 7. If a Team Member has come in to contact with someone who is confirmed to have COVID-19**
 - a. The Team Member must be removed from the practice/facility and contact BC Health Authority
- 8. Quarantine or Self-Isolate following recommendations from the BC Health Authority:**
 - a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.



- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. If a case or outbreak is reported, only the Director of Ducks Outdoor Volleyball has the authority to modify, restrict, postpone or cancel activities. We will make all decisions in the best interest of our athletes and coaches and at the advice and recommendations as given by the BC Health Authority.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the activity place, implement enhanced cleaning measures to reduce risk of transmission.
Our Illness policy will immediately be implemented, and we will advise individuals to contact BC Health Authority and follow all recommendations as set out by the Health authority.
3. In the event of a suspected case or outbreak of influenza-like-illness, the Ducks Volleyball Club will contact the case with the BC Health Authority and follow all recommendations set forth.

Emergency Plan

(Adapted from viaSport’s [Return to Sport Guidelines – Emergency Plan](#))

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid>