

Etiquette

- Thank you for joining us!!
- Resources from today's session will be posted on our website
- Please mute your microphone
- Please post questions in the chat
- Questions will be sorted for addressing at the end
- We will invite speakers to unmute if we require clarification on a question
- Any unanswered questions will be followed up after the session
- If video connections become unstable, we may request participants to turn off their video



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2020

Return to Volleyball

As of June 18



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Main Principles

- COVID-19 is an ongoing risk to Albertans
- We have the opportunity to return safely, correctly, and responsibly
- A gradual, methodical return to volleyball is needed to minimize risk and injury
- Guidelines from the government need to be considered within your specific context prior to adopting
- Potential for 2nd wave



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Legal Responsibilities

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Concerns for Organizations

Negligence lawsuits are governed by a four-step legal test:

1. Do we have a Duty of Care
2. Did we breach the Standard of Care
3. Can causality be proven
4. Were there Loss/Damages

Resource: [Alberta Basketball Town Hall](#)



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Risk Management Techniques

- Follow guidelines by Alberta Health Services, Volleyball Alberta, & Volleyball Canada
- Corporate Shield via registration under Alberta Societies Act
- Waivers, Assumption of Risk, Daily Screening



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Guidelines for all Progressions

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- Principles for Return to Volleyball
- Return to Volleyball Progression
- Cohort Groups
- Best Practices for Participants
- Teams & Organizing Group Guidelines
- Spectator Guidelines
- Insurance
- Facility Guidelines
- Contact Tracing Log (Template)

... measures and best practices that support a safe return to volleyball during the outbreak of COVID-19.



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Record Keeping

- Participants must complete initial waivers and the daily screening.
- Participants may need to include Spectators, Coaches, Medical Staff
- Contact Attendance Logs
- Posting of Signage/Guidelines throughout facility
- Proof that Guidelines were followed

Contingency Plans

- Participants who become symptomatic during a session are required to be isolated from others and must return home immediately

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Facility Guidelines

Guidelines are unique to each facility. Potential adjustments to regular procedures may include:

- Entry, Exit procedures
- One-way/Directional traffic
- Increased cleaning schedules: equipment [disinfected](#) regularly and between users
- Transition time between groups
- Non-essential equipment removed (benches, chairs, tables, boxes)
- Limit shared equipment available
- Hand sanitizer or wash stations should be widely available for all participants

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Best Practices

- Wash or sanitize hands before, **during** and after each volleyball session
- Regular cleaning of the floor versus stretching/cool down recommendations
- Balls should be [disinfected](#) or replaced at frequent intervals, and at minimum should be done prior, once during and after each volleyball session
- Coaches and training staff are encouraged to wear masks
- Electronic whistles should be used over traditional whistles

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Best Practices Continued

- Use of masks
- Avoid touching their faces, and cough or sneeze into their elbow
- Long hair is tied back, athletes arrive dressed
- No sharing of personal items with other participants
- Avoid cheering/singing
- Handshakes, high-fives, & hugs are discouraged
- Whenever possible all participants should maintain physical distancing of 2 metres
- Concerns for at risk individuals, or connection with at risk individuals

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Spectators

- Early communication with spectators
- Attendance should be **minimized or discouraged**
- Need for physical distancing
- Max number is facility dependent based on space available, up to a maximum of 100 spectators* (current AB government stage 2)
- Use of masks encouraged
- Cheering and yelling is discouraged

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Progressions

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Individual Training & Skill Development

- Outdoor volleyball is considered safer than indoor
- Rule of Two still necessary
- Use of ball – shared equipment does not negate physical distancing but still poses an increased risk
- Resources: [OVA Return to Play Drills](#)



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Small Group Training & Skills Camps with Physical Distancing

- Outdoor volleyball is considered safer than indoor
- Modification of the activity or sport occur to increase distance
- Minimize group sizes – the smaller the groups, the smaller the risk
- Maintain groupings throughout a session
- Limit movement of balls and participants between courts



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Removal of Physical Distancing

- Removal of physical distancing guidelines puts all participants at a higher level of risk
- Organizations may also be exposed to increased levels of liability
- Organizers must clearly communicate to their participants the restrictions and regulations of being involved in a Cohort Group



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Defining a Cohort

- Any activity without physical distancing of 2 metres is considered a Cohort
- Cohort Groups cannot exceed 50 people in Stage 2
- Groups **INCLUDE** coaches, referees, and trainers if distancing is not maintained
- **Individuals can only be involved in one Sport or Performing Cohort Group***
- Cohort Groups should remain together during Stage 2 of the Relaunch
- Cohorts **should be from the same local area/region** (within a county, town or quadrant of a city)
- Should they leave that Cohort, they must wait 14 days (symptom free) before joining any other Cohort
- Cohort Groups must be **well managed** by organizer (inclusion of cohort question in daily screening)

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Small Group Training & Skills Camps without Physical Distancing

- Outdoor is safer than Indoor
- Alternate game-play formats (i.e. 2 vs. 2 or 4 vs. 4) are safer than traditional 6 vs. 6
- Rule adaptations can be added to limit close contact between participants (i.e. attacking from behind the 3-metre line, or no blocking)
- Consider limiting movement of balls and participants between courts
- Maintain groupings throughout a session



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Small Group Competitions & Mini Leagues (Cohort)

- Outdoor is considered safer than indoor
- Inter-regional play should not occur during Stage 2 (no travel)
- Alternate game-play formats (i.e. 2 vs. 2 or 4 vs. 4) are safer than traditional 6 vs. 6
- Consider limiting movement of balls and participants between courts within a session



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Large Group Competitions

- Not currently permitted
- Guidelines are being developed by Volleyball Canada



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Signing Policy

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Signing Policy

- Clubs, coaches, athletes & parents are all eager to return to club – we are too!
- Athlete Development Committee is working on an updated Signing Policy. Clubs will be given an opportunity to re-sign returning athletes first
- Do not have enough line of sight to understand potential competition models



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Signing Policy

This is an opportunity to re-evaluate our sport and consider changes for improvements

- a) Athlete/Member retention concerns
- b) Adapting our model – consider house leagues, regional competitions (limits costs and exposure)
- c) Working together for creative solutions
- d) Athlete centered approaches: clubs working together to ensure athletes health is the priority



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Resources

Future season on re-introducing appropriate loading on athletes

- [Government of Alberta: Sport, physical activity and recreation](#) (June 12)
- Volleyball Canada – Return to Volleyball: https://volleyball.ca/uploads/News/Return_to_Volleyball_EN.pdf
- [COVID-19 Return to High Performance Sport Framework Document developed by the Canadian Olympic Committee, Canadian Paralympic Committee and Own the Podium](#)
- [Return to Play Protocol Acknowledgement](#)
- [Daily Questionnaire](#)
- [Mikasa Volleyball Cleaning & Maintenance](#)
- More resources will be added as they become available

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