

Powerwest Volleyball Club

COMMUNICABLE DISEASE / COVID 19 SAFETY PLAN

FOR 2022 INDOOR SEASON

UPDATED DEC 2021

Please refer to this document as a guideline for the measures PowerWest Volleyball Club (“PowerWest”) will be taking to protect our staff and participants.

Outline

- A. Key Guiding Principles
- B. Return to Play Principles : Connecting to Provincial Guidance
- C. Prevent COVID Operational Policy, for Phase 3, Phase 3 Modified [current], and Phase 2
- D. League Cohort Guidance.
- E. Illness Policy
- F. Returning to Play
- G. Onsite Covid Case / Outbreak Plan
- H. Appendixes
 - 1. Appendix A - Nov 20, 2020 memo from Volleyball BC after recent Health Order.

A. KEY GUIDING PRINCIPLES

1. Participants, Coaches, and Family Safety are paramount and at the forefront of all the decisions PowerWest makes to safely Return to Play.

2. Participants, Coaches, and Families involved in PowerWest programs must understand and adhere to all public health restrictions and follow the structures put in place by Volleyball BC's Return to Play.
3. This document will be constantly updated to reflect changes in provincial health orders, Viasport and Volleyball BC guidance, and best practice.

B. RETURN TO PLAY PRINCIPLES

Current Viasport Phase: Modified Progressively Loosen.

The current volleyball Return to Play phase is a modified "Progressively Loosen" as determined by Via Sport, in conjunction with the Provincial Health Office and communicated through Volleyball BC. The modification is to restrict travel and add further enforcement of mask wearing and the "no spectators" policy.

Following the recent guidance from Volleyball BC and Viasport:

1. Volleyball BC Summary of recent changes including confirmation of current phase (Progressively Loosen Phase 3) and required modifications to Phase 3 to adhere to Provincial Health Officer Guidance : [HERE](#)
2. Full Volleyball BC Return to Play Plan [HERE](#) .

Volleyball BC will notify PowerWest of any transitions to different training phases, either reducing training opportunities or expanding, which will be reflected in program offerings. Training methods will be fluid and may change and adapt throughout the season.

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C. PREVENT COVID OPERATIONAL POLICY

CERTAIN ELEMENTS OF THIS POLICY VARY DEPENDING ON THE CURRENT VIASPORT PHASE.

	PHASE 3 : PROGRESSIVELY LOOSEN, CURRENT PHASE	PHASE 3: PROGRESSIVELY LOOSEN, ORIGINAL	PHASE 2: TRANSITION PHASE. DRILLS ONLY.
Vaccination Stuats	<p>While Powerwest would prefer that each athlete is vaccinated, BC Government Policy requires that team membership is NOT restricted to only vaccinated players.</p> <p>Some facilities have the power to override this policy and require vaccination. Community Gyms (vs. High School Gyms). An unvaccinated athlete will not be allowed to compete or practice at a facility that requires vaccination.</p> <p>Parents, Coaches, Volunteers must all be vaccinated if they wish to enter facilities.</p>	Same	Same

Documentation	Waivers, including Covid, signed by all participants Health Questionnaire format in place (Teamsnap) Attendance list recorded and saved for season (teamsnap)	No Change	No Change
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<p>Arrival at Facility</p>	<p>Check In at Door by Coach.</p> <p>If a line forms, each person must be 6 feet from the next person.</p> <p>No Spectators allowed. No extra attendees.</p> <p>Health Questionnaire completed prior to arrival through Teamsnap by all participants and coaches. Not allowed to participate if not completed. Not allowed to participate if questions answered indicate health issues.</p> <p>Each Attendee must wear a face mask TO THE COURT AND FROM THE COURT at all times. No entrance if the attendee does not have a mask.</p> <p>FACE MASKS ENCOURAGED BUT NOT REQUIRED ON COURT FOR PLAYERS. MANDATORY FOR COACHES</p> <p>Hand Sanitizer will be used by each attendee and coach at entrance, provided by the club.</p>	<p>Same, except.</p> <p>Face Masks are required at arrival and exit, but not on Court.</p>	<p>Same, except adding in:</p> <p>NONE</p>
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# of Attendees	For Volleyball BC League , max 14 per team, 8 teams per league. 100 MAX cohort. Max 50 people per Event. 4 teams play at once. These are run by Volleyball BC at their facility.	same	same

In Practice Controls	<p>Participants will wear masks off court. [team requirement, not provincial]</p> <p>All Drills and games allowed.</p> <p>Max 12 per Court.</p> <p>Players stay in their court, as a group. Physical distancing on the court is not required.</p> <p>Balls will be desanitized using Chlorox wipes prior to session and at each break period.</p> <p>Nets and Poles will be wiped at beginning and end of the session with Chlorox wipes.</p>	<p>Same except,</p> <p>No masks required ON Court or ON Bench.</p>	<p>Same</p>
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Contact	<p>Players must bring their own water and not share it with anyone.</p> <p>Players must bring their own towel and not share it with anyone.</p>	<p>Same</p>	<p>Same</p>
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ADDITIONAL “PREVENT COVID” OPERATIONAL POLICY SAFETY MEASURES AND DETAILS

1. NO CONTACT AND OFF COURT PHYSICAL DISTANCE

- Participants must maintain physical distancing while off the court
 - Two meters apart from one another at all times, while off court
 - Team benches are considered part of the on-court “field of play”. Therefore, players on the same team of the same cohort do not need to maintain physical distancing while sharing a bench.
 - Masks must be worn by all participants (players, coaches, staff) IN ACCORDANCE WITH CHART ABOVE.
- All training will be structured to allow physical distancing while off the court
- Competition and games are permitted within the training cohort (AS PER PHASE CHART ABOVE)

- Within TEAM and when in a league cohort, individuals do not need to maintain physical distancing during volleyball activities on-court. At least two metres distancing should be maintained between all participants off-court (e.g. during intermission, in locker rooms). If physical distancing cannot be maintained, masks should be worn.

2. TRANSITION TIMES SCHEDULED

- There will be sufficient time scheduled between training events to allow for proper social distancing.

2. GROUP AND GATHERING LIMITS

- a. Spectators are permitted at training facility IF they can prove vaccination status is met, and they are wearing a mask
- Volleyball BC will have their own policy for tournaments.
- Parents will acknowledge their agreement with this in the Parent Agreement signed prior to the Season.
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3. CLEANING BEST PRACTICES

- **Spacing of Player Equipment:** Player equipment will be spaced accordingly to prevent close contact.
 - Balls will not be shared between teams/cohorts. Balls will be cleaned before and after each training session to be used with the next session at the following time slot. Balls and any shared equipment will be sanitized prior to the next training session using them.

- Balls may travel from court to court and will only be allowed if the courts are in the same defined cohort. Outside of that, balls must only be returned using feet, not hands.
- Players will be allocated a space along the wall to put their belongings at, which is 6 feet separated from other players.
- **Limit Team Shared Equipment:**
 - Cohort Training: The use of team shared equipment will be limited to specific teams. Shared equipment will be sanitized before and after the next training session using them.
 - Net set-up and take-down will only be done by the coaching staff to limit the number of people in contact with the equipment.
- **Hygiene/Hand Washing/Touching Face/Laundering:** Players and coaches should practice proper hygiene,
 - Use a government approved sanitizer and/or an alcohol-based hand sanitizer (with at least 60% alcohol) PRIOR TO, IN THE MIDDLE OF, AND AT THE END OF EACH PRACTICE/GAME
 - Abstain from touching their face (mouth, eyes, or nose)
 - Hand sanitizer/cleanser will be provided for staff and participants at each session.
 - Participants will be required to use sanitizer before and after training. Athletes are asked to bring their own personal sanitizer for their use.
- **Personal Protective Equipment (PPE)**
 - All coaches and staff will be required to wear non-medical grade face masks both on and off the court. Players must bring their own masks and wear them off the court during all PowerWest programs.
- **Water Bottles**
 - Athletes and coaches must bring their own water bottles to all team activities to help to reduce transmission risk.

4. PARTICIPANT HEALTH: PARTICIPANTS MUST BE HEALTHY WITH NO SIGNS OR SYMPTOMS OF ILLNESS OR UNDERLYING CONDITION.

HEALTH CHECKS MUST BE PERFORMED BY EACH PARTICIPANT AND COACH PRIOR TO EACH GAME/PRACTICE. THESE ARE DONE USING TEAM SNAP AND STORED FOR THE DURATION OF THE SEASON.

ALL PLAYERS MUST BE CHECKED IN TO THE PRACTICE GAME BY COACH/STAFF INCLUDING ENSURING THE FOLLOWING KEY CRITERIA ARE MET:

1. HEALTH CHECK IS COMPLETE AND GREEN.
2. HANDS ARE SANITIZED.
3. MASK IS IN PLACE.
4. TEMPERATURE IS CHECKED AND BELOW 38.5C.

- Participants will answer a quick wellness questionnaire/self-assessment via the link provided by PowerWest prior to commencing each training session. The coach will verify this step has been taken prior to allowing athletes to participate in training.
- Participants should know the common symptoms of COVID-19 and stay away if displaying symptoms.
- 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.
- Temperature must be checked for each participant and coach at the beginning of each practice.
- Participants must stay home if
 - They don't feel well or are displaying symptoms of COVID-19
 - Someone in their household has COVID-19 or is showing symptoms of COVID-19
 - They have traveled outside of Canada within the last 14 days
 - Someone in their household has traveled outside of Canada within the last 14 days
 - They have been in contact with a known/presumptive case of COVID-19 in the last 14 days OR HAVE BEEN TOLD TO QUARANTINE/ISOLATE.
- 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.

- 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.

5. COLLECTING INFORMATION FOR CONTACT TRACING:

- PowerWest is responsible for information from participants for the purpose of contact tracing. This information will be securely retained by PowerWest for 30 days from program end date. The Club Director, Mike Walkinshaw is the central point of contact for PowerWest.
- TEAM SNAP attendance will be used to keep track of attendees so marking yourself as Attending or Not is mandatory.

6. ACKNOWLEDGEMENTS / WAIVERS

- **All athletes and parents will sign Covid Waivers in addition to the normal risk waivers prior to commencing activities with the team.**

Participation and attendance in PowerWest programs may 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. PowerWest reserves the right to refuse participation in training as a measure to keep our staff and athletes safe.

D. Tournaments

Volleyball BC is responsible for setting League structure and guidelines.
Under all circumstances, Volleyball BC will adhere to provincial rules.

Local Tournaments

- Tournaments will be held in

2. COHORTS: COMPETITION AND TRAVEL

NOV 21, 2020 UPDATE: NO TRAVEL FOR SPORT BEYOND “COMMUNITY”, DEFINED AS THE NORTH SHORE, UNTIL ALLOWED BY VIA SPORT. NO COMPETING AGAINST TEAMS FROM OUTSIDE OF THE NORTH SHORE.

- League play and competitive activities may occur within cohorts. Each cohort can be composed of multiple teams in order to form a mini-league or permit game-play.
- UPDATED NOV 21, 2020 : Regional competition is NOT permitted in this phase: games or competitive activities may only occur between clubs or individuals in a cohort within a community.
 - This is currently defined as the NORTH SHORE for our purposes.
- Travel for Regional, Provincial competition and international travel for sport is not recommended at this time.
- All competitions are required to have a detailed safety plan in place.
- Individuals should remain primarily within their COMMUNITY when travelling for volleyball. Regional competition and beyond for sport is not recommended at this time.
- Individuals are expected to follow the provincial guidelines regarding social distancing outside PowerWest Club activities.

E. Illness Policy

(ADAPTED FROM VIASPORT'S RETURN TO SPORT GUIDELINES – APPENDIX C)

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

- **VBC Declaration Compliance Form:**
 - Participants and coaches will be required to fill out the Volleyball BC Declaration Compliance Form
- **Experiencing Symptoms During a Session**
 - 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.
- **Assessment**
 - Team members must complete the wellness questionnaire/self-assessment via the link provided by PowerWest prior to every practice and game. Players failing to complete the survey will not be able to participate in club activities.
 - 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.
 - 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.
- **If a Team Member is feeling sick with COVID-19 symptoms**
 - They should remain at home and contact Health Link BC at 8-1-1.
 - 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.
 - No Team Member may participate in a practice/activity if they are symptomatic.

- **If a Team Member tests positive for COVID-19**
 - The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched. (Does not include sand)
 - PowerWest will inform all facilities (practice/game) if a player, coach, or staff member test positive for COVID-19 and the Health Authorities require disclosure.
 - PowerWest will follow all recommendations from Vancouver Coastal Health Authority.
- **If an Unvaccinated Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - As with the confirmed case, the Team Member must be removed from the practice/facility.
 - 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.
 - Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched. (Does not include sand)
- **If an Unvaccinated Team Member has come in to contact with someone who is confirmed to have COVID-19**
 - Team Members must advise their coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched. (Does not include sand)
- **Quarantine or Self-Isolate if:**
 - Any Unvaccinated Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self- isolate.

- 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.
- 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.
- 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.

F. Returning to Play

If a participant is diagnosed with COVID-19 (notification coming from individual or Public Health)

- VVA Health and Safety Representative will follow VBC's COVID-19 Exposure Protocol and Communications and comply with Public Health Requirements,
- Participants who are notified of possible COVID-19 exposure will respect the individual's privacy at all times: do not discuss the situation outside of the team, do not post on social media or speak to the press.

Returning to play:

- Negative COVID-19 test: Return to play with resolution of symptoms and some form of proof of test,
- No testing: Return to play 14 days after onset of symptoms AND symptoms have improved/resolved AND specifically no fever,
- Positive COVID-19 test: As advised by Public health

G. ONSITE POSITIVE COVID CASE / OUTBREAK PLAN

(ADAPTED FROM VIASPORT'S RETURN TO SPORT GUIDELINES)

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.

Note: For the purposes of this plan, participants who are demonstrating COVID-19 symptoms will be considered to have a probable case of COVID-19.

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.

At all times, information and guidance provided by public health authorities will supersede any club protocols.

- Individual Demonstrating Symptoms On-Site
 - The person with the probable case will be immediately be sent home
 - While the person is waiting for transportation, they will be placed in a quarantined area away from others in the program.
 - Any individuals waiting with the person will wear a mask at all times and remain a minimum of 2 meters away.
- Immediate actions will be taken to minimise impact on other participants a. Any areas or equipment that the individual was in contact with will be immediately cleaned by someone wearing appropriate personal protective equipment
- Coach will notify the Program Manager/ Club Contact
- Program Manager / Club Contact will:
 - Gather all information from the individual and staff at the session.

- Collate all contact information for individuals at the session that the person attended.
- Follow up with the individual to ensure that they follow the club's sickness policy (eg. if demonstrating COVID-19 symptoms participants cannot attend for 14 days)
- Notify the Club Director or President
- Notification that a participant in a program has been confirmed with COVID-19 Note: this notification may come from public health or from the individual directly
 - Confirm the details of the session/program that the individual attended at the club, including contact information for all other attendees.
 - Call public health for guidance as to next steps and obligations.
 - If requested by public health, provide contact information for all attendees at the program/session.
 - Follow public health instructions for next steps and communication with other program participants and facility operators.
 - (If you are an owner-operator of a facility), follow public health guidance for cleaning and signage protocols following an exposure to COVID-19
- Notify Club Director / Board.
- Contact Volleyball BC for support and complete the Volleyball BC form to provide high-level information and reporting.
- If necessary, send communication to club members (see next section).
 - Respect the privacy of the individual at all times
 - Do not notify the media without speaking to public health for guidance

Information to Members

Names or personal information about the individual(s) involved should not be shared. Please note members may share this with media or may post on social media so please don't reveal private information like who is sick or information that you don't want in the public eye.

Information to Media

Have a media response statement prepared in case you are contacted by the media. It is okay to tell the media that you will send them a statement in writing. Please speak with a public health official at your local health authority before releasing a statement.

Sample Member Communication:

Factual Statement & Current State of Containment/Response : An outbreak has occurred at our club. A total of ___ have tested positive for the virus. The club temporarily shut down for cleaning from _____ to _____ (other measures to contain spread as dictated by public health).

An empathetic statement about the impact of the event and how you are responding to support those affected. (This could become the “quote” from the President).

We are all hoping for the swift recovery of the (# only) _____ individuals affected.

A statement about your values and how you are following crisis protocols.

INSERT A STATEMENT ABOUT YOUR VALUES – this might be found in your mission, vision and values document if your board has this. Relate your values to how you are responding.

For example, “We act like a family and we are working to keep our family safe”

A statement about cooperative efforts to determine the cause and severity of the issue/event.

We have worked in collaboration with X Health Authority and Volleyball BC to determine the best course of action to respond to the outbreak.

A statement about the actions to ensure the issue/event is contained and when people can expect further updates. Take the

opportunity to thank public health/law enforcement and other groups responding.

We continue to assess this incident as low risk to anyone who was not in our program on XX date. We want to thank those from the XXX Health Authority for their helpful guidance.

OR

We continue to assess this incident as low risk to other members and have taken/are

taking steps to manage the possible exposure within xx program. We want to thank those from the XXX Health Authority for their helpful guidance.

OR We continue to assess this incident as low risk to anyone who has not already been contacted and asked to self-isolate. If the situation changes, we will update our members as soon as we have information to share. We want to thank those from the XXX Health Authority for their helpful guidance.

OR All XXX practices are cancelled. The earliest resumption of play is XXX (2 weeks after the positive case was at the club where spread occurred or adjusted if exposed people returned to club before the positive case was known. Your health authority will advise you).

Any individual who is in the XX team/program is not permitted to play in any other programs at our club until XXX. We want to thank those from the XXX Health Authority for their helpful guidance.

We do not expect to issue an additional update, but if the situation changes, we will update our members as soon as we have information to share.

We are all in this together, so we remind individuals to not only be vigilant and follow the rules of the club, but to also follow the guidance of public health authorities in your personal life. This means not attending social gatherings beyond your immediate family and your safe 6 and mask wearing in public spaces like grocery stores and doctor's offices. Together we can continue to flatten the

curve and keep our club community and wider community safe.

Facility Owner

- The facility owner will also be notified to ensure enhancing cleaning protocol takes place at public touch points within the vicini