



NORTHERN CHILL VOLLEYBALL CLUB

COVID-19 PROTOCOLS / SAFETY PLAN



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Northern Chill Volleyball Club – COVID-19 Protocols

This club policy includes measures we are actively taking to mitigate the spread of COVID-19. It is the expectation of all athletes, coaches, staff, and volunteers to follow these guidelines diligently to ensure a healthy and safe return to play. Compliance with the Return to Play policies and procedures is mandatory. The COVID-19 policy is susceptible to changes as we continue to follow governmental guidelines. Any changes will be communicated to club participants as soon as the information becomes available. The below listed Return to Play protocols are based on current Ontario statutes and regulations, current public health, facility requirements and the Ontario Volleyball Association's desire to make our return to volleyball safe for all.

Completion of Ontario Volleyball COVID-19 Waiver

All individuals participating in Northern Chill Volleyball Club must complete the Ontario Volleyball Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver") as found at ontariovolleyball.org. Failure to do so will result in that individual not participating in any club activities.

The COVID-19 Waiver must be completed by any individual participating in club activities:

- Athletes
- Coaches
- Staff
- Board Members
- Volunteers
- Officials

Indoor Volleyball

Team Training and Game Play

These protocols are based on **Phase 3** program limits and may be updated at any time with the intention of enabling a safe return to volleyball:

- Athletes and coaches may carry their own water bottles, towel, gym bag, etc. to the court but they must not be shared. Locker and/or change rooms will not be used except to the extent that they provide access to a washroom or to provide first aid.
- Scrimmages, game play and limited duration competition sessions are allowed.
- Coaches should limit their contact with the ball. Athletes should introduce the volleyball into the drill whenever possible (i.e. hitting or serving volleyballs). If handling the ball, coaches should use hand sanitizer when they move between different individuals or groups.
- When training and playing volleyball, two (2) metres physical distancing is recommended but deliberate physical contact should be avoided (refrain from high-fives, celebratory huddles, etc.).
- Physical distancing is to be maintained during off-court activities. When outside of your home, physical distancing means staying at least 2 metres (6 feet) away from other people whenever possible. Handshakes, high fives and celebratory team huddles are not recommended at this time.
- To eliminate further risk, coaches are expected to have closed practices until further notice.
- At all times, effort must be made to minimize incidental physical contact.
- Any inactive participants (i.e. coaches, athletes on the bench, spectators) must always wear a mask.



Athletes are not required to wear a mask while training or during game play.

- Frequent breaks are to be taken for participants to clean and sanitize their hands (recommended every 30 minutes).
- Volleyballs should not be shared with other groups and time should be allowed for volleyballs to be sanitized (at a minimum each hour).
- Training and game play sessions should not extend longer than 120 minutes.
- Up to 6 active participants per side on the court for training and game play, played on a 9-metre x 18 metre court.
- At each facility, ensure a designated isolation area is available to place individuals that start to feel unwell or show symptoms of COVID-19. A member of the Northern Chill Volleyball COVID-19 Health and Safety committee must be immediately informed to determine next steps.
- Coaches are to ensure that a team representative will act as the COVID-19 health and safety representative, ensuring all protocols are being followed
- Public Health and/or Facility rules and protocols may have further restrictions and requirements that must be adhered to (i.e. proof of vaccination).
- The above applies to competitive and recreational volleyball activities, training, and game play.

Self-Screen Measures

All individuals taking part in indoor volleyball training must self-screen before each training session. *Individuals may not attend any training sessions or club activities if they:*

- In the past 5 days, exhibit any COVID-19 symptoms; such as fever and/or chills, cough/barking cough (croup), shortness of breath, decrease/loss of taste/smell; two or more of extreme tiredness, sore throat, runny/stuffy/congested nose, headache, nausea/vomiting/diarrhea or other symptoms identified by public health.
- Are waiting for test results after experiencing symptoms.
- Tested positive for COVID-19 in the last 5 days (PCR / RAT or home-based self test kit).
- Live with someone with COVID-19 (positive test, multiple symptoms or waiting test results).
- Are identified as a close contact of someone who currently has COVID-19 and been advised to self-isolate
- Have travelled outside of Canada within the last 14 days AND been advised to quarantine, told not to attend school/child care or you live with someone who has returned from outside of Canada and is isolating while waiting for COVID-19 test results as per the federal quarantine requirements.
- Have been told by a doctor, health care provided or public health unit to be isolating.

Health Screening Questionnaire and Session Participation Tracking

All athletes and coaches are expected to complete a health screening questionnaire prior to participating in any Northern Chill Volleyball activity or game play situation. The questionnaire must be answered 'no' in its entirety in order to participate in any capacity. A tracking sheet must be completed for each on-court session to facilitate contact tracing in the event of a COVID-19 exposure.

The Northern Chill mandatory health screening questionnaire and session participation/health screening can be found on the Northern Chill Volleyball Website. It is the responsibility of the coach to ensure that a designated individual is assigned to ensure logging and tracking is taking place. All session participation tracking forms must be retained and submitted to the Health and Safety Committee upon request.



Procedure to Handle Identified or Potential COVID-19 Individuals

The prompt identification and isolation of potentially infectious individuals is a critical step in protecting players, coaches, and volunteer staff. Individuals are encouraged to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure.

The following COVID-19 protocols apply to all (but is not limited to) Northern Chill Volleyball Club participants, coaches, and volunteers:

If an individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities
- To properly assess the individual, ensure your team has a COVID-19 emergency kit on hand that includes hand sanitizer, safety glasses, face mask and disposable nitrile glove
- The individual should be removed from all others to a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- Direct others to step back and remain a safe distance of six feet from the individual and others
- Only handle the equipment required during assessment to avoid further contamination
- The individual shall wait for medical aid or be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the Northern Chill Health and Safety Committee should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

If an individual is tested for COVID-19

- Any individual that is part of Northern Chill Volleyball that has been tested for COVID-19 must not participate in club activities while waiting for the results of the test
- The club will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual
- Any club members who were in close contact with the individual should self-monitor and not participate in club activities if symptoms occur then follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals (if eligible for testing) or symptoms have been improving for 24 hours

If an individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform the president/member of the Northern Chill Health and Safety Committee
- The COVID-19 Health and Safety Committee will work where requested with the facility to assist in contact tracing. The Session Participation tracking sheets will be used to inform other club members who may have been in close contact with the individual



- Any Northern Chill Volleyball Club members who were in close contact with the individual should self-monitor and if symptoms occur not participate in club activities for 5 days (fully vaccinated, or under 12) and should follow public health guidelines regarding self-isolation and testing
- The Northern Chill Volleyball Club will inform its members of a positive COVID-19 result within the club setting
- The Northern Chill Volleyball Club will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The club will inform the Ontario Volleyball Association of a positive COVID-19 diagnosis

Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all Public Health Unit guidelines regarding return to play activities.
- Note, any athlete, coach or volunteer returning to play must complete the Return to Play Declaration form ([Ontario Volleyball Return to Play Protocols Acknowledgement Form](#)) prior to returning. The completed form must be provided to the coach and technical director.

Modification/restriction/postponing or cancelling of club activities

- Based on the evolving COVID-19 pandemic, Northern Chill Volleyball is prepared to follow public health, municipal/provincial government, facility and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Northern Chill Volleyball Club members will be informed as soon as possible of any modifications / restrictions or cancellations
- Northern Chill Volleyball Club will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials/administrators

Public Health Guidelines

Northern Chill Volleyball Club members are expected to follow all public health guidelines regarding COVID-19. These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada and has been advised to self-isolate and not attend school to not participate in club activities for the duration of the isolation period
- Any club member who has been exposed to someone with a confirmed case of COVID-19 should follow public health guidelines
- Any club member with symptoms of COVID-19 is not permitted to take part in club activities until symptoms have improved for 24 hours
- Any club member who has someone in their household showing symptoms of COVID-19, should self monitor and not participate in club activities should they develop symptoms

For questions regarding the Northern Chill Volleyball Club COVID-19 Response Plan, please contact James Schweyer, Health and Safety Committee (tech.director@northernchillvolleyball.com).