

# NIAGARA RAPIDS VOLLEYBALL

## COVID-19 PROTOCOLS





## Table of Contents

Niagara Rapids Volleyball Club – COVID-19 Protocols.....	2
Completion of Ontario Volleyball COVID-19 Waiver .....	2
Indoor Volleyball.....	2
Team Training and Game Play .....	2
Self-Screen Measures.....	3
Health Screening Questionnaire and Session Participation Tracking .....	3
Procedure to Handle Identified or Potential COVID-19 Individuals.....	4
If an individual becomes unwell with symptoms of COVID-19.....	4
If an individual is tested for COVID-19.....	4
If an individual tests positive for COVID-19.....	4
Return to club activities following illness .....	5
Return to club activities following COVID-19.....	5
Modification/restriction/postponing or canceling of club activities.....	5
Public Health Guidelines.....	5



## **Niagara Rapids Volleyball Club – COVID-19 Protocols**

This Niagara Rapids Volleyball 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 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 Niagara Rapids Volleyball must complete the Ontario Volleyball Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver"). Failure to do so means that individual must not participate 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:

- Personal Items like gym bags, if possible, should be left in the relevant individual's vehicle (in a safe and secure location) and not be brought to the courts. Athletes and coaches may carry their own water bottles, 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, 2 metres physical distancing is not required but deliberate physical contact is not allowed and must always be avoided (no high-fives, no celebratory huddles, etc.).
- Physical distancing must be maintained during all off-court activities. Social circles do not apply to organized training activity. When outside of your home, physical distancing means staying at least 2 metres (or 6 feet) away from other people whenever possible. Handshakes, high fives and celebratory



team huddles are not permitted 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 must 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 Niagara Rapids Volleyball COVID-19 Health and Safety committee) must be immediately informed to determine next steps.
- Coach's are to ensure that a team representative will act as the COVID-19 health and safety representative, ensuring all protocols are being followed
- Facility rules and protocols may have further restrictions and requirements that must be adhered to.
- 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:*

- Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by public health.
- Have been in contact with someone with COVID-19 in the past 14 days.
- Have returned from travel outside of Canada (must quarantine for 14 days at home).
- In the last 14 days have been in close physical contact with someone who returned from outside of Canada in the last 2 weeks and is not an essential worker with exemption from mandatory quarantine.
- Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical condition such as heart disease, lung disease, cancer, etc.).

### **Health Screening Questionnaire and Session Participation Tracking**

All athletes and coaches are expected to complete a health screening questionnaire prior to participating in any Niagara Rapids 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 Niagara Rapids Volleyball mandatory health screening questionnaire and session participation/health screening tracking form can be found at [Niagara Rapids - COVID-19 Resources](#). 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 submitted to Becky Goertz (beckygoertz@gmail.com), Health and Safety Committee.

### **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) Niagara Rapids Volleyball 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 isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- Direct other to step back and remain a safe distance from the individual of six feet apart
- 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 COVID-19 Oversight Group 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 the Niagara Rapids Volleyball club 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 not participate in club activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

#### **If an individual tests positive for COVID-19**

- If an individual tests positive for COVID-19, they should inform of the Niagara Rapids Health and Safety Committee
- The COVID-19 Health and Safety Committee will work where requested with the facility and public health



officials to assist in contact tracing. The Session Participation tracking sheets will be used to assist public health officials in informing other club members who may have been in close contact with the individual

- Any Niagara Rapids Volleyball members who were in close contact with the individual should not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- The Niagara Rapids Volleyball club will inform its members of a positive COVID-19 result within the club setting
- The Niagara Rapids 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 Ontario Volleyball of a positive COVID-19 diagnosis

### **Return to club activities following illness**

- Use the Decision-Making Support Tool to identify which of the nine (9) scenarios applies to the athlete returning to play.
- Note, any athlete, coach or volunteer returning to play must complete the Return to Play Declaration form prior to returning. The completed form must be forwarded to [beckygoertz@gmail.com](mailto:beckygoertz@gmail.com) to close that individual's file.
- If someone decides to get a preventative test and test results are negative, the quarantine period and return to play protocol does not apply.

### **Return to club activities following COVID-19**

- Use the Decision-Making Support Tool to identify which of the nine (9) scenarios applies to the athlete returning to play.
- Note, any athlete, coach or volunteer returning to play must complete the Return to Play Declaration form prior to returning. The completed form must be forwarded to [beckygoertz@gmail.com](mailto:beckygoertz@gmail.com) to close that individual's file.

### **Modification/restriction/postponing or canceling of club activities**

- Based on the evolving COVID-19 pandemic, Niagara Rapids Volleyball is prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Niagara Rapids Volleyball members will be informed as soon as possible of any modifications/restrictions or cancelations
- Niagara Rapids Volleyball 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**

Niagara Rapids 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 must self-isolate and not participate in club activities for 14 days
- Any club member who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club activities for 14 days
- Any club member with symptoms of COVID-19 is not permitted to take part in club activities
- Any club member who has someone in their household showing symptoms of COVID-19, should not participate in club activities

For questions regarding the Niagara Rapids Volleyball COVID-19 Response Plan, please contact Becky Goertz, Health and Safety Committee ([beckygoertz@gmail.com](mailto:beckygoertz@gmail.com)).

## DECISION-MAKING SUPPORT TOOL



## YOU MAY RETURN TO PLAY

- Isolation for a 14-day period after the date of return to Canada
- Do not have any symptoms associated with COVID-19 (fever over 38 °C, cough, difficulty breathing)
- Complete the Return to Play after quarantine form

- Isolation for a 14-day period after the first symptoms appear
- If you have not been hospitalized, have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours OR have obtained one negative result to the COVID-19 detection test

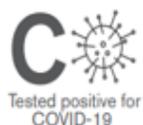
- Isolation for a 14-day period after the first symptoms appear
- Have not been hospitalized, have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours
- Obtained one or two negative result(s) to the COVID-19 detection test (if deemed necessary by the public health authorities)
- Complete the Return to Play after quarantine form

- Isolation for a 14-day period after the first symptoms appear
- If you have not been hospitalized, have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours OR have obtained one negative result to the COVID-19 detection test and do not present with any acute symptoms for at least 24 hours
- Complete the Return to Play after quarantine form

- Have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours
- Obtain one or two negative results(s) to the COVID-19 detection test (if deemed necessary by the public health authorities)
- Complete the Return to Play after quarantine form

- Isolation for a 14-day period after the first symptoms appear
- Have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours
- Obtained one negative result to the COVID-19 detection test
- Present a public health note authorizing return to play
- Complete the Return to Play after quarantine form

## DECISION-MAKING SUPPORT TOOL



Tested positive for COVID-19



QUARANTINE  
(14 days starting when the first symptoms appear)

OR



COVID-19  
DETECTION TEST



RECENTLY TRAVELLED  
(Returned to Canada in the last 14 days)



SYMPTOMS  
(Fever of 38°C or more, cough, and/or difficulty breathing)



QUARANTINE  
(14 days starting when the first symptoms appear)

OR



COVID-19  
DETECTION TEST



SYMPTOMS  
(Fever of 38°C or more, cough, and/or difficulty breathing)



QUARANTINE  
(14 days starting when the first symptoms appear)

OR



COVID-19  
DETECTION TEST



## YOU MAY RETURN TO PLAY

If you live in the same household as a confirmed COVID-19 case, you must follow the public health recommendations that will determine the length of your mandatory isolation. You will be asked for a public health confirmation authorizing your return to play.

### OPTION A

- Obtained one negative result to the COVID-19 detection test
- Present a public health note authorizing return to work
- Have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours
- Complete the Return to Play after quarantine form

### OR

### OPTION B

- Haven't been tested for COVID-19 (as per the recommendation from the public health authorities)
- Isolation for a 14-day period
- Have not had a fever for at least 48 hours (without taking medication to lower body temperature) and have not had acute symptoms for at least 24 hours
- Complete the Return to Play after quarantine form

\*A person who has had close contact is defined as:

- A person who provided care to the sick person
- A person who has had other similar close physical contact without the proper use of personal protective equipment (PPE)
- A person who has lived with or had close and prolonged contact with the sick person (within six feet) while he/she was contagious; or,
- A person who has had direct contact with infectious body fluids of the sick person (who was, for example, nearby when the sick person coughed or sneezed) without wearing personal protective equipment (PPE)