



# TOWN HALL

## Outdoor Volleyball Return to Play for Stage 3 Regions

JULY 27, 2020

**Volleyball for Life**

# AGENDA

- Outdoor Volleyball Return to Play Protocols for Stage 3 regions
- Event Beach Friendlies
- Q & A
- Future Town Halls Schedule





# Return to Play Protocol

Eager to Play!

PSOs RTP - How Safely?

- Government Regulations
- Public Health Authorities
- Insurance and Legal
- Volleyball Canada
- Facilities/Permit Issuers



*Tool – RTP for Outdoor Volleyball and RTP for Indoor Volleyball*



# Return to Play Local Public Health

- Be familiar and comply with both provincial and local requirements
- OVA working with local public health authorities
  - Shared Return to Play/Training Protocol
- Utilize their fact sheets and educational resources

## How to use hand sanitizer



Rub hands for  
at least 15 seconds

1



Apply 1 to 2 pumps  
of product to palms  
of dry hands.

2



Rub hands together,  
palm to palm.

3



Rub in between and  
around fingers.

4



Rub back of each hand  
with palm of other  
hand.

5



Rub fingertips of each  
hand in opposite palm.

6



Rub each thumb  
clapsed in opposite  
hand.

7



Rub hands until  
product is dry. Do not  
use paper towels.

8



Once dry, your hands  
are clean.



# Return to Play Protocols – Volleyball Canada





## Guidelines

- Progression
- Outdoor deemed safer than indoors
- Group size minimized
- Volleyballs designated for a group
- Clean Volleyballs
- Eliminate unnecessary contact – high fives
- Good hygiene



## HOW DO WE BOUNCE BACK: A SAFE RETURN TO VOLLEYBALL

As our nation begins to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus.







### FACILITY CONSIDERATIONS

- |   |  |
|---|--|
|  Outdoor activity has been deemed safer than indoors.                                  |  Minimize the total amount of users in one space at any given time. |
|  Beach and grass volleyball would be deemed safer than indoor volleyball at this time. |  Avoid or minimize contact with commonly touched surfaces.          |




### PARTICIPANTS

- |  |   |
|--|---|
|  Group sizes should always be minimized.                              |  People over 65 years of age or people with underlying health conditions are deemed to be higher risk. |
|  Stay at home if displaying symptoms of COVID-19 in the past 14 days. |   |

### CONTACT MINIMIZATION

- |   |   |
|---|---|
|  Physical distancing should be practiced whenever possible.                                      |  Keep volleyballs designated for specific groups of participants.                                  |
|  Spectators should be discouraged and if present must abide by physical distancing guidelines. |  Use sanitizing spray or wipes on balls at frequent intervals.                                   |
|  Participants should not be sharing equipment.   |  Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be avoided. |

### GOOD HYGIENE

- |  |   |
|--|---|
|  Hand washing or sanitizing at intervals throughout should be encouraged. |  Avoid touching ones face throughout play. |
|  |  Consider wearing a mask and gloves.       |

## RETURN TO VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally.

The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



# Return to Play Protocol Insurance

## No Return To Play Protocol → NO INSURANCE

- Illegal Activity
- What is Covered / Not Covered
- Sport Accident vs Liability
- What does exclusion mean?
- Risk Mitigation







# Return to Play Protocols Government Regulations



## PHYSICAL DISTANCING



### What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



## Stage 3 Regulation



*Social Circle not apply to organized training activity.*





# Return to Play Protocol Government Regulations

## GATHERING

The background of the slide is a collage of three photographs. The top right photo shows a group of young women in athletic wear standing on a sandy beach volleyball court. The bottom left photo shows a large group of people, mostly men, sitting on orange bleachers at an outdoor sports event. The middle right photo shows a group of young women in athletic wear standing on a sandy beach volleyball court.

2. The total number of members of the public permitted to be at the facility in a class, organized program or organized activity at any one time must be limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed,

- i. 50 persons, if any of the classes, organized programs or organized activities taking place at the time are indoors, or
- ii. 100 persons, if all of the classes, organized programs or organized activities taking place at the time are outdoors.

4. The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed,

- i. 50 spectators, if the spectators will be indoors, or
- ii. 100 spectators, if the spectators will be outdoors.

Limit 100 persons + 100 spectators





# Return to Play Protocol Government Regulations

## Stage 3 Regions

- Physical distancing still required
- Gathering Sizes
- Exception for Team Sports – with no physical contact can be played (or modified)
- Leagues modified for no physical contact limit 50 participants

### Team Sports and Live Sporting Events

- Prolonged or deliberate contact while playing sports is not permitted.
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g., wrestling, judo) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact.
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players.
- Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50. Players are not yet permitted to play against players outside of their league or group.

5. Team sports may only be practised or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players.





# Outdoor Return to Play Protocols

## How do you Comply?

- Risk Mitigation Assessment Checklist
- Share Protocol with Facility
- Acknowledgement Form
- Waiver for COVID
- Education Plan
- Response Plan
- Health Screening
- Participant Tracking
- Programming







# Return to Play Protocol Programming

- Scrimmages and game play limited duration
- When training and playing deliberate physical contact NOT allowed
- Modify to minimize incidental physical contact
- Frequent breaks to clean and sanitize hands – guideline 30 mins
- Limit session duration (120 mins)







# Return to Play Protocol Programming

- Eliminate all deliberate physical contact from sessions
- No huddles, high fives, handshakes, switching sides
- Any static interactions (coach instruction, time-outs) maintain 2m distance
- Off-court all individuals must respect physical distancing
- Ensure ample space between courts
- Utilize visual cues





# Return to Play Protocol Programming

## League Play

- Max 50 participants per league division
- No interplay between divisions
- Up to 4 participants per side on 8m x 8m
- Up to 6 participants per side on 9m x 9m







# OVA Beach Friendlies

- Exhibition, fun events taking place at OVA's three locations across the province
  - London
  - Horseshoe (Barrie)
  - Pickering
- Multiple age groups offered
  - 13U, 14U, 16U, Youth Open
  - If your age group isn't listed above, please play up a division
  - Chronological age class







# OVA Beach Friendlies

- Events will begin August 8<sup>th</sup> and run every Saturday and Sunday throughout the month
  - Registration will take place on NRS
- 2 waves offered each day, with a total playing time of 1hr 45min
  - 2 sets to 21, or 35min (whichever comes first)
  - 15min break in between each match
  - Matches are self-refereed, no scoreboards or score reporting required





# OVA Beach Friendlies – COVID Protocols

- All OVA Return to Play Protocol must be followed
- Each participant will need to submit OVA waiver before competing (via Formstack) and only needs to be done once per season
- Contract tracing information (for both athlete and spectator) must be completed before each event via Formstack
  - Limit of 1 spectator per athlete
- Daily Health Screening Questionnaire will need to be completed via Formstack (per event)
  - Questions will also be asked at check-in
- NO WARM UP can begin until athletes have checked in





# OVA Beach Friendlies – COVID Protocols

- Volleyballs will be disinfected between each match, nets and admin area will be disinfected between each wave
- Athletes must bring their own hand sanitizer and wipes for personal use
- Physical distancing of 2m must be maintained while NOT on the court
- No physical contact during game play
- Check-in times are 30min prior to start time, and teams must vacate the venue immediately after games are done







# OVA Town Halls Schedule

Tuesday August 4

- Coach Eligibility
- Indoor What's New

Monday August 10

- Indoor Volleyball RTP for Stage 3

Further to be scheduled

- Monday August 17
- Monday August 24





**ONTARIO**  
**Volleyball**