



TOWN HALL

Return to Play

MARCH 22, 2021

Volleyball for Life



AGENDA

1. Volleyball Canada COVID-19 update
2. Ontario Government Framework
3. Compliance
4. Ministry Funding Announcement
5. Q & A
6. Future Town Halls Schedule



Volleyball & COVID-19

Dr. Kerry MacDonald
Director of Sport Science, Medicine and Innovation

Risk Assessment Scale



What is safe?



| Lower Risk | Higher Risk |
|---|--|
| Outdoor Activity | Indoor Activity |
| Low Number of Participants | High Number of Participants |
| Shorter Duration in Confined Space | Longer Duration in Confined Space |
| Less common contact surfaces (including balls) | More common contact surfaces |
| More frequent sanitation | Less frequent sanitation |
| Less frequent and shorter breaches of Physical Distancing | More frequent and longer breaches of Physical Distancing |
| More Mask Use | Less Mask Use |

Mask Use in Sport



- There is overwhelming evidence that inhalation of the the coronavirus represents a major transmission route for COVID-19.¹
- Current evidence for the effectiveness of mask use at reducing transmission of COVID-19 is strong.²



1. Prather, K.A., et al., *Airborne transmission of SARS-CoV-2*. Science, 2020. 370(6514): p. 303.
2. Chu, D.K.; Akl, E.A.; Duda, S.; Solo, K.; Yaacoub, S.; Schünemann, H.J.; COVID-19 Systematic Urgent Review Group Effort (SURGE) Study Authors. Physical Distancing, Face Masks, and Eye Protection to Prevent Person-to-Person Transmission of SARS-CoV-2 and COVID-19: A Systematic Review and Meta-Analysis. *Lancet* 2020, 395, 1973–1987.

Mask Use in Sport



Research suggests that facemask use while exercising:

- May increase dyspnea (perception of shortness of breath)
- Have a small & often difficult to detect effect on work of breath (energy needed to breath), blood gases and other physiological parameters during physical activity, even with heavy/maximal exercise.^{1,2,3}
- Not all masks are the same: CBC Marketplace report
 - Homemade masks would not be recommended

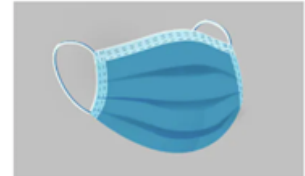
Top performers

3-layer masks

These consumer masks performed as well as the medical N95 masks at filtering particles.



White cotton with inner layer
melt-blown non-woven
polypropylene



Blue surgical-type

1. Hopkins, S.R., et al., Facemasks and the Cardiorespiratory Response to Physical Activity in Health and Disease. *Annals of the American Thoracic Society*. 0(ja): p. null
2. Shaw, K.; Butcher, S.; Ko, J.; Zello, G.A.; Chilibeck, P.D. Wearing of Cloth or Disposable Surgical Face Masks has no Effect on Vigorous Exercise Performance in Healthy Individuals. *Int. J. Environ. Res. Public Health* 2020, 17, 8110.
3. Epstein, D, Korytny, A, Isenberg, Y, et al. Return to training in the COVID-19 era: The physiological effects of face masks during exercise. *Scand. J. Med. Sci. Sports*. 2020; 00: 1–6.

Keeping COVID off the Court



- Perhaps the single most important step we can take is to ensure that participant behaviors are mitigating their chances of being exposed
 - Small and limited number of bubbles/cohorts.
 - Distance, Mask, Hygiene
- Continue to enforce the importance of daily symptom screening
 - Paucisymptomatic (minor symptomatic) individuals present a great risk of spread.
 - Temperature checks are largely ineffective.
- If in doubt, sit it out
 - Presenting with symptoms
 - While awaiting test results of close contacts

Returning from COVID



GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

| | STAGE 1 10 DAYS MINIMUM | STAGE 2 2 DAYS MINIMUM | STAGE 3A 1 DAY MINIMUM | STAGE 3B 1 DAY MINIMUM | STAGE 4 2 DAYS MINIMUM | STAGE 5 EARLIEST DAY 17 | STAGE 6 |
|----------------------|--|---|---|---|---|--|---------|
| ACTIVITY DESCRIPTION | MINIMUM REST PERIOD | LIGHT ACTIVITY | FREQUENCY OF TRAINING INCREASES | DURATION OF TRAINING INCREASES | INTENSITY OF TRAINING INCREASES | RESUME NORMAL TRAINING PROGRESSIONS | |
| EXERCISE ALLOWED | WALKING, ACTIVITIES OF DAILY LIVING | WALKING, LIGHT JOGGING, STATIONARY CYCLE NO RESISTANCE TRAINING | SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS | PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES | NORMAL TRAINING ACTIVITIES | RESUME NORMAL TRAINING PROGRESSIONS | |
| % HEART RATE MAX | | <70% | <80% | <80% | <80% | RESUME NORMAL TRAINING PROGRESSIONS | |
| DURATION | 10 DAYS | <15 MINS | <30 MINS | <45 MINS | <60 MINS | RESUME NORMAL TRAINING PROGRESSIONS | |
| OBJECTIVE | ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM | INCREASE HEART RATE | INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS | EXERCISE, COORDINATION AND SKILLS/TACTICS | RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS | RESUME NORMAL TRAINING PROGRESSIONS | |
| MONITORING | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE | SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE | |

RETURN TO COMPETITION
IN SPORT SPECIFIC TIMELINES

Before considering GRTP:

- The athlete must be able to complete activities of daily living and walk 500 m without excessive fatigue or breathlessness.
- They should have at least 10 days rest and be 7 days symptom-free
- Experience suggests that some athletes take over 3 weeks to recover

Returning from COVID



- Increased risk of cardiac arrhythmias from myocarditis (heart inflammation)
 - 1 study found as high as 79% of COVID patients with myocarditis.¹
 - A smaller study found 15% of college athletes had myocarditis.²
- Increased risk of blood clots

1. Puntmann, V.O., et al., Outcomes of Cardiovascular Magnetic Resonance Imaging in Patients Recently Recovered From Coronavirus Disease 2019 (COVID-19). JAMA Cardiology, 2020. 5(11): p. 1265-1273.
2. Rajpal, S., et al., Cardiovascular Magnetic Resonance Findings in Competitive Athletes Recovering From COVID-19 Infection. JAMA Cardiology, 2020.

Vaccines



- 4 Vaccines approved for use in Canada
- Vaccine effectiveness is assessed on it's ability to prevent infection.
 - All are highly effective at preventing severe illness, hospitalization & death
- No approved vaccines for those under 16 years of age
 - Trials ongoing, results expected in coming months

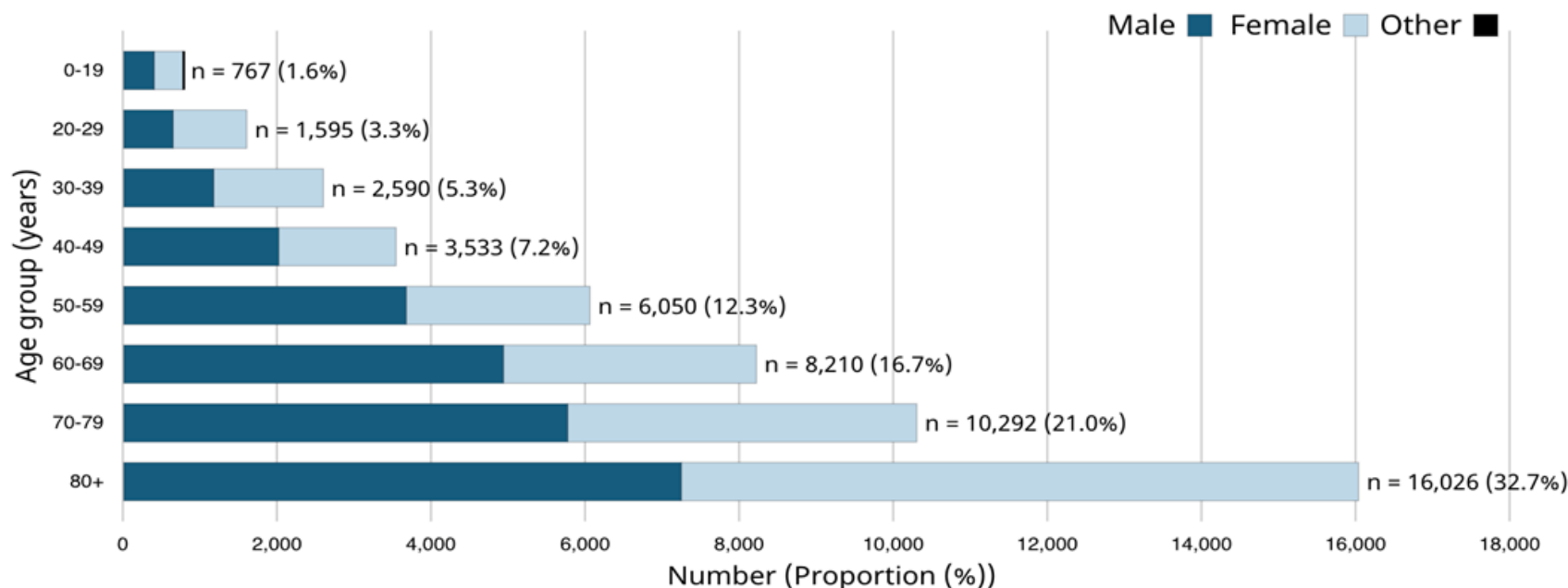


Vaccines



- All adult Canadians to receive 1st shot by July
- Herd Immunity @ 70-90%
- Hospitalization drives policy
- How vaccine rollout impacts hospitalization rates & permitted activities is TBD

Figure 5. Age and gender ³ distribution of COVID-19 cases in Canada as of March 12, 2021, 7 pm EST (n=49,063 ¹)



Return to Training & Competition



- Risk mitigation measures are unchanged:
 - Physical Distancing, Mask Use, Good Hygiene Practices
- Greatest challenge will be competition
 - Increased group/cohort sizes
 - Travel
 - Unlikely that testing will help (cost & access issues)
- Expect a phased return of competition





Thank You,



GOVERNMENT ANNOUNCEMENT

The Government of Ontario makes a formal announcement to the province.

01



GOVERNMENT REGULATION

Ontario Volleyball waits to receive official written Government of Ontario Orders (usually within 72 hours).

02



INTERPRETATION & APPLICATION

Ontario Volleyball consults with the Ministry of Heritage, Sport, Tourism & Culture industries for clarification of the Government Orders, obtains legal advice and translates to a sport specific interpretation. Volleyball Canada and Public Health consulted, where required.

03



COMMUNICATION OF CONTENTS

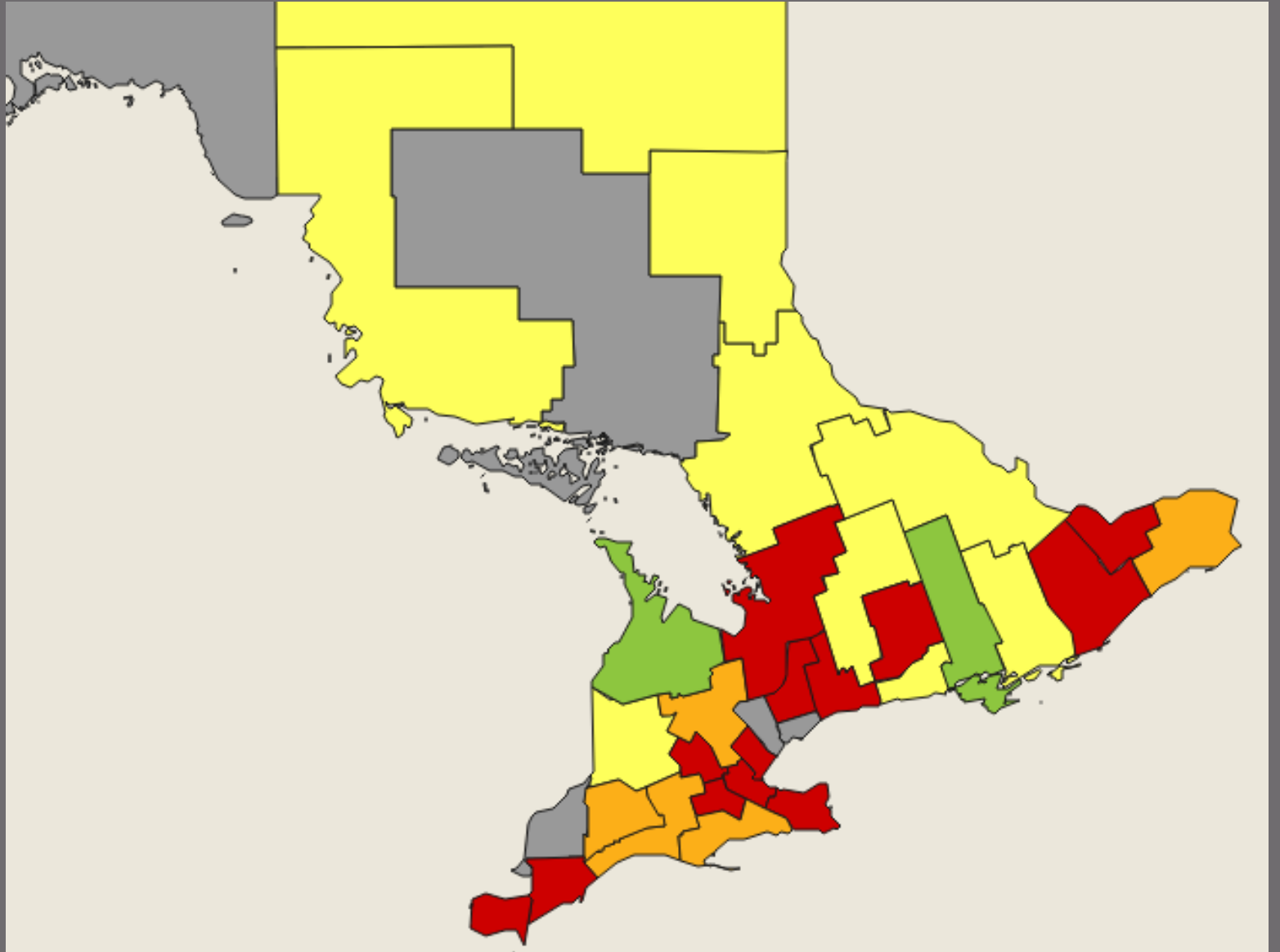
OVA communicates the regulation and context to volleyball on the OVA website. The message is shared through social media channels. Town Halls will be held if needed to further clarify. Members are encouraged to provide feedback.

04



ONTARIO GOVERNMENT FRAMEWORK

- Health Measures set-up by colour
- Current colour zones in Ontario as per March 22, 2021
- Local public health may have additional restrictions or requirements
- Facility/Permit rules





ONTARIO GOVERNMENT FRAMEWORK

Stage 1- Grey Lockdown Zones

Gatherings and close contact

It is illegal to gather indoors with anyone you do not live with.

You must limit contact to your household (the people you live with) and stay at least 2 metres apart from everyone else.

Do not visit any other household or allow visitors in your home.

If you live alone, you can have close contact with only one other household.

All events and social gatherings:

- Indoors: not allowed, except with members of your household (or one other household if you live alone)
- Outside: 10 people

- Indoor - no activity, no travel to other zones to train/play indoors
- Outdoor – up to 10 people



RED CONTROL ZONE REMINDERS

Team sports:

- must not be practiced or played except for training (no games or scrimmage)
- must keep 2 metres physical distance, no contact permitted

Indoor

- 10 participants plus coaches and/or supervisors
- Increased physical distance to 3 metres for classes or areas with weights

Outdoor

- 25 participants

NOTE: Individuals and teams from Red (Control) zones can train in facilities in Green (Prevent) to Orange (Restrict) zones but may only train with their training cohort – scrimmages are not permitted with other teams.





GREEN PREVENT TO ORANGE RESTRICT ZONE REMINDERS

Team and individual sport must:

- be modified to avoid physical contact
- have a maximum of 50 people per league

- Capacity Limits:
 - Indoors 50 people
 - Outdoors 100 people
- Physical distancing required exception for during team sport activity
- Must avoid physical contact at all times
- Leagues 50 participants per division with no interdivision games
- No spectators in Orange





COMPLIANCE REMINDERS

No Return To Play Protocol = NO INSURANCE

- Clubs/Members act illegally no insurance
- Supporting Ontario's Recovery Act – protects not for profits, coaches and volunteers
- Member Clubs are liable if no due diligence, not protecting everyone to the best of their ability
- Need a permit for insurance coverage
- Red and Grey zones not permitted to play in OVA competitions
- Travel between zones:
 - Grey not permitted
 - Red to Green not recommended





COMPLIANCE REMINDERS

- Masks are mandatory at all times
- Follow facility rules
- Follow your local public health rules
- Support with Bylaw and/or Public Health Unit contact OVA
- Reporting infractions contact:
 - Local bylaw
 - Club's COVID safety officer
 - OVA office
- Health Screening protocol changes often
- Government regulations continue to be updated





MINISTRY FUNDING ANNOUNCEMENT – March 17, 2021

Announced a 15.3M investment on four initiatives:

1. Quest for Gold Canada funding – \$6.3 million in 2020-21

- Supporting approximately, 550 National Team Canada Carded athletes with a top-up amount
- The **Canada Card** is provided each year to all Ontario athletes who receive support from the Sport Canada Athlete Assistance Program.
 - This program is **not** managed by the OVA.
- The **Ontario Card** funding is not going to be provided to athletes for 2020-21
- The **Ontario Card** is provided to individual athletes based on their demonstrated commitment to high performance sport. The recipients are selected by the provincial sport organizations through their approved selection criteria. This is the program that is normally managed by OVA.
- **No Quest For Gold funding** to Ontario athletes aspiring to the National Team this year. There will be **no application process**.





MARCH 17th MINISTRY FUNDING ANNOUNCEMENT

2. The Ontario Hockey League - \$2.35M for post-secondary education scholarships.

3. Sport4Ontario - \$3M

To deliver a pilot program that helps kids and families regain confidence in sport and recreation activities. The program will support grassroots physical activity and recreation programming.

4. 63 Provincial Sport Organizations – \$3.6M

To support member community sports clubs who provide access to sports.

No details have been provided yet from the Ministry on how the PSO's administer the program. OVA is awaiting direction and will share with members once received.



UPCOMING TOWN HALL SESSIONS

- Monday March 29 @ 7:00PM
 - OVA Athlete Insight Program
- Monday April 6 @ 7:30PM
 - Athlete Development Update
- Monday April 12 @ 7:30PM
 - Outdoor Programs Update

To register, visit: <https://www.ontariovolleyball.org/town-hall>





Questions?

Please type your questions in the chat





Thank-you OVA community!



OVA