



ONTARIO VOLLEYBALL ASSOCIATION
RETURN TO PLAY PROTOCOLS



RETURN TO PLAY

STEP 1

Version 1.0



Ontario Volleyball Association (OVA) Return to Play Protocols

Volleyball (Indoor & Outdoor)

Updated June 14, 2021

These Return to Play/Training Protocols (Protocols) are OVA's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and OVA's desire to make our sport safe for all.

These Protocols may be updated at any time; please be sure that you are referring to the most recent Version which will be posted from time to time on Ontario Volleyball's website at <https://www.ontariovolleyball.org/ova-return-to-play>.

These OVA Return to Play Version 1.0 protocols are only applicable when Ontarians are in Step 1 of the Government of Ontario's Re-opening framework. The Roadmap to Reopen, the province's three-step plan to safely reopen the province and will gradually lift public health measures based on ongoing progress of province-wide vaccination rates and improvements of key public health and health care indicators.

Guiding Principles

Step 1: An initial focus on resuming outdoor activities with smaller crowds where the risk of transmission is lower and permitting limited indoor settings with restrictions.

Step 2: Further expanding outdoor activities and resuming limited indoor services with small numbers of people and with face coverings being worn.

Step 3: Expanding access to indoor settings, with restrictions, including where there are larger numbers of people and where face coverings can't always be worn.

Moving through the steps

The province will remain at each step for at least 21 days to evaluate any impacts on key public health and health system indicators. It can take up to two weeks for COVID-19 vaccinations to offer protection against the virus.

The province will remain in Step 1 for at least 21 days to evaluate any impacts on key public health and health system indicators.

If at the end of the 21 days the province has met the following vaccination thresholds, and there are continued improvements in other key public health and health system indicators, the province may move to the next step of the roadmap:

Step 1: 60% of adults vaccinated with one dose

Step 2: 70% of adults vaccinated with one dose and 20% vaccinated with two doses

Step 3: 70 to 80% of adults vaccinated with one dose and 25% vaccinated with two doses



COVID-19 Roadmap to Reopen – Key Highlights



* Key health indicators include declining hospitalization, ICU, cases rate and % positivity

Based on current trends in key health indicators, including the provincial vaccination rate, Ontario expects to enter Step One of the roadmap around June 14, 2021.

For the full plan, visit ontario.ca/reopen



Key sources of Ontario law:

O. Reg. 82/20: RULES FOR AREAS IN SHUTDOWN ZONE AND AT STEP 1

<https://www.ontario.ca/laws/regulation/200082>

All of recommendations in these protocols and Appendices are taken from the Government of Ontario's new Roadmap to Re-Opening, as found online at:

<https://www.ontario.ca/page/reopening-ontario>

In Step 1 of the Roadmap to Re-Opening:

- Outdoor volleyball activities are permitted for up to 10 patrons for individual and team training, with no game play or scrimmages. 3m of physical distancing must be kept at all times.
- Indoor volleyball activities are not permitted in Step 1 of the Roadmap to Re-Opening, aside from athletes that have the High-Performance Exemption from Volleyball Canada.

Sports and recreational fitness facilities

Before Step 1

Closed, with limited exceptions (such as for identified high-performance athletes)

Step 1

Outdoor fitness classes, outdoor sports training (no games or practices) and outdoor personal training, with 10 patrons maximum

Closed for indoor use except for high-performance athletes and day camps

Step 2

Outdoor sports leagues open
Training for professional or amateur athletes and/or competitions

Closed for indoor use except for high-performance athletes and day camps

Step 3

Indoor open, with restrictions

Outdoor open, with restrictions



Ontario Volleyball would like to thank its members and the volleyball community across the province for your patience and support during these uncertain times.

Ontario is currently in Step 1 of Ontario’s Roadmap to Re-Opening; which is Progression 1 and 2 of Volleyball Canada’s - “A Safe Return to Volleyball” plan for outdoor volleyball. Indoor volleyball is not permitted at this time.

Volleyball Canada – A Safe Return to Volleyball

RETURN TO VOLLEYBALL PROGRESSIONS

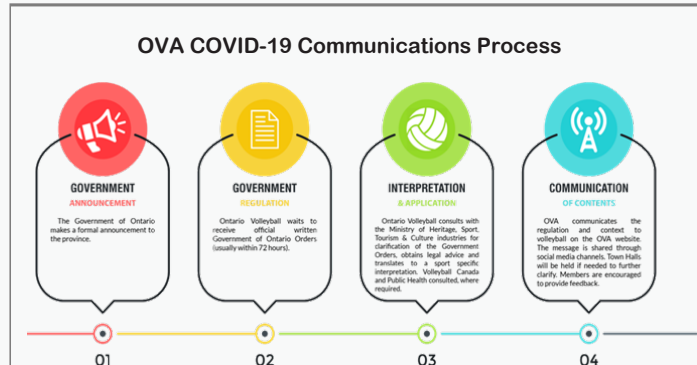
The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



Please see Appendix A for Volleyball Canada’s snapshot of guidelines on “A Safe Return to Volleyball” or click here: https://volleyball.ca/uploads/News/Return_to_Volleyball_june19.pdf

Process of OVA Return to Play Protocols/ Activity Approval

1. Alignment with Volleyball Canada’s guidelines and Ontario law (see “Key sources of Ontario law” above)
2. OVA Protocols vetted by OVA’s external legal counsel, OVA’s insurance broker and Public Health
3. Approval by OVA’s Board of Directors





ASSUMPTION OF RISK

Without a cure or 100% vaccine protection for COVID-19, there will always be a risk of contracting the virus when participating in any public activity. The OVA does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are asked to review the OVA's "ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19" form thoroughly and complete it online during the registration process in the Membership Registration System (MRS).

In addition, all athletes, parents/guardians and club members should satisfy themselves that the facility they are using is operating in compliance with all applicable laws. The OVA will not review such compliance and takes no responsibility for it.

Supporting Ontario's Recovery Act, 2020

In November 2020, the Government of Ontario announced that the Supporting Ontario's Recovery Act, 2020, has passed a third reading in the Legislature and will now receive Royal Assent. This Act will provide liability protection for workers, volunteers and organizations that make an honest effort to follow public health guidelines and laws relating to exposure to COVID-19. At the same time, it will maintain the right of

Ontarians to take legal action against those who willfully, or with gross negligence, endanger others.

The Supporting Ontario's Recovery Act, 2020 will provide targeted protection for those who are making an honest effort to follow public health guidelines and laws, including:

- Healthcare workers and institutions
- Frontline workers who serve the public everywhere from grocery stores to restaurants and retail stores
- Businesses and their employees.
- Charities, non-profit organizations; and
- Coaches, volunteers and minor sports associations

To ensure your organization is protected under the legislation, your Club must make certain that you have safety protocols in place and published to your Club's website; you are following the OVA Return to Play (RTP) Protocols, have created your Clubs own RTP and all members are properly documented for contact tracing and are registered with the OVA. This means registering all participants within the Ontario Volleyball Membership Registration System (MRS).

If a non-member is participating in Club activities and your Club does not require OVA insurance coverage, Clubs must have all non-member participants sign off on an ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19 waiver and keep them on file at the Club office.

All athletes should register as Recreational players to be covered by the OVA insurance policy. If a competitive season can take place, athletes would need to have full memberships at that time.



Legal Disclaimer

The information included in this protocol is current for the time of publishing and is aligned with the current recommendations from provincial, national and international bodies including the World Health Organization (WHO) and Public Health Ontario. However, recommendations may change depending on daily provincial, local and global COVID-19 situation reports; local Public Health Units should also be consulted for up-to-date information.

This protocol and the Appendices are meant to provide general guidelines and educational awareness training and are not an all-encompassing return to play plan for all. This document is to supplement and not replace applicable law and the information provided by public health authorities. Each person should consider this protocol and the Appendices considering their specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each person should consult other sources and experts in order to customize their own plans at the community Club level. No legal or medical advice is being provided in this protocol or the Appendices.

The purpose of this protocol and the Appendices is to reduce the risk of liability. This protocol and the Appendices are not a safety program and do not guarantee the safety of staff, participants, parents/guardians, spectators, household members or other third parties. The information and recommendations outlined within this protocol and the Appendices are a base level that Clubs should be using to develop individual plans that evaluate the unique risks that each training and environment presents.

Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks when deciding to take part in volleyball activities during the pandemic.



Operations

Compliance with Regulations

All volleyball activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Team Sport regulations
- Volleyball Canada rules, policies and procedures
- OVA rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

Club Risk Assessment and Mitigation Checklist Tool

It is highly recommended that each Club and Coach conducting any training and volleyball activity complete the Club Risk Assessment and Mitigation tool to help build the Club and teams COVID Response Plan.

<https://www.ontariovolleyball.org/ova-return-to-play>

See Appendix B for Sample Club Risk Assessment and Mitigation Tool

Compliance with these Protocols

Each Club, Coach, and Athlete conducting training (whether or not on rented courts) must implement and comply with the current and any updated Version of these Protocols. The OVA Return to Play Acknowledgement Form must be completed and returned to info@ontariovolleyball.org, before any volleyball activity commences.

Here is the link to the Form

<https://www.ontariovolleyball.org/ova-return-to-play>

The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 form provided as part of these Protocols must be completed by each participant of volleyball activities (including staff, athletes, coaches and volunteers). This form is signed off by the individual member upon registration with the Ontario Volleyball Association through the Membership Registration System (MRS) and they do not need to be collected by the Club. It is not necessary to submit a hard copy of the document. See Appendix C for waiver.

Any non-implementation or non-compliance with these Protocols may have serious consequences including, but not limited to a lack of insurance coverage. Club leaders and/or coaches can be held personally liable in the event of a lawsuit.

Any organizer/club/coach may remove a participant or spectator from the facility or from participation in the activities, programs or services at any time and for any reason if the organizer believes, in its sole discretion, that the participant is no longer in compliance with any of the standards described in this protocol.



COVID-19 Education

Each Club and/or Coach must ensure that staff, coaches, athletes, parents, members and volunteers receive education on new safety and hygiene protocols within the club as well as Government approved information on ways to limit the spread of COVID-19 including:

- Respiratory etiquette
- Hand hygiene
- Physical distancing
- Use of Personal Protective Equipment (e.g., face masks, gloves)

See Appendix D for samples of these education tools.

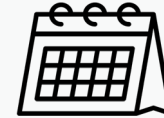
Club Offices

All club administrative activities should be conducted on-line and virtually whenever possible.



Scheduling Sessions

Scheduling of training session should be done on-line. Schedules must ensure staggered time between each session to allow for requisite cleaning and sanitizing the site/facility between different user groups.





COVID-19 Response Plan

Each Club must develop a COVID-19 Response Plan which must include the following provisions:

1. Designating groups of individuals to oversee the implementation of health and safety guidelines
2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during volleyball activities, including but not limited to:
 - Developing and making all staff aware of the procedure for athletes/staff to clearly identify whom to contact, and how to do so, if they or other participants feel unwell or show symptoms of COVID-19
 - Designating an isolation area to place individuals that start to feel unwell or show symptoms of COVID-19 and provide a list of phone numbers of who to notify if this happens.
 - Developing a transportation protocol for individuals exhibiting symptoms of COVID-19
 - Developing protocols regarding whom club staff/coach should contact to report suspected cases and request testing and epidemiological investigations
 - Determining who the contact person will be to communicate with the local Public Health Unit (PHU) to ask for direction on next steps for any COVID-19 situation within the club
3. Establishing a protocol for individuals to report to Club and external stakeholders (i.e., OVA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms.
4. Establishing a protocol for the club to inform staff, coaches, athletes, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group.
5. Establishing procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic
6. Establishing a communication plan to keep staff, coaches, athletes, parents, members and volunteers informed during Return to Play phases.
7. Establishing a protocol for staff, coaches, athletes, parents, members and volunteers after a COVID-19 diagnosis.

See *Appendix E* for sample COVID-19 Response Plan protocols





Multiple Locations

Coaching and training at multiple locations is strongly discouraged. Clubs may ask athletes or coaches to inform them if they are attending training sessions in multiple locations. Individuals should consider the following:

- Use new face mask at each location
- Manage schedules to avoid different facilities on the same day
- Ensure coach has Session Participation and Health Screening Tracking Template and Daily Health Screening Questionnaire for each facility visited in the same day
- Individuals and teams participating in outdoor volleyball can train in facilities anywhere in Ontario. No game play or scrimmages allowed in Step 1 of Ontario's Roadmap to Re-Opening Plan.
- It is not legal for indoor recreational facilities to open in Step 1 of Ontario's Roadmap to Re-Opening Plan.
- Individuals and Clubs not following the Ontario regulations are not covered by the OVA insurance policy and are liable (including personal liability for coaching staff and Club Directors) for any injury or case of COVID contracted during illegal training.

Facility Coordination

Outdoor recreational facilities are legally allowed to open in Step 1 of Ontario's Roadmap to Re-Opening plan.

Indoor volleyball facilities are not allowed to operate at this time.

A facility for outdoor sports and recreational fitness activities, including a facility for indoor sports and recreational fitness activities that has such outdoor facilities, may be open if it complies with the following conditions:

1. The only activities permitted on the premises are outdoor fitness classes, personal training and training for team and individual sports.
2. No patrons are permitted to be in the indoor areas of the facility, except as may be necessary
 - i) to access a washroom,
 - ii) to access an outdoor area that can only be accessed through an indoor route, or
 - iii) as may be necessary for the purposes of health and safety.
3. No more than 10 patrons may participate,
 - i) in an outdoor fitness class at any one time, or
 - ii) as a group in personal training or in training for team or individual sports.

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4. No spectators are permitted to be at the facility. However, a person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.
5. Any person who enters or uses the facility must maintain a physical distance of at least three metres from any other person who is using the facility.
6. For greater certainty, team sports must not be practised or played at the facility, with the exception of training sessions for members of a sports team that do not include games or scrimmage games.
7. Activities that are likely to result in individuals coming within three metres of each other must not be practised or played at the facility.
8. The person responsible for the facility must,
 - i) record the name and contact information of every member of the public who enters the facility,
 - ii) maintain the records for a period of at least one month, and;
 - iii) only disclose the records to a medical officer of health or an inspector under the Health Protection and Promotion Act on request for a purpose specified in section 2 of that Act or as otherwise required by law.

9. The facility must actively screen individuals in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the facility.

An indoor recreational facility may only open and offer sport to athletes, coaches or officials training or competing to be a part of Team Canada at the next summer or winter Olympic Games or Paralympic Games and they qualify under the High Performance Exemption.

Each club/coach must coordinate with the relevant facility to ensure compliance with these Protocols. This includes at minimum:

- Implementing effective measures to manage the flow of traffic in and out of the training area
- Any person who engages in physical exercise in the amenity, including by engaging in a training session must maintain a physical distance of at least three metres from any other person who is using the amenity.
- Scheduling and implementing cleaning between each training group
- Wiping down / sanitizing high touch areas such as entry / exit doors, etc.

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- Any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a practice, at the end of play, such as at the completion of practice.
 - Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use.
 - Ensuring closure of dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility, except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid
 - Ensuring that team sports that are likely to result in individuals deliberately physically contacting each other are not practised or played within the facility
 - Facilitating compliance by the facility operator with the advice, recommendations and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting.
- The facility is responsible for creating and sharing a safety plan with the Club which describes the measures and procedures which has been implemented or will be implemented in the venue to reduce the transmission risk of COVID-19. The safety plan shall describe how the requirements of the government regulations will be implemented in their venue including screening, physical distancing, masks or face coverings, cleaning and disinfecting of surfaces and objects, and the wearing of personal protective equipment.
 - Confirm with the facility if coaches and spectators are included in the total gathering size count for patrons.

See Appendix J - Back to Operations – Questions for Facilities



Self-Screening Measures

All individuals taking part in any volleyball activities must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or club activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in close physical contact with someone with COVID-19 in the past 14 days and have been told to self-isolate by a Public Health Unit and/or have been told to obtain a screening test.
- Have returned from travel outside of Canada in the last 14 days (This does not include essential workers who cross the Canada/US border regularly).
- 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 and do not have approval from your local public health unit to return to volleyball activities.
- In the last 14 days, have received a COVID Alert exposure notification on your cell phone and have been told to self-isolate or obtain a COVID screening test.
- Have had a doctor, health care provider, or public health unit told them/you that they should currently be isolating (staying at home)

See Appendix F for the full Daily Health Screening Questionnaire.





Health Screening of Individuals

Conduct a screening protocol whereby individuals are screened on-site daily before participation in any club or volleyball activities.

This screening may be completed verbally or submitted prior to the Club or OVA activity via an online format which is verbally checked at check in.

Parents may complete the screening on behalf of a child.

Health screenings are only valid for the day they are completed.

All individuals must successfully pass the health screening in order to participate in club or OVA activities.

If clubs have established other mechanisms of completing Health Screening for their members, they may continue if the content is consistent with the Ontario Ministry tools:

For Minors

<https://covid-19.ontario.ca/school-screening/>

For Adults

<https://covid-19.ontario.ca/screening/customer/>

When training is taking place on courts in a non-club setting, the coach is responsible for ensuring this screening is taking place.

See Appendix F.

Tracking of Participants in Club and Training Group

Track all athlete / coach / volunteer participation in club or volleyball activities daily. Participant tracking information must be recorded and kept on file for at least one month to assist with contact tracing in the event of any positive COVID-19 cases within the club or training group.

When volleyball activities are taking place on any courts even outside of a club setting, the coach is responsible for ensuring this logging and tracking is taking place.

See Appendix G for Participant Tracking Form.

Vaccines

Clubs that operate programming should strongly encourage all eligible staff and athletes to receive COVID-19 vaccination as soon as possible, and at the earliest opportunity before the training starts.





Programming

Indoor Volleyball is not permitted in Step 1 of Ontario's Roadmap to Re-Opening.

Outdoor Volleyball is permitted in Step 1 of Ontario's Roadmap to Re-Opening, with the following parameters:

- No more than 10 patrons may participate as a group in personal training or in training for team or individual sports. Please confirm with your facility if they count coaching staff and/or parent/guardians in their gathering size.
- Team sports must not be practised or played at the facility, except for training sessions for members of a sports team that do not include games or scrimmage games.
- Physical distancing of 3m must be maintained at all times – on and off court.
- Activities that are likely to result in individuals coming within 3 metres of each other must not be practised or played at the facility.
- Masks are required to be worn by all individuals/ participants at all times, except by athletes while they are on court during training.
- Applies to competitive and recreational volleyball activities.
- Deliberate physical contact is not allowed and must be avoided at all times. I.e., no high-fives, no celebratory huddles, etc.

- Frequent breaks must be taken for participants to clean and sanitize their hands, guideline every 30 minutes.
- The number of athletes on court is determined by the ability to maintain 3m physical distance at all times.
- Note: Facility rules and protocols may have further restrictions and requirements that must be adhered to.

Limitations on Size of Groups

All training sessions must follow provincial and local public health as well as facility/permit guidelines with respect to the size of gatherings.

Follow current Ontario Provincial guidelines regarding gathering restrictions. From June 11, 2021 to the current e-currency law date, no more than 10 patrons are permitted for outdoor organized gathering sizes. Please confirm with each facility if they have different government approved size of group gatherings.

Subject to facility/permit guidelines, the club/coach/organizer cannot gather more than the government approved group size limitations. Indoor team sport is not permitted by the Government at this time.

Shared Equipment and Volleyball Cleaning Guideline

Volleyballs must be cleaned between each training session group and recommended at a minimum each hour.

- Volleyballs should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- Allow transition time for groups to move in and out and for volleyballs/equipment to be sanitized.

See Appendix I for Mikasa recommended cleaning protocols.



Physical Distancing

Every person at a facility must maintain a physical distance of at least 3m at all times.

No deliberate contact permitted.

Activities that are likely to result in individuals coming within three metres of each other must not be practised or played at the facility.

Athletes should follow the guidelines below in resuming training:

- No deliberate contact at any time.
- Must keep 3m of physical distancing at all times – on and off the court.
- All off-court warm-ups and training should comply with current physical distancing requirements.
- Utilize visual cues (i.e., placing pylons, skipping ropes) to remind participants of 3m spacing.
- Ensure ample space between each court to respect physical distancing and to keep volleyballs from co-mingling with other training groups (e.g., set up nets on every other court).
- Establish volleyball specific physical distancing protocols including the elimination of handshakes, high fives, huddles and participants switching sides.

Off-Court Activities

Facility Access and Traffic Flow

Individuals shall follow facility guidelines by using designated entry and exit points of the facility and any guidelines to manage the flow of people using the facility.

Ensure all participants leave the courts and venue immediately after the last training session.

Abide by all facility rules in addition to the Organizer/Club protocols.

Spectators

No spectators are permitted to be at the facility. However, a person under the age of 18 years who is engaged in activities at the facility may be accompanied by one parent or guardian.

Personal Hygiene

Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.

Individuals should wash / sanitize hands upon entry to site/facility or training area and at completion of training.

All athletes and coaches must carry disinfectant wipes, hand sanitizer and/or pump soap in their equipment bags.

All participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (Kleenex, towels, etc.).



Warm Up/Cool Down

Warm-ups and cool downs that are completed off-court must respect physical distancing protocols and all participants must remain at least 3m apart.

Abide by all facility rules in addition to the Organizer/Club protocols.

Personal Protective Equipment

Indoor Volleyball: N/A as Indoor Volleyball activities are not permitted in Step 1 of Ontario's Roadmap to Re-Opening.

Outdoor Volleyball: Masks are required to be worn by all individuals/participants at all times, except by athletes, while on court during training.

Lockers/Change Rooms

Athletes must arrive at the site/facility in their training clothes. Based on government regulations, dressing rooms, locker rooms, change rooms, showers and clubhouses at the site/facility should not be used except to the extent they provide access to a washroom or a portion of the site/facility that is used to provide first aid.

Personal Items

Athletes and coaches may carry their own water bottle, towel, gym bag, etc. to the court.

Consider bringing enough water before leaving the house to avoid having to touch a tap or water fountain handle while at the venue or in cases where water is not available.

Site/Facility

Athletes must follow physical distancing protocols and remain at least 3m apart from any other individuals at all times.

Coaches must use hand whistles as opposed to regular whistles.





On-Court Activities

Personal Protective Equipment

Indoor Volleyball: N/A as Indoor Volleyball activities are not permitted in Step 1 of Ontario's Roadmap to Re-Opening.

Outdoor Volleyball: Masks are required to be worn by all individuals/participants at all times, except by athletes, while on court during training.

Based on the province of Ontario's Face coverings and face masks regulations, exemptions from mandatory face mask usage is in effect for multiple reasons. Examples include:

- Those who have a medical condition that inhibits their ability to wear a face covering.
- Those whom are unable to put on or remove their face covering without help from someone else.
- People that receive accommodations according to the Accessibility for Ontarians with Disabilities Act, 2005 or the Human Rights Code.

Please remember - no proof is required for the exemptions.

Physical Distancing and Physical Contact

Athletes are required to maintain a physical distance of at least 3m from any other athletes and coaches during the session at all times.

Personal Items

Athletes must use individual water bottles, tissue boxes etc. during training sessions. No sharing of these items is permitted. Athletes must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.

On-Court Coaching

Coaches and athletes must remain at least 3m apart from each others at all times.

All coaching should be done using verbal cues. Coaches must always wear a mask.

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.

Appendices

Please visit ontariovolleyball.org/ova-return-to-play to find and download all of the appendices listed below.

Appendix A	Volleyball Canada Return to Play Guidelines
Appendix B	Club Assessment Risk and Mitigation Tool
Appendix C	OVA Waiver
Appendix D	Educational Resources
Appendix E	Club Response Plan
Appendix F	Daily Health Screening Questionnaire (adult) Daily Health Screening Questionnaire (Children/Youth up to 18)
Appendix G.....	Session Participation and Health Screening Tracking
Appendix H.....	Return to Play Drills
Appendix I.....	Mikasa Volleyball Cleaning Guidelines
Appendix J.....	Back to Operations - Questions for Facilities
Appendix K.....	Event Hosting Guidelines
Appendix L	Return to Volleyball After Contracting COVID-19

