 KVC Return to play Guidelines

As we approach the beginning of the new season of tryouts and games, we must be aware of keeping everyone safe. As such Kelowna Volleyball Club will be following closely the guidelines outlined by local officials and other sporting organizations. There for we will be drafting guidelines;

**Tryouts**

1. Limited to one age group and at a time, unless the total number of athletes remains small.
   1. Boys 14/15 years 18 athletes combined in the two groups.
2. Limited/restricted parent viewing to minimize density of people in the gymnasium.
3. Good hygiene for athletes as they enter (washing hands/hand sanitizer)
   1. If desired players are able to wear non-surgical masks and other PPE during tryouts.
4. Because we rely on school and community gymnasiums, we will rely on their cleaning protocols.
5. Tryouts will be limited to 1 day per age group(i-ii-iii) unless coaches decide to hold a second day
   1. Within the age group smaller groups/court will be assigned to keep contact limited.
   2. # of athletes that are eligible for tryouts will also be limited based on the gym location. General guideline would be 18 athletes/court (9/side)
   3. Age groups with historically larger numbers at try outs (Girls 13, 14, 15) will have 2 days of tryouts.
      1. Day 1 will for new players and players NOT selected to the previous years KVC Travel teams. This means day one selection for day 2 tryouts will be required.
      2. Day 2 will be for previous selected travel teams and any players that the selection committee wishes to have return.
      3. If there are enough coaches to have multiple teams just because a player is NOT selected for day 2 tryouts does not mean there is NOT a spot on a team.
6. All athletes must pre-register and complete the Appropriate medical questionnaire regarding potential contact with COVID-19; travel outside of country, contact with anyone with or suspected of COVID-19
   1. If after they register they are unable to attend tryouts KVC will refund %\*\*\* of the tryout amount. As a not for profit group all expenses (gym rentals and equipment) must be covered.
      1. If cancelled 2 weeks before tryout date 50% refund
      2. If cancelled after that date 75% refund
7. After each tryout session volleyballs will have to be wiped down before going back into the bags.

 KVC Return to play

In developing these Return to Play “RTP” guidelines, the KVC board of directors are required to abide by and incorporate guidelines set out by the following entities.

1. ViaSport - The BC Government agency responsible for all sports and their operations in our province. Their guidelines were submitted to and approved by the Office of the Provincial Health Officer.

2. Volleyball BC - our provincial sport organization and the governing body for all volleyball leagues in BC

3. The City of Kelowna

Most of the information below is a summary of these guidelines as provided to us by these three bodies but some specific considerations that apply solely to the operation of KVC.

Important items to Note:

Some of the most important items for all of our membership to know are that at this time;

1. To begin to development practices will be the only activities until such time we are permitted to enter full competition.

2. A maximum of 18 athletes and 2 coaches will be allowed in the gym at one time. Based on number of courts in the gym.

3. Our guidelines have been developed with three core considerations

a) Maintaining social distancing

b) Maintain good sanitation habits

c) Pre-Screen of participants for wellness.

Included in the appendices of this document are our;

A) Outbreak plan (adopted from ViaSport)

B) We will provide maps with points if entry and exit when possible.

Summary of Guidelines provided by ViaSport and KVC

**ViaSPORT phase 2**

Phase 2 in the ViaSPORT guidelines is referred to as Transition Measures – Approx. May to September.

This phase applies to Volleyball and informs the volleyball specific measures. Important to note about this ViaSport phase is the following

* + 2m physical distance required between participants
  + No non-essential travel
  + No groups of more than 50 people
  + Increased hand hygiene
  + Symptom screening in place
  + Preferred outdoor activity only
  + Train in smaller groups
  + No or limited spectators
  + No contact type activities
  + In-club play only (no travel and no games between clubs)
  + Minimal shared equipment
* If sharing is required there will be the need to disinfect before, during and after.

Kelowna Volleyball Club General Health and Personal Hygiene Guidelines

Please note that all of the below Personal Health & Hygiene Guidelines are intended to be required for anyone involved in youth or amateur volleyball which includes but not limited to athletes, coaches, officials, administrators, volunteers and spectators.

* Anyone displaying ANY illness symptoms MUST NOT attend.
* Disinfectant wipe down of all surfaces athletes can be exposed before every event.
* Reminder to all participants daily to avoid touching eyes, nose, or mouth.
* No sharing of water bottles.
* No sharing of Food of any kind.
* No sharing of personal equipment or items.
* Ride sharing to be discouraged whenever possible.
* All participants encouraged to disinfect their equipment after each event.
* All Participants encouraged to wash clothing and knee pads after each event.



Small group training and development sessions permitted.

Maximum 12 athletes at an event. Maximum 2 coaches as an event. Maximum of 1 parent/athlete at an event.

Verbal Symptom screening must be preformed at every event session to ensure all participants are symptom free.

All government expectations and requirements to be met, including ViaSport phase 2 guidelines.

All Volleyball BC Personal Health and Hygiene recommended guideline to be reviewed and enforced as outlines above as well as;

* 2M physical distancing required between participants
* Every event should include reminders to participants regarding 2 m physical distancing and include no face touching, no contact between athletes.
* Attendance taken and kept at every event for all people in attendance including drivers. Records kept for 30 days before being destroyed.
* All drills to be created and implemented ensuring maximum physical distancing requirements are met.
* No sharing of personal equipment
* Volleyballs will be sanitized prior to every event and every effort given to limit the number of athletes using one ball during a practice.
* No Changing rooms or dressing rooms permitted.
* All Nets and posts must be disinfected and cleaned after every use.

 Duties of the Coaches:

1. Screening all participants (Parents, Volunteers, Athletes) prior to every event asking;
   1. If they have ANY symptoms of COVID-19?
   2. Have they travelled to outside of Canada in the past 14 days? If Yes have they self quarantined?
   3. Did they provide care or have close contact with a person with confirmed COVID-19?

IF THE RESPONSE TO ANY OF THESE QUESTIONS ARE “YES” THEN THAT PARTICIPANT WILL BE REQUIRED TO LEAVE THE EVENT IMMEDIATELY AND NOT RETUNR TO ANY EVENTS UNTIL ALL QUESTIONS CAN BE ANSWERED WITH “NO”

1. Ensuring they comply with the “Illness Policy” in Appedix B.
2. Tracking attendance at all events and be able to produce this upon request. A standard tracking sheet will be provided at [www.kelownavolleyballclub.com](http://www.kelownavolleyballclub.com)
3. Making sure all players AND coaches apply hand sanitizer prior to and periodically during each event, particularly if a participant is noticed touching their face.
4. Ensuring participants maintain 2m physical distancing requirements at all times.

6. Ensuring every player prepared to leave the gym at the designated end time of any event to ensure minimal traffic at each gym.

7. Making sure all shared equipment, both volleyballls nets posts and high touch areas are sanitized PRIOR to use by any participant. KVC will provide large spray bottles and quaternary disinfectant for coaches to apply to these areas.

8. If there is an injury sustained during the event, anyone attending to the injury will be required to wear a mask and gloves. These will be provided by KVC as part of the teams first aid kit.

(Please note KVC will NOT be providing hand sanitizer to players but will request players have their own supply with them while in attendance.)

**Duties of Parents**

Parents will be responsible for making sire that they respect and adhere to all of the guidelines above in particular;

1. If their child is experiencing any of the symptoms above, they will keep their child away from any KVC events until such time that they are symptom free.

2. To ensure that their child has personal hand sanitizer at all events.

3. To abide by the maximum one parent per child rule while in phase 2

4. To abide by the traffic flow guidelines for the various venues.

5. To ensure players are picked up immediately upon the designated end time of the event. This will ensure the minimization of traffic at each venue.



**By KVC**

* Maximum of 1 parent per athlete at any event.
* Every event to include reminders to participate in social distancing requirements including no face touching, no contact between athletes.
* No Post match handshakes
* All players should have their own hand sanitizer and utilize it during every break.
* All score keepers should have hand sanitizer and mask as required if unable to social distance.
* Regional or community-based programs limited travel outside the region.

With this in mind KVC board of directors is excited to be able to provide a path to our players getting back to the game of volleyball and hope that everyone will help us in keeping our members safe and our program running. We thank-you for your patience!

 **APPENDIX B – Outbreak Plan**

Early detection of symptoms will facilitate implementation of the outbreak plan and effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An outbreak is classed as two or more cases; a case is a single case of COVID-19.

In the event of an outbreak;

1. The coach of the team who is infected will contact the President of the Board and discuss how to proceed by either modifying, restricting, postponing or cancelling events going forward.
2. We will implement our illness policy and advise people (players, volunteers or parents) to
   * 1. Self-isolate
     2. Monitor for symptoms, report respiratory illness and NOT to return to any activities for 10 days following the onset of symptoms.
     3. Use COVID-19 Self assessment tool offered to determine if it is COVID-19. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
     4. Individuals can contact 8-1-1 for medical advice or 9-1-1 if it is a medical emergency.
3. In the event of a suspected Influenza like illness we will report it to interior health an discuss the appropriate actions.
4. If we are contacted with the health officers regarding contact tracing we will cooperate to the best of our ability.

For more information regarding cleaning and disinfectant visit;

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>