



ONTARIO VOLLEYBALL ASSOCIATION
RETURN TO PLAY PROTOCOLS



RETURN TO PLAY

STEP 2



Ontario Volleyball Association (OVA) Volleyball Return to Play Protocols Volleyball (Indoor & Outdoor) Updated June 30, 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>.

This OVA Return to Play protocol is only application when Ontarians are in Step 2 of Ontario's Reopening framework. The Roadmap to Reopen, the province's three-step plan to safely 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 2 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. 263/20: RULES FOR AREAS IN STEP 2
<https://www.ontario.ca/laws/regulation/200263>

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 2 of the Roadmap to Re-Opening:

- Outdoor volleyball activities are permitted for team training, game play, scrimmages or league play. The number of participants in any training, event or league play permitted is the total number that can maintain a physical distance of at least two metres from every other person at the facility at all times.
- Indoor volleyball activities are not permitted in Step 2 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 2 of Ontario’s Roadmap to Re-Open; which is Progression 1, 2 and 3 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.

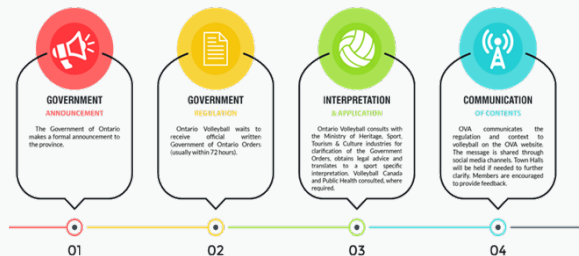


Please see Appendix A for Volleyball Canada’s snapshot of guidelines on “A Safe Return to Volleyball “or click here:

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% protection from COVID-19 there will always be a risk of contracting the virus when participating in any public activity. OVA does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are asked to review 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 (which laws may differ depending on where the facility is located). 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 Club's 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). 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.

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.



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 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 <https://www.ontariovolleyball.org/ova-return-to-play> to help build the Club and teams Covid Response Plan.

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.

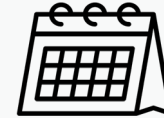
Club Offices

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



Scheduling

Scheduling of training session should be done on-line. Schedules must ensure staggered time between each session to allow for requisite cleaning and sanitizing of equipment/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 2 of Ontario's Roadmap to Re-Opening plan.

Indoor volleyball facilities are not allowed to operate in Step 2.

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. The total number of members of the public 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 at the facility. Confirm with your facility on the maximum gathering size.

4. For a facility that has an area designated for spectator seating, 25 per cent of the usual seating capacity. For a facility that does not have an area designated for spectator seating, 25 per cent capacity, determined by taking the total square metres of the area, dividing that number by 16 and rounding the result down to the nearest whole number. Please confirm the number of spectators with your facility.
5. Any person who enters or uses the facility must maintain a physical distance of at least two metres from any other person who is using the facility.
6. 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.
7. 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.

8. Prior to permitting any players in an organized sports league to practice or play the sport in the facility, the facility must ensure that the league has prepared a safety plan in accordance with section 3.3 of Schedule 1.

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:

- Providing the Training or Event Safety Plan to the facility.
- Implementing effective measures to manage the flow of traffic in and out of the training area.
- Scheduling and implementing cleaning between each training group.
- Wiping down / sanitizing high touch areas such as entry / exit doors, etc.
- 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.

Continued on the next page



- 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 practiced 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.

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.

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- Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.).
- 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, these may continue provided that the content is consistent with the Ontario Ministry tools:

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

For Minors

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

For Adults

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



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.



Safety Plan - MANDATORY

The safety plan shall describe how the requirements of these Government Regulations will be implemented in the location by describing the measures and policies in place to mitigate the transmission risk of COVID-19. Required information includes, but is not limited to screening protocols, physical distancing measures, masks or face covering rules, cleaning and disinfecting of surfaces and objects, plans the wearing of personal protective equipment and how you will prevent and control crowding.

The Safety Plan must be provided to venue and to hosts prior to permits being issued.

The safety plan shall be in writing and shall be made available to any person for review on request.

The person responsible for the business or event shall ensure that a copy of the safety plan is posted in a conspicuous place where it is most likely to come to the attention of individuals working in or attending the business or event.

Clubs should post the safety plan for all venues on their website and should share the plan with the facility or event venue ahead of the training or competition.

See *Appendix M: Safety Plan Template*



Programming

Indoor Volleyball is not permitted in Step 2 of Ontario's Roadmap to Re-Opening.

Outdoor Volleyball is permitted in Step 2 of Ontario's Roadmap to Re-Opening, with the following parameters:

- Outdoor volleyball training/competitions permitted while avoiding personal contact at all times. i.e. No high fives, back slaps, etc.
- The total number of members of the public 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 2m from every other person at the facility. Confirm with your facility on the maximum gathering size they allow.
- Physical distancing of 2m required for all individuals. Exception: athletes may breach physical distancing during team sport play. However, all athletes must always avoid personal contact. i.e. No high fives, back slaps, etc.
- Up to 4 participants per side on the court for training, leagues or matches played on 16m x 8m courts (8m x 8m side).
- Up to 6 participants per side on the court for training, leagues or matches played on 18m x 9m courts (9m x 9m side).
- Masks are required to be always worn by all individuals/participants, except by athletes while they are on court during training or game play.

- Applies to competitive and recreational volleyball activities.
- Frequent breaks must be taken for participants to clean and sanitize their hands, guideline every 30 minutes.

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 30, 2021 to the current e-currency law date, the total number of members of the public permitted to be at the outdoor recreational facility at any one time must be limited to the number that can maintain a physical distance of at least 2m from every other person at the facility. Confirm with your facility on the maximum gathering size.

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 at 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

Physical distancing of 2m required for all individuals.

Exception: athletes may breach physical distancing during team sport play. However, all athletes must always avoid personal contact. I.e. No high fives, back slaps, etc.

No deliberate contact permitted.

Athletes should follow the guidelines below in resuming training:

- No deliberate contact at any time.
- Must keep 2m of physical distancing at all times – on and off the court.
- Every person participating in a fitness, exercise or strength training session must maintain a physical distance of at least 3m from every other.
- 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 2m 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.

As a part of the Safety Plan, Clubs, Coaches, Event Organizers, etc., must list how they will manage the flow of participants and ensure 2m of physical distancing is kept with participants and spectators.

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

Outdoor

For a facility that has an area designated for spectator seating, 25 per cent of the usual seating capacity.

For a facility that does not have an area designated for spectator seating, 25 per cent capacity, determined by taking the total square metres of the area, dividing that number by 16 and rounding the result down to the nearest whole number. Please confirm the number of spectators with your facility.

Indoor

No indoor volleyball activities are sanctioned at this time.

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 2m apart.

Personal Protective Equipment

Indoor Volleyball: N/A as Indoor

Volleyball activities are not permitted in Step 2 of Ontario's Roadmap to Reopening.

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





On-Court Activities

Locker/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 wash-room 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.

Coaches must use hand whistles as opposed to regular whistles.

Site/Facility

Athletes must follow physical distancing protocols and always remain at least 2m apart from any other individual.

Personal Protective Equipment

Indoor Volleyball: N/A as Indoor Volleyball activities are not permitted in Step 2 of Ontario's Roadmap to Reopening.

Outdoor Volleyball: Masks are required to be always worn by all individuals/participants, except by athletes, while on court during training/competition during Step 2 of Ontario's Roadmap to Reopening.

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 always maintain a physical distance of at least 2m from any other athletes and coaches during the training session, league play or competition.

Athletes may breach physical distancing during team sport play. However, all athletes must always avoid personal contact. i.e. No high fives, back slaps, etc.

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 always remain at least 2m apart from each other.

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

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
Appendix M	Safety Plan

All appendix items can be found at ontariovolleyball.org/ova-return-to-play

