



# TOWN HALL INDOOR YOUTH COMPETITION PLANNING UPDATE

JULY 20, 2020

**Volleyball for Life**

# AGENDA

1. 2021 Competition calendar
2. Tryout Window Policy Additions - 2020-21
3. Indoor Volleyball Return to Play/Activity Protocols - Version 1.1
4. Online virtual training framework
5. Update on Return to Play Protocol for Ontario Stage 3 Communities



# January 2021 Calendar Overview

Eager to Play!

Why January?

- Lack of permits
- Everyone needs to train and be prepared for the season
- Uncertainty of COVID-19 pandemic in the fall
- Uncertainty of Government legislation and Public health regulations



Main points:

- Goal is 3 weeks between age division events
- Playing on March break
- Additional Sundays
- Limitations: # of events per weekend, avoid largest age divisions playing together
- OC's dates will be released later this summer

Bottom Line: We must be able to adapt quickly to COVID-19 landscape



# Tryout Window Policy Modifications - 2020-21

## Why?

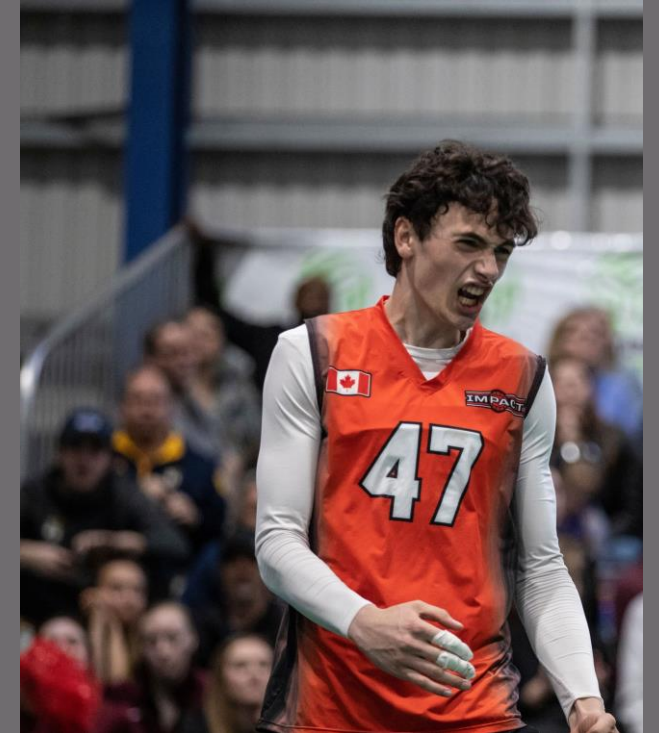
- The modifications serve as a contingency plan if permits are not available in September
- Limit the risk of transmission by attending multiple on-court tryout sessions
- Secure team cohorts earlier to begin training as a team

## Over View

- Stage 1: Offers from clubs with athletes who have be training with a new club over the summer
- Stage 2: Clubs posting information regarding open spots on teams for the upcoming season
- Stage 3: Athlete Applications to Clubs

## Key Points

- Modifications keep in line with current Tryout Window policy
- Athlete Driven Process
- Opportunities for virtual open houses





# Return to Play Protocol

Eager to Play!

PSOs RTP - How Safely?

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

*Created Tools – RTP for Outdoor Volleyball and RTP for Indoor Volleyball*

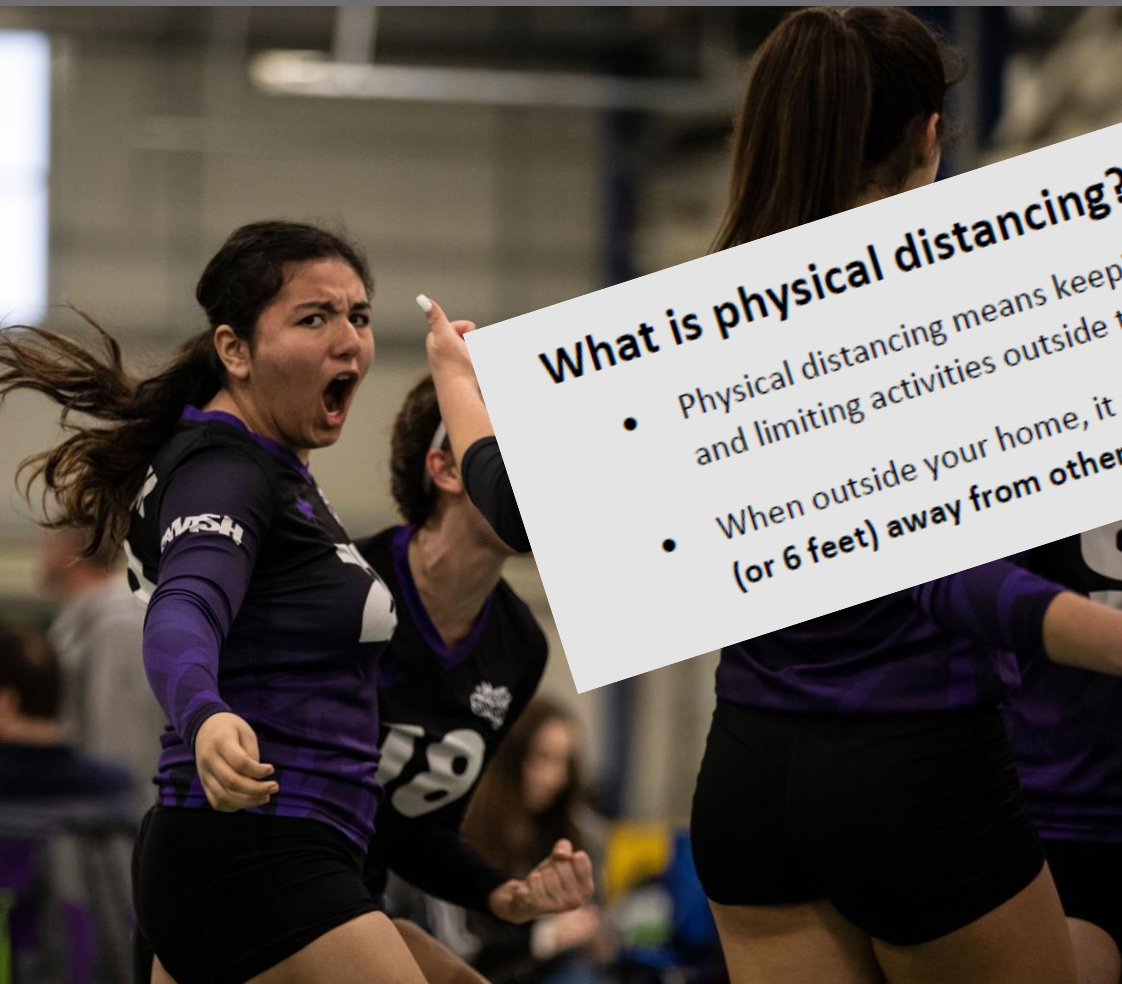






# Indoor Return to Play Protocols – Version 1.1

## Government Regulations



### What is physical distancing?

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



### PHYSICAL DISTANCING

If you can't maintain physical distancing – you can't do it.

*Social Circle not apply to organized training activity.*





# Return to Play Protocol Government Regulations

## GATHERING

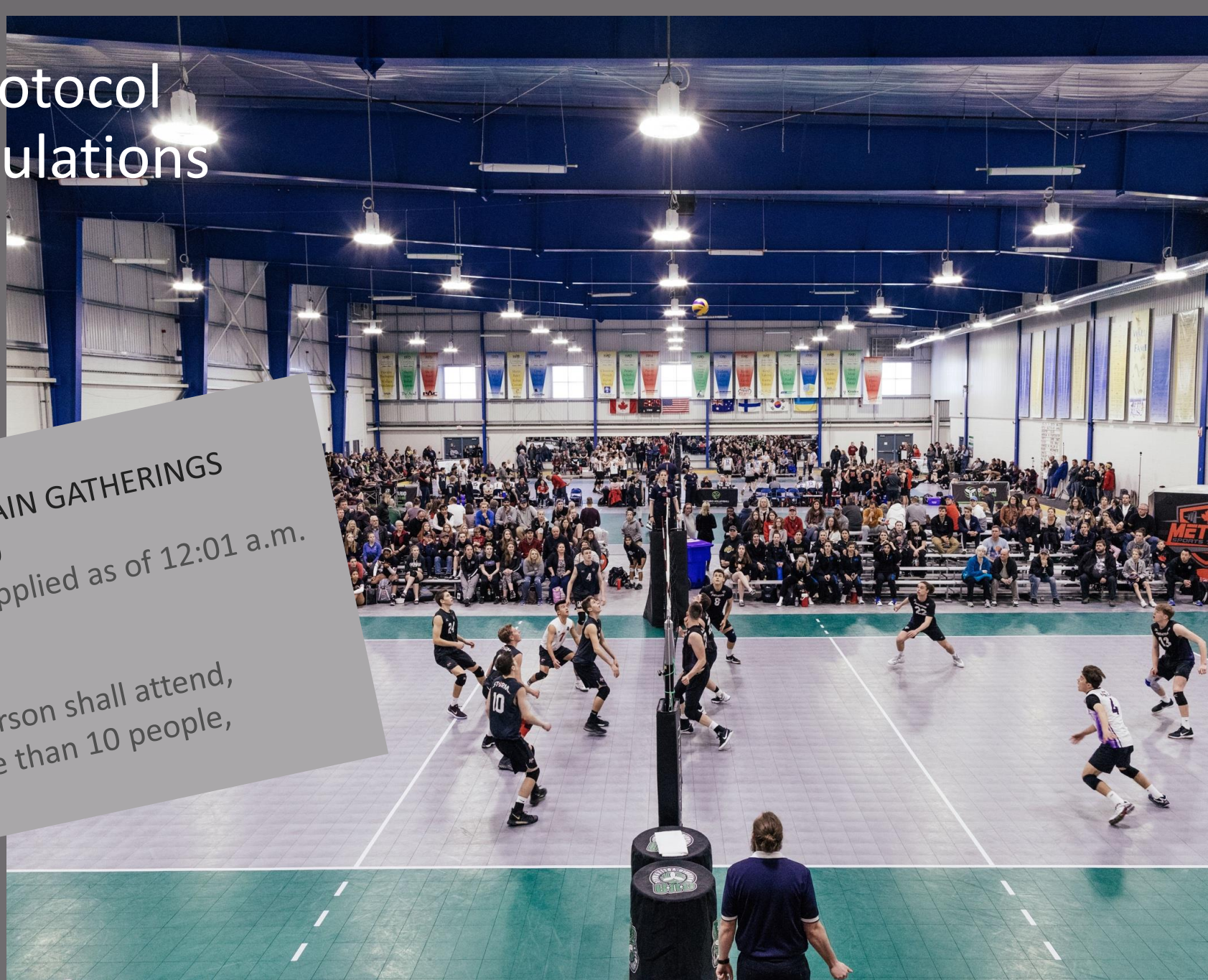
### SCHEDULE 1

#### ORGANIZED PUBLIC EVENTS, CERTAIN GATHERINGS Prohibitions beginning on June 12, 2020

1. Sections 2 to 8 are deemed to have applied as of 12:01 a.m. on Friday, June 12, 2020.

#### Prohibition, gatherings

2. (1) Subject to sections 3 to 8, no person shall attend,  
(a) an organized public event of more than 10 people,  
including a parade;







# Indoor Return to Play Protocol – Version 1.1

## Government Regulations

### Stage 2 - Government Regulations

- Outdoor and Indoor Team Sports
- Training only
- No game play, scrimmages
- No competitions
- Maximum of 10 participants







# Indoor Return to Play Protocols – Version 1.1 Public Health Authorities

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

## How to use hand sanitizer



Rub hands for  
at least 15 seconds

1



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

2



Rub hands together,  
palm to palm.

3



Rub in between and  
around fingers.

4



Rub back of each hand  
with palm of other  
hand.

5



Rub fingertips of each  
hand in opposite palm.

6



Rub each thumb  
clapsed in opposite  
hand.

7



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

8



Once dry, your hands  
are clean.



# Indoor Return to Play Protocols – Version 1.1

## Volleyball Canada





### Guidelines

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




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

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







### FACILITY CONSIDERATIONS

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

### PARTICIPANTS

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

### CONTACT MINIMIZATION

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

### GOOD HYGIENE

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

## RETURN TO VOLLEYBALL PROGRESSIONS

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

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



**INDIVIDUAL  
TRAINING AND  
SKILL WORK**



**SMALL GROUP  
SKILL WORK,  
NO COMPETITIONS**



**SMALL GROUP  
COMPETITIONS**



**LARGE GROUP  
COMPETITIONS**



# Indoor Return to Play Protocols – Version 1.1.

## How do you Comply?

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





# Return to Play Protocol Insurance

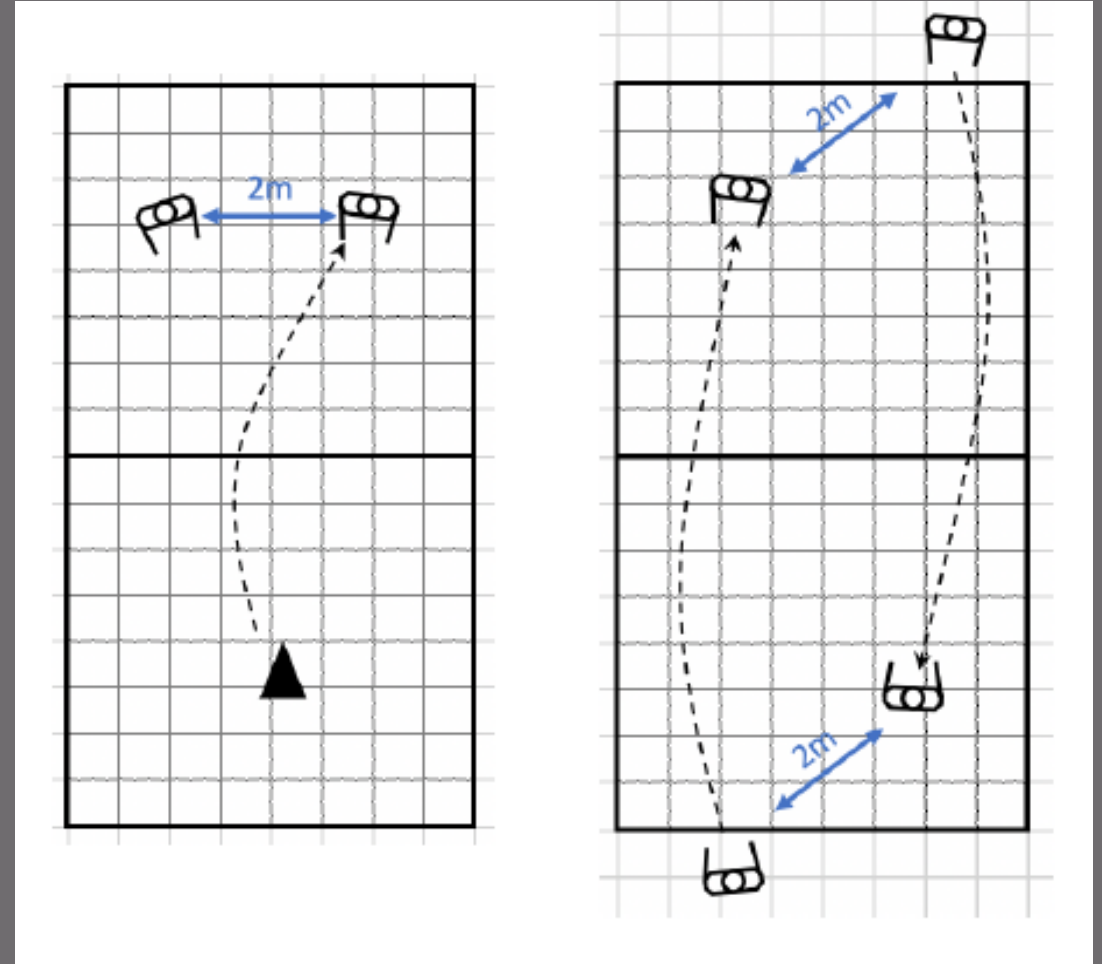
## No Return To Play Protocol → NO INSURANCE

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



# Return to Play Protocol

- Exclusive volleyballs per training group
- **10 people max per court**
- 2-meter physical distance between people at all times
- Predictable movements
- Limit time in activity
- Coach limit contact with ball
- Hygiene
- Use of props to visually indicate physical distance
- Loading & de-loading of activity to the ability of the players



# Online virtual training framework

OVA staff is working on providing the following to clubs by September:

- Resources and tips to run an online training program
  - Best practices from Team Ontario Online
  - Ready-to-use PowerPoints presentations
  - Recommended tools and settings

Plan to support coaches, athletes and clubs in the fall

- Currently working with Coaching Committee and post-secondary coaches on a framework
- Support with all 4 pillars of VC Athlete Development framework
  - Technical & Tactical
  - Physical Training
  - Psychological (mental performance, etc)
  - Life Skills (Nutrition, etc)

This should help clubs adapt their training to their reality in their area.







# Return to Play Protocol Government Regulations

## Stage 3 Regions

- Outdoor and Indoor
- Gathering Sizes
- Physical distancing still required
- Exception for Team Sports - no physical contact
- Leagues no prolonged or deliberate physical contact

### Team Sports and Live Sporting Events

- Prolonged or deliberate contact while playing sports is not permitted.
- Team sports in which body contact between players is either an integral component of the sport or commonly occurs while engaged in the sport (e.g., wrestling, judo) are not yet permitted, unless the approach can be modified to prevent prolonged or deliberate physical contact.
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.
- Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50. Players are not yet permitted to play against players outside of their league or group.
- Spectators at all sporting events, including professional sports, will be subject to gathering limits and physical distancing measures, with assigned seating where possible.





# OVA Return to Play Protocol Next Steps

## Stage 3 Outdoor

- RTP board currently reviewing
- Town Hall – July 27
- Game Play opportunities in Aug



## Stage 3 Indoor

- RTP follow outdoor draft
- Review and approval process
- Town Hall – to be scheduled



**ONTARIO**  
**Volleyball**