



# TOWN HALL

## Indoor Volleyball Return to Play for Stage 3 Regions

AUGUST 10, 2020

**Volleyball for Life**

## AGENDA

- Indoor Volleyball Return to Play Protocols for Stage 3 regions
- Try-Out Policy Modifications
- Q & A
- Future Town Halls Schedule





# Return to Play Protocol

Eager to Play!

PSOs RTP - How Safely?

- Government Regulations
- Public Health Authorities
- Insurance and Legal
- Volleyball Canada
- Facilities/Permit Issuers
  - Back to Operations appendix



*Tool – RTP for Outdoor Volleyball and RTP for Indoor Volleyball*



# Return to Play Local Public Health

- 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 clasped in opposite hand.

7



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

8



Once dry, your hands are clean.



# Return to Play Protocols – 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
- Provinces restart plans vary

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

### 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.

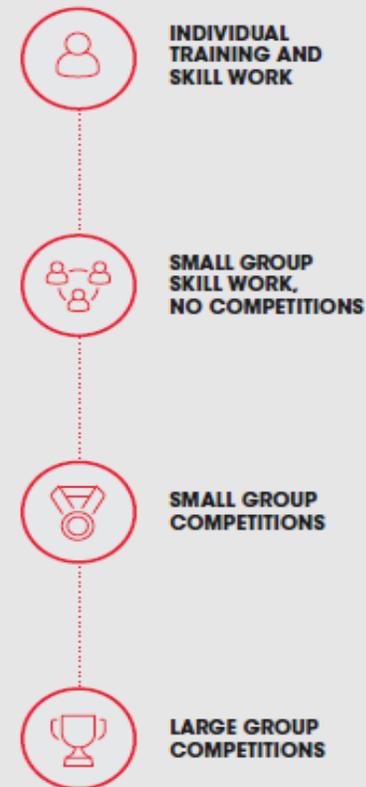
### GOOD HYGIENE

- 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.



# Return to Play Protocol Insurance

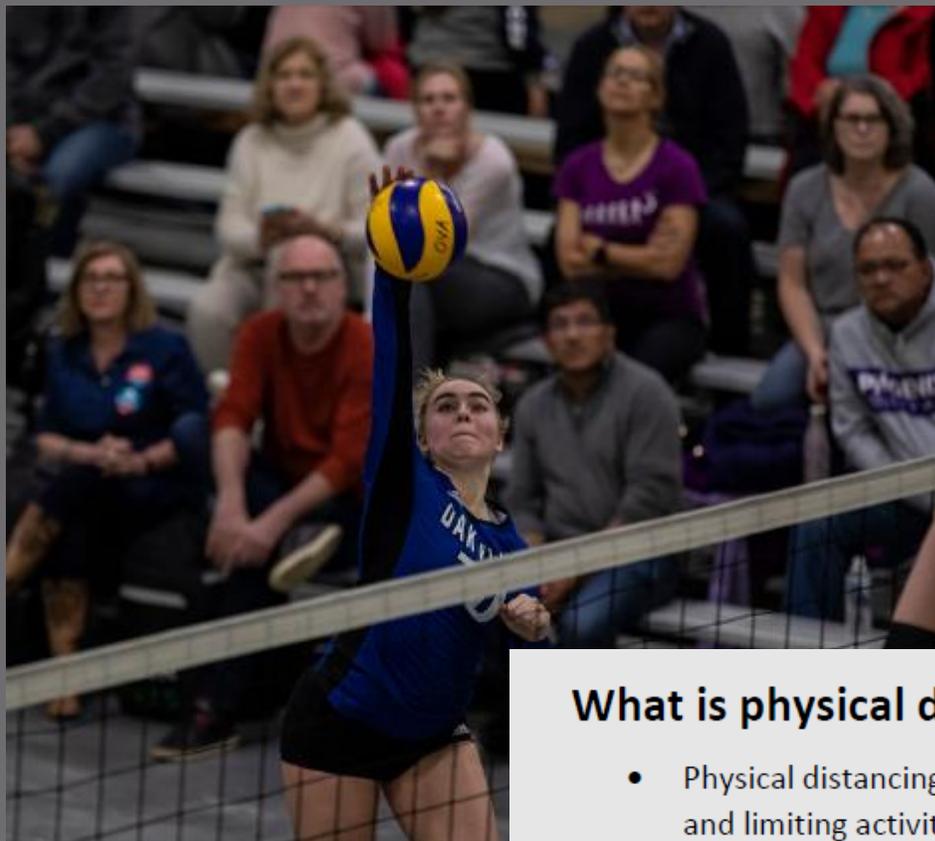
## No Return To Play Protocol → NO INSURANCE

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





# Return to Play Protocols Government Regulations



## PHYSICAL DISTANCING



### 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.





# Return to Play Protocol Government Regulations

## GATHERING



2. The total number of members of the public permitted to be at the facility in a class, organized program or organized activity at any one time must be limited to the number that can maintain a physical distance of at least two metres from other persons in the facility, and in any event cannot exceed,

- i. 50 persons, if any of the classes, organized programs or organized activities taking place at the time are indoors, or
- ii. 100 persons, if all of the classes, organized programs or organized activities taking place at the time are outdoors.

4. The total number of spectators 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 in the facility, and in any event cannot exceed,

- i. 50 spectators, if the spectators will be indoors, or
- ii. 100 spectators, if the spectators will be outdoors.

Limit 50 persons + 50 spectators

Must comply with facility



# Return to Play Protocol Government Regulations

## Stage 3 Regions

- Outdoor and Indoor
- Physical distancing still required
- Gathering Sizes
- Exception for Team Sports – with no physical contact can be played (or modified)



5. Team sports may only be practised or played within the facility if they do not allow for physical contact between players or if they have been modified to avoid physical contact between the players.



# Return to Play Protocol Government Regulations

## Stage 3 Regions

- Exception for Team Sports - no physical contact
- Leagues no prolonged or deliberate physical contact
  - 50 participants total
  - May divide into smaller groups no more than 50
  - No play outside of league or group (no interplay)

### 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.





# Indoor Return to Play Protocols

## How do you Comply?

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





# Return to Play Protocol Programming

- When training and playing deliberate physical contact NOT allowed
- Up to 6 active participants per side
  - A libero may switch in and out
- 14 athletes can be active in training/game play session
- Scrimmages and game play limited duration
- Always consider ways to 'not breach'
- Frequent breaks to clean and sanitize hands – guideline 30 mins
- Limit session duration (120 mins)





# Return to Play Protocol Programming

- Eliminate all deliberate physical contact from sessions
- No huddles, high fives, handshakes, switching sides
- Any static interactions (coach instruction, time-outs) maintain 2m distance
- Off-court all individuals must respect physical distancing
- Ensure ample space between courts
- Utilize visual cues





# 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

## Key Points

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





# Tryout Window Policy Modifications - 2020-21

PERIOD	START DATE	END DATE
EARLY RE-SIGNING PERIOD (Open to all returning athletes)	June 1	August 31
PHASE 1: OFFER FOR ATHLETES CURRENTLY TRAINING WITH A NEW CLUB	August 28	August 31
OPEN HOUSE COMMENSE	September 8	Ongoing
RE-SIGNED LISTS DUE TO THE OVA OFFICE	June 1	September 9
PHASE 2: CLUB DECLARATION	September 1	September 17
PLAYER APPLICATION	September 20	Ongoing



# Questions?



**ONTARIO**  
**Volleyball**





# OVA Town Halls Schedule

Monday August 17<sup>th</sup>

- Indoor Youth Competition Topics

Monday August 31<sup>st</sup>

- Parent and Player Session
  - What to expect in 2021

Monday September 14<sup>th</sup>

- Coach Eligibility Policy and Club Administration





Thank-you OVA community!



**OVA**