



Volleyball Manitoba
COVID-19 Return to Play Plan
UPDATE
March 5, 2021

Introduction

With the new provincial public health orders and loosening of restrictions that will be going into effect Friday, March 5th, Volleyball Manitoba is updating our Return to Play guidelines accordingly.

The new health orders that were published on March 4 include the following relating to indoor sport activity:

14(2) Individual play, group and individual instruction and team practices may take place at an indoor sporting facility, but no organized team games or tournaments may be held

14(3) The operator of an indoor sporting facility must

- (a) ensure that any group of persons participating in a sporting activity at the facility, excluding coaches or instructors, does not exceed 10 persons.
- (b) take reasonable measures to ensure that there is no interaction between different groups of participants who are engaging in a sporting activity at the facility at the same time

You can view the Province of Manitoba's current Public Health Order here:

<https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current>

Considering these new health orders, Volleyball Manitoba is updating its Return to Play protocols as follows:

Indoor Volleyball:

As per order 14(3) a above:

- Up to 10 players may participate in a sporting activity (team training session).
- As per Volleyball Canada rules, up to 3 coaches may also be involved with each group of 10 players in a team training session.
- Additional instructors are not allowed.
- A coach is defined as an individual who is registered with Volleyball Manitoba and meets the appropriate requirements as outlined by Volleyball Canada.
- An individual must be designated as player or a coach for the duration of the training session.
- A coach may not participate as a player during the training session
- Should a specific venue have a lower capacity limit than 13 persons, it must be applied. In the case that the limit is higher, the maximum of 13 will apply.



The group of up to 10 players and 3 coaches as described above:

- May resume training with a maximum of 4 players on each side of a regulation (9m x 18m) court. The total number of players on the court must not exceed 8.
- When using an area that is greater than the court, all 10 players may be involved in a training exercise provided that physical distancing is always maintained.
- Physical distancing of 2 meters between all participants must be maintained as often as possible when participating and maintained consistently when not actively participating in a drill.
- Players must remain 1m from the net when using both sides of the playing surface.
- Blocking against an attack is not allowed at anytime.
- Should a team wish to attack at the net, all players on the opposite side of the net must remain behind the 3m line.
- All attacking must take place a minimum of 2m away from the setter
- Masks must be worn at all times by coaches and players for the duration of these public health orders. (Until at least March 25, 2021)
- A player may belong to only one volleyball team for the duration of these public health orders. (Until at least March 25, 2021)
- Since the risk of exposure increases with the duration of the event, the total amount of on court time should be taken into consideration. 90 minutes of on court training (excluding warm-up and cool down activities where distancing is maintained) is recommended.

As per order 14(3) b above:

- Only one group as defined above may train on a regulation court.
- In the case of venues where multiple courts are used, athletes on different courts must not mix.
- In the case of multiple courts being used where there is not a physical barrier between the courts, sufficient space must exist between the courts to allow participants to maintain physical distancing requirements. If sufficient space does not exist to allow for physical distancing requirements to be met, the space should not be used for multiple courts.
- All coaches as defined above may provide instruction to players on different courts providing physical distancing is maintained.
- A team of more than 10 athletes may be divided on to more than one court for a training session provided they remain in their group for the entire training session.
- E.G.) A team of 12 could train on 2 courts and the coaches could provide instruction to both courts providing physical distancing is maintained.
- In the case of facilities where multiple courts are available, if the total capacity of the facility is less than the maximum number persons allowed per court under this RTP (13) the lower number will apply.
- E.G.) if a 2-court facility has a capacity of less than 26, the lower limit will apply.

Other:

- All other protocols including sanitization of hands and equipment, contact tracing and daily health declarations must also to be followed.
- Players and coaches should arrive dressed to participate as change rooms may not be available.
- The coach should remain outside the playing surface as much as possible and limit their interactions with players on the playing surface.
- One parent/guardian (no more) may be allowed to enter the facility (included in the coaching staff numbers) to observe the instruction if only one coach is working with the team (Rule of 2).



- If your team has two male coaches for a female team or two female coaches for a male team you should consider having a parent rep of the same gender of the team attend and observe the training (ie. Team Mom or Dad).
- If a coach is involved with more than one cohort during a session or successive cohorts in a camp setting, a priority should always be placed on maintaining physical distancing.

Outdoor Activity – Snow Volleyball

For those clubs and teams interested in organizing outdoor Snow Volleyball activity, the following protocols must be followed:

- Participants should be limited to four players per side of the court for organized activity. Activity is considered organized when a coach is present.
- Organized practices or games allowed, no multi-team tournaments or competitions.
- Gathering limit of up to 10 people for non-organized activity at an outdoor public or private place.
- Participants must maintain a physical distance of at least two metres, except for brief exchanges.
- Masks are encouraged to be worn by both coach and athlete at all times, both on and off the court.
- All other protocols including sanitization of hands and equipment, contact tracing and daily health declarations must also to be followed.

General Considerations Regarding a Return to Participation

The information contained in this document is not intended as a substitute for professional medical prognosis, recommendations, or treatment. Volleyball Manitoba makes no representation and assumes no responsibility regarding the information concerning COVID – 19 due to the constant updates, and any information on COVID – 19 should be obtained from the Provincial Health Authority.

It is important that all individuals understand that when you choose to participate in physical activities outside the home during the pandemic, you are at an increased risk of contracting COVID 19. This is an inherent risk of participating in non-essential activities in your community. A range of scenarios exist surrounding COVID-19, from very mild to fatal outcomes. Evidence suggests that COVID-19 generally affects older age groups and those with previously existing medical conditions more so than younger, and otherwise healthy, individuals. While a participant may not personally fall into one of the previously mentioned categories, others in their household may or you may encounter others who do. We all must take our responsibilities seriously to avoid contracting and spreading COVID-19.

Public health information outlines those populations deemed to be at a higher risk of contracting COVID-19. Return to participation of individuals in this category should be carefully considered and likely discouraged.

Only required equipment (field of play, seating, tables, etc.) should be made available and minimized where possible. Access to these items should be limited to staff or other designated personnel.

Description of Participant Guidelines



All persons attending or participating in a Volleyball Manitoba sanctioned event agree to abide by the following guidelines:

Before Activity:

- All participants must be pre-registered with Volleyball Manitoba including their full name, contact information and emergency contact information. No person will be allowed to participate without a complete registration and no walk-up registration/participation should be allowed.
- All participants acknowledge and accept the risks associated with participation, including the risks of contracting COVID-19, by completing the Volleyball Manitoba participation waiver.
- All participants should know the common symptoms of COVID-19 and must stay at home if displaying symptoms as per local health requirements.
- All participants and spectators are asked to complete a COVID-19 screening tool prior to arrival at the venue.
- All participants must check-in upon arrival at facility with staff and follow screening protocols.
- At check-in, all persons will be asked if they have read, understood, and signed a copy of the Volleyball Manitoba daily health declaration. If a participant does not have a signed declaration, one will be made available for them to complete.
- The health declaration must be completed each time a person (participant, coach, or spectator) attends a sanctioned activity.
- All participants must be familiar with and adhere to the rules regarding the amount and type of personal equipment allowed at the venue.
- All participants should arrive to the venue dressed to participate or as close as possible. Changing areas may not be available.
- A staging area should be provided for each athlete/coach (chair or a designated space) to prepare for training and to keep any personal items during the training session. At the conclusion of each training session, each athlete is responsible for cleaning this space.
- All participants must be aware of the rules regarding the number of parent/guardian/spectators allowed.
- All participants must be aware of the rules regarding athlete drop off and pick-up.
- All participants must wash or sanitize their hands upon arrival to the venue and proceed directly to their assigned court.
- All participants must always respect physical distancing requirements.
- All participants should bring their own hand sanitizer/wipes and personal equipment needed including filled water bottle. There may be no place to refill water bottles on site.
- Participants are currently required to wear a mask at all times, both on the court and off.

During Activity:

- All participants must immediately stop any activity, identify to staff, and follow protocol if displaying any COVID-19 symptoms, feeling generally unwell, or due to injury at any time during the activity.
- All participants must refrain from contacting other participants and attendees (high fives and huddles).
- Practice physical distancing always at the venue and minimize the number of brief exchanges during the activity where physical distancing is not maintained.



- Keep possession of and properly dispose of your personal drinking cups, bottles, or utensils used.
- Limit the number of and carefully track personal items used during the activity. (Towels, water bottles, bags, etc.) Keep these items separate from those of other participants.
- Always abide by the court scheduling and training group assignments to limit the number of people you encounter during the activity and to allow for the organizer to monitor and trace contacts.
- Do not use or touch the belongings/equipment of another participant.
- Do not use or touch the belongings/equipment of the venue except for the balls provided.

After Activity:

- Participants must gather all their personal belongings and collect and properly dispose of all used personal items (Tissues, cups etc.) before exiting the venue. It is preferred to take all used personal items with you for disposal.
- Participants must wash or sanitize their hands upon the completion of their game or training session.
- Participants must follow the designated exit routes and leave the venue as soon as possible following the conclusion of their participation.
- Wash and sanitize all gear, uniforms and apparel used during the activity.
- Should a participant begin to feel unwell following participation, please follow Public Health guidelines.

Description of Volleyball Manitoba Screening Protocol

This protocol must be followed by all persons attending Volleyball Manitoba sanctioned activities. (Participants, Staff, Coaches, Spectators, Referees) Schools, clubs or operators of volleyball programs are encouraged to follow similar protocols

- Completion of Volleyball Manitoba Waiver (online upon registration).
- Upon arrival to the venue, all persons must present themselves to the designated person at the check-in/screening location.
- All persons will be asked to produce evidence of a completed Daily Health Declaration (paper copy or online version). <https://volleyballmanitoba.ca/wp-content/uploads/2020/06/COVID-19-Declaration-d1.pdf>
- If a participant does not have a signed declaration, one will be made available for them to complete.
- Upon completion of the Daily Health Declaration a person will be granted access to the facility and proceed to the hand sanitizing station.
- Should a participant not comply with the request to complete the Daily Health Declaration, they will be denied access to the facility.

Description of Volleyball Manitoba Venue Guidelines

Before Activity:

- Create and display signage clearly outlining the venue's COVID-19 policies.
- Set up check in/screening table for participants. Ensure that the check in table allows for physical distancing to be maintained between staff and participants.



- All staff are required to wear a mask when interacting with the participants.
- Maintain a count of the number of persons on site to ensure compliance with venue limits.
- Design areas so participants can be separated from other groups (spectators), to limit transmission.
- Depending on the size of the venue, spectators, parents, coaches, may not be granted access if they are not a participant of the program.
- Ensure staff, athletes and spectators have access to closed containers to allow for the safe disposal or storing of all used hygienic materials (e.g. Tissues, towels, etc.)
- Ensure common areas provided allow for physical distancing between athletes, staff, and spectators (minimum of 2 metres).
- Set up courts to adhere to physical distancing requirements and to ensure appropriate free space.
- Limit access points in and out of the court area/facility to control numbers.
- Use signage, tape/barriers to direct the flow and position of participants (e.g. sign-in at the start, waiting for drills, spectator area).
- Close all common areas as required by the health orders including change rooms, washrooms, water fountains, meeting spaces and modify team bench/gathering areas.
- All common contact surfaces within the facility should be cleaned and disinfected prior to the start of activity, including door handles, chairs, tables, nets, posts. Work with the facility operator and follow approved guidelines for cleaning protocols. (Indoor)
- When scheduling, allow a break between sessions to permit equipment and facility to be cleaned and to allow for the clearing of the facility between groups.
- In a training, camp or other format where multiple groups are using the same space in succession, the first group should exit the space before the next group is allowed access.
- Plan to designate the number of balls used during the activity. Keep balls to a designated area/court. Ensure that balls are sanitized at the beginning of each session. Set up a “clean bin” to ensure that sanitized balls are separate from those requiring cleaning.
- Ensure access to hand washing/sanitizing stations and that they are functioning properly.
- Food is not permitted within the venue.
- Follow local government requirements for creating a safe work environment.
- Designated drop off and pick-up zone for athletes or appropriate parking.

During Activity:

- Ensure each court has sanitized balls available for use.
- At the conclusion of each training session or when groups or cohorts change, new balls will be introduced, or the balls will be cleaned.
- Continue to monitor, clean, and disinfect the net and court equipment as necessary, while activity is taking place.
- Monitor and enforce physical distancing requirements in all areas of venue.
- Regularly sanitize commonly touched surfaces, entry/exit gates, tables, chairs, during the activity.
- Monitor and remove anyone from activity if they exhibit any COVID-19 symptoms or appear unwell.
- Limit the total number of people in the facility to be compliant with local guidelines.
- Always monitor the access point and close access point once a scheduled session has started.



- During scheduled changeover times. Check court area for personal items, garbage etc. and dispose of properly.
- Ensure all court equipment has been cleaned during a group changeover

After Activity:

- Sanitize all surfaces and equipment that was used during the activity.
- Direct participants to efficiently exit the venue after completion of their session.
- Safely dispose of all garbage in appropriate containers.
- Do not allow participants, spectators or other persons to enter the playing surface while another group is still present.

Sources / References:

Province of Manitoba - https://manitoba.ca/asset_library/en/proactive/2020_2021/orders-soe-02112021.pdf

Province of Manitoba - <http://www.manitoba.ca/covid19/restoring/phase-two.html>

Province of Manitoba - <https://manitoba.ca/covid19/restoring/sports-guidelines.html>

Province of Manitoba - https://www.gov.mb.ca/asset_library/en/coronavirus/COVID-19-poster-1.pdf

Shared Health Manitoba - <https://sharedhealthmb.ca/covid19/screening-tool/>

Volleyball Canada - https://volleyball.ca/uploads/News/Return_to_Volleyball_EN.pdf

USA Volleyball -

<file:///C:/Users/volleyball.hp/Downloads/USAV%20Return%20to%20Play%20Guidelines%20Effective%20May%2015%202020.pdf>

Aspen Institute - <https://www.aspenprojectplay.org/return-to-play>

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Volleyball Manitoba Contact Information:

John Blacher – Executive Director

volleyball.ed@sportmanitoba.ca

Scott Koskie – Provincial Performance Coach

volleyball.hp@sportmanitoba.ca