



**Volleyball Manitoba
COVID-19 Return to Play Plan
Beach Volleyball
June 2020**





Introduction

As Manitoba eases restrictions and reopens the economy in a phased approach, the benefits of reopening need to be balanced with the risks of increased COVID-19 transmission. Recreational activities have numerous physical, mental and emotional health benefits. As we begin to allow these organized activities to operate again, we need thoughtful planning to reduce the risk of COVID-19 transmission.

Volleyball Manitoba's return to play protocol for beach volleyball aims to provide a safe way to return to sport but it cannot mitigate all risk. 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.

Description of Risk Factors in Beach Volleyball (as sourced from Volleyball Canada, USAV)

Lowest Risk: Perform individual skill development activities (passing drills, blocking, hitting, setting, serving, general fitness, strength training), at home (backyard, driveway, in-home), alone or with household members; use personal equipment to play with household members.

Medium Risk: The above individual skill development activities in outdoor public spaces alone, with household members or with a small number of non-household members who you are in regular contact with. Activities follow recommended physical distancing guidelines and could include small sided games (2 v 2) using rule modifications to maintain physical distancing (attacking, blocking). Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.

Medium-High Risk: Skill development activities or small sided games in outdoor public spaces with non-household members. Activities follow recommended physical distancing guidelines regarding total number of participants involved and game format (2 v 2) but there are no rule modifications (attacking, blocking). Participants will have brief exchanges during game play where they are inside of 2m with team-mate or opponent. League or tournament play will use a modified competition structure to keep participants in small cohorts. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.

High Risk: Recreational or competitive games in outdoor public spaces with non-household members. Activities would include game formats (4 v 4 or 6 v 6) where maintaining appropriate physical distancing is unlikely. League or tournament play would not be modified, and participants would play against multiple individuals. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.



General Considerations Regarding a Return to Participation

Under the current Province of Manitoba Restoring Safe Services Phase 2, organized activities, including team sports, can resume if precautions are taken, such as physical distancing and enhanced cleaning of equipment and indoor spaces. People must maintain a physical distance of at least two metres, except for brief exchanges.

Group sizes should always be minimized and must abide by current public health restrictions. Current Manitoba restrictions are 25 persons indoors and 50 persons outdoors.

Minimize the total number of persons (participants, staff, spectators, etc.) in one space at any given time. The more people using the space, the higher the risk.

Keep training and competition groups small and minimize or eliminate the movement of participants between training groups when possible.

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.

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.

Description of Sanctioned Activities that can begin (no sooner than July 6, 2020):

- Only outdoor beach volleyball programming will be sanctioned.
- All beach volleyball programming (training, league, tournaments) will be in 2 v 2 format only.
- All League and tournament programming will use regular rules but modified competition structure to limit time on site and interactions with other players.
- Youth training programs will place additional emphasis on physical distancing requirements and will use forms of modified rules to support this.
- Other formats of beach volleyball involving more than 2 players per team will be considered in subsequent Provincial government re-opening phases.
- All Indoor volleyball including all forms of training, camps, and competitions will be considered in subsequent Provincial government re-opening phases.

This first return to participation will sanction:

- Only playing beach volleyball in 2 v 2 format. (2 persons on each side of the court.)
- A maximum of 10 persons (8 athletes, 2 coaches/officials) in the total court space at any time.
- A maximum of 4 athletes total (2 per side) on the playing surface at any given time.



Description of Court Parameters and Rationale for Sanctioned Activity:

A court in beach volleyball consists of both a playing surface and the free space surrounding the playing surface.

- Playing Surface = $16\text{m} \times 8\text{m} = 128$ sq. meters.
- Player physical distancing requirements = 16 sq. meters (2m on each side, in front of and behind each player)
- $128/16 =$ a maximum of 8 persons could be accommodated in the court space, 4 players on each side. However, given the nature of the game and the movement involved, it would not be possible to have 4 players on each side of the court while maintaining physical distancing requirements.
- Only playing in a 2 v 2 format would allow physical distancing requirements to be met with only brief moments where players may be within 2 m of each other.

A unique feature of beach volleyball is that the playing surface applies primarily to the ball and not to the participants. Similar to other court sports like tennis, participants may and in some instances are required (serving) to initiate play outside of the actual playing surface. This requires that a court be larger than the playing surface.

- At each of our facilities a minimum of 2m additional court space can be achieved on each side of the playing surface bringing the total dimensions of the court space to $20\text{m} \times 12\text{m} = 240$ sq. meters, if not larger.
- Assuming the same physical distancing requirements of 16 sq. meters per participant $240/16 =$ a maximum of 15 persons could be accommodated in the total court space. Recommendations suggest a maximum of 10 people could be accommodated in the total court space at any time.



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 will 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 the Manitoba COVID-19 screening tool (*see link on last page) 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 the following question: "Have you completed the Manitoba COVID-19 screening tool and are you following the recommendations?"
- All participants must be familiar with and adhere to the rules regarding the amount and type of personal equipment allowed at the venue. Please see the section on allowed equipment.
- All participants should arrive to the venue dressed to participate or as close as possible. No changing areas will be available.
- 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 respect physical distancing requirements at all times.
- All participants should bring their own hand sanitizer/wipes and personal equipment needed including filled water bottle. There will be no place to refill water bottles on site.
- Participants may bring and use a mask.

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 at all times 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. (Sunglasses, hats, towels, water bottles, bags, etc.) Keep these items separate from those of other participants.
- Always abide by the court scheduling to limit the number of people you come in contact with during the activity and to allow for the organizer to monitor and track 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.
- A participant is not permitted to leave the court area and enter the spectator area. Should a situation arise where a participant needs to interact with a spectator (parent, guardian) a designated space will be available at the venue.

After Activity:

- Participants must gather all of 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)

- Completion of Volleyball Manitoba Waiver.
- Upon arrival to the venue, all persons must present themselves to Volleyball Manitoba staff or designated volunteer at the screening location.
- All persons will be asked the following question: "Have you completed the Manitoba COVID-19 screening tool and are you following the recommendations?"
- If the participant is unaware of the screening tool or has not completed the screening tool, they will be asked to complete the tool on their mobile device or they will be asked to read the poster beside the screening table. https://www.gov.mb.ca/asset_library/en/coronavirus/COVID-19-poster-1.pdf
- If the answer to the above question is:
 - YES- Granted access to the facility and proceed to the hand sanitizing station.
 - NO - Denied access to the facility and asked to follow public health regulations.
- Should a participant not comply with the request to complete the screening questionnaire, 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, spectators, referees.
- 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.
- 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 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.
- 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 the 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.
- 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 for each 30 mins of training or each match of game play.
- At the conclusion of each 30 mins of training or each match of game play, new balls will be introduced.
- Continue to monitor, clean, and disinfect the net and court equipment as necessary, while activity is taking place.
- Monitor and enforce social 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.

Sources / References:

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:

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Beach Volleyball - Return to Play Principles - July 6, 2020
Maintain physical distance of 2 meters as often as possible except for brief exchanges.
Maximum number of persons per court is based on physical distance requirements.
Reduce shared touch points - use only the balls designated to the court.
Adequate spacing between the courts.
<i>Areas marked on the diagram in grey are zones where athletes are most likely to have a brief exchange inside of the physical distance requirements. Depending on the type of programming offered, these exchanges can be reduced or eliminated.</i>
Sanctioned Game Formats - July 6, 2020
FORMAT 1: Skill Training and controlled small sided games where priority is given to meeting and maintaining physical distancing requirements. Brief exchanges of under 2m not allowed.
Risk Level - Medium
Description:
Designate 1 player per section of the court as indicated in diagram.
Players must remain outside of the area 1M from the net (light grey area) for the execution of all skills as much as possible. Attacking and blocking at the net are not permitted.
A player must stay on their side of the court at a minimum of 1m from the dark grey midline as much as possible. The middle zone could also be widened to 1.5m
A player may enter the other side of the court if it is judged by the coach that a distance of 2m can be maintained. If the distance cannot be maintained, play will be stopped.
If a player leaves their zone during play, they must return as quickly as possible.
Players on the outside of the court must maintain appropriate spacing as indicated.
A ball that travels into the light grey area will be judged by the coach to ensure that distancing between teammate and opponent are being maintained. I the situation where distancing may not be maintained, the play will be stopped by the coach.
FORMAT 2: Skill Training, small sided games and competition where the number of players on the court allows for physical distancing requirements to be met except for brief exchanges (< 10 seconds) mainly in the grey conflict zones.
Risk Level - Medium-High
Description:
Regular volleyball rules apply
Physical distancing requirements met though limiting the number of participants in the court area. Game format will be 2 v 2 only.
Players are aware of the zones with the potential for brief exchanges inside of the physical distancing requirements and will focus on limiting the time spent in those zones (< 10 seconds)
Competitions will be structured so that players will only compete with those assigned to their court. Maximum of 6 players per court
Each court may have 1 referee assigned to oversee game play.

Court Dimensions:

