



**Volleyball Manitoba
COVID-19 Return to Play Plan
Stage 2
Indoor Volleyball
July 29, 2020**





Introduction

As Manitoba continues to ease 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 initial Return to Play (RTP) plan involved the approval of 2 vs 2 outdoor volleyball competition and training starting on July 6, 2020. We are now presenting RTP protocols for indoor volleyball activity aiming to provide a safe way to return to the indoor courts, with the continued understanding that we cannot mitigate all risk related to COVID-19.

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 Indoor 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 indoor 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 (3 v 3) 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 indoor public spaces with non-household members. Activities follow recommended physical distancing guidelines regarding total number of participants involved and game format (3 v 3, 4 v 4) 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. Efforts should be made to keep participants in small cohorts of 9 players per net and participants should not leave their cohort for the duration of the training session. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made.

High Risk: Competitive training activities in indoor public spaces with non-household members. Activities would include skill development activities and modified game formats where consistently maintaining appropriate physical distancing during play is unlikely. Brief interactions where the recommended



physical distancing guidelines of 2m can not be maintained would approach the maximum of 10 minutes. Effort is made to use a variety of activities and training duration is limited to 90 minutes. When not actively participating in a drill, physical distancing guidelines are enforced. Shared equipment (ball, net, posts) is used and efforts to regularly clean equipment are made. This would include playing regular 6 v 6 volleyball. High Risk activities are not being considered at this time.

General Considerations Regarding a Return to Participation

Under the current Province of Manitoba Restoring Safe Services Phase 3, 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 50 persons indoors and 100 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 Stage 2 Sanctioned Volleyball Activities that can begin (no sooner than July 27, 2020):

- In addition to the outdoor volleyball programming that was approved to resume effective July 6, 2020, indoor volleyball small group training will now be allowed.
- Athletes should be assigned to a training cohort of a maximum of 9 players and 1 coach per court and not mix with other cohorts for the duration of the training program.
- Physical distancing of 2 meters must be maintained as often as possible when participating and maintained consistently when not actively participating in a drill.
- Since risk increases with the duration of the event, total on court time should not exceed 90 mins.
- Suitability to meet physical distancing guidelines in place at the time of this submission will be the determining factor in the recommended training activities and formats.
- See [Appendix A](#) for more details on Proposed Indoor Activities.



Full indoor game play (6 vs 6 volleyball) will only be considered in subsequent Provincial government re-opening phases.

Description of Court Parameters and Rationale for Sanctioned Activity:

An indoor volleyball court consists of both a playing surface and the free space surrounding the playing surface.

- Playing Surface = 18m x 9m = 162 sq. meters.
- Player physical distancing requirements = 16 sq. meters (2m on each side, in front of and behind each player)
- $162/16 = 10.125$ = a maximum of 10 persons could be accommodated in the court space.
- Given the nature of the game and the movement involved, it would be a challenge to maintain required physical distancing or keep the number of interactions inside of 2m under the recommended cumulative amount of 10 minutes with 10 persons on the court.
- Recommendations suggest that a maximum of 9 players and 1 coach could safely be accommodated in this space providing the distancing rules are followed during play.
- The coach should remain outside the playing surface as much as possible and limit their interactions with players on the playing surface.
- **Total group size** could be increased to 12 players per net, plus 2 coaches, in a full court gymnasium using a single net only. The number of players on the playing surface must not exceed 9. The 3 players not on the playing surface must always respect the physical distancing guidelines .



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 (Adult) or Informed Consent (Youth) forms.
- 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 to produce a signed copy of the Volleyball Manitoba declaration of compliance. If a participant does not have a signed declaration, one will be made available for them to complete.
- The declaration of compliance form must be presented 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. 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.
- A staging area will 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 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 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. (Sunglasses, hats, 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.
- 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 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)

- Upon arrival to the venue, all persons must present themselves to Volleyball Manitoba staff or designated volunteer at the check-in/screening location.
- All persons will be asked to produce a signed copy of the Volleyball Manitoba Declaration of Compliance. <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 Volleyball Manitoba Declaration of Compliance 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 Declaration of Compliance, 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.
- Depending on the size of the venue, spectators, parents, coaches, may not be granted access if they are not a participant of the training session.
- 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.
- 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 45 mins of training, 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>

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APPENDIX

Indoor Volleyball - Return to Play Principles - July 17 2020
Maintain physical distance of 2 meters as often as possible when participating and maintain consistently when not actively participating in a drill.
Athletes should be assigned to a training cohort of 9 players and 1 coach and not mix with other cohorts for the duration of the training program.
Since risk increases with the duration of the event, total training time should not exceed 90 mins.
Ensure adequate spacing between the courts and in the free space around the courts so athletes and coaches may maintain physical distancing
Ensure that a practice session contains a mix of drills where physical distancing can be maintained and drills where it is less likely to be maintained. Limit the number and duration of drills where physical distancing is less likely to be maintained.
Sanctioned Training Formats -
FORMAT 1: Skill Training and controlled small sided games with maximum of 3 players per side of the court where priority is given to meeting and maintaining physical distancing requirements. Physical distancing and limiting brief exchanges of under 2m should be considered in the design of the drills and games. Be sure to consider brief physical distancing exchanges with players on the same side of the net as well exchanges with opponents on the opposing side of the net.
Risk Level - Medium
Description:
Designate 1 player per section of the court as indicated in diagram as a base or starting position.
When a player is in the area 3M from the net (light grey area) there is generally a greater risk of coming within 2m of an opponent on the opposite side during play. If there is player in the same zone on the opponent's side of the net, players must try to maintain physical distancing.
Players are aware of the zones with the potential for a brief exchange inside of the physical distancing requirements and will focus on limiting the time spent in those zones (< 5 seconds)
A player should maintain the 2m physical distancing requirement as often as possible when not playing the ball, when not participating in a live rally on the court or when waiting to participate off the court.
When a player enters a space less than 2m from another participant, they must exit as quickly as possible. Other participants should read the situation and attempt to maintain physical distancing as much as possible during the duration of the rally.

FORMAT 2: Skill Training, small sided games and modified game play where the number of players on the court allows for physical distancing requirements to be met except for brief exchanges.

Risk Level - Medium-High

Description:

The descriptions listed above plus the following:

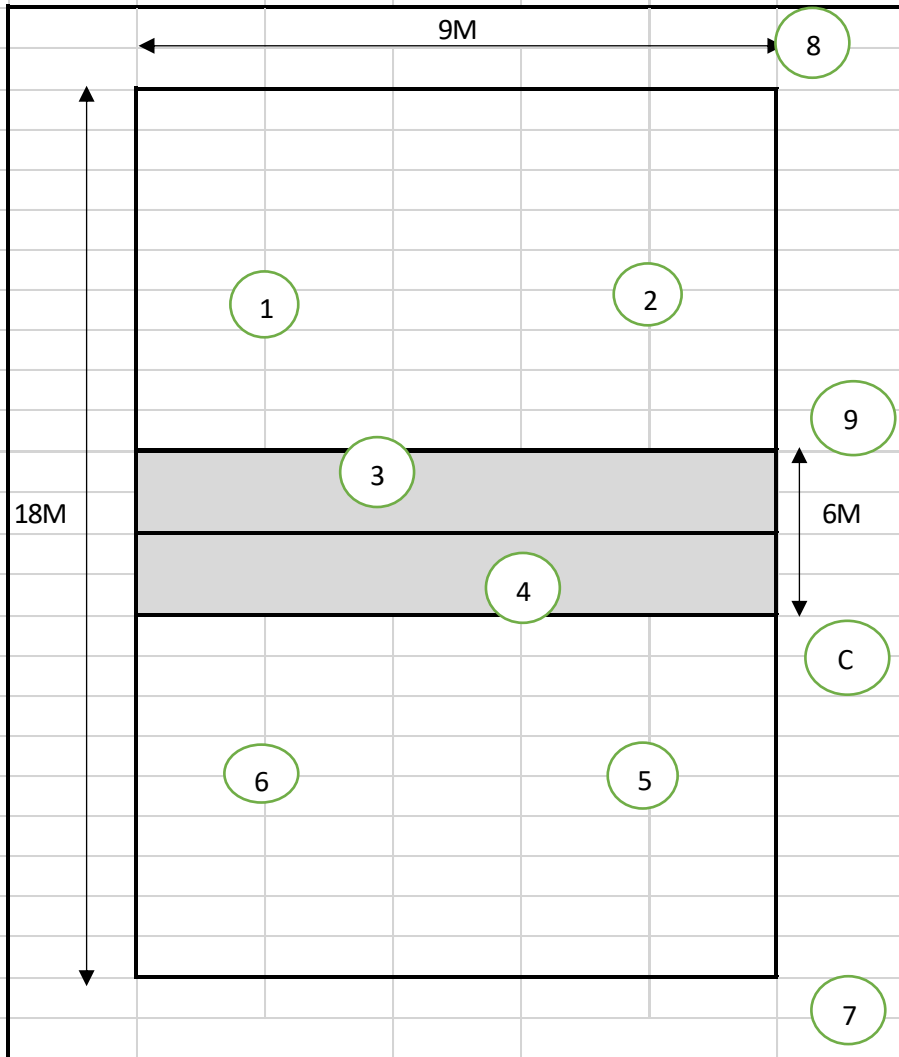
Modified game play is allowed and may include all 9 players on the court at one time (5 v 4)

Regular rules regarding attacking and blocking will be allowed during skill training and modified game play however the number of persons at the net (inside of the 3m line) must not exceed 2 per side.

During the modified game play, attention must be given to the duration of an activity where a player is consistently having interactions inside of 2m with another player. (eg. Attacker/Blocker) Coaches should consider all these interactions when planning their activities to ensure they do not exceed 10 minutes total in a training session per player.

Total group size could be increased to 12 players per net, plus 2 coaches, **in a full court gymnasium using a single net only**. The number of players on the playing surface must not exceed 9.

FORMAT 1



FORMAT 2

