



ONTARIO VOLLEYBALL ASSOCIATION
RETURN TO PLAY PROTOCOLS



RETURN TO PLAY

STEP 3



Ontario Volleyball Association (OVA) Indoor Volleyball Return to Play Protocols Volleyball (Indoor & Outdoor) Updated July 16, 2021

These Return to Play Protocols are OVA's rules and policies intended to enable a safe return to the sport. These Protocols are based on current Ontario statutes and regulations, current public health requirements and directives, and OVA's desire to make our sport safe for all.

These Protocols may be updated at any time; please be sure that you are referring to the most recent version which will be posted from time to time on Ontario Volleyball Association's website at <https://www.ontariovolleyball.org/ova-return-to-play>.

These OVA Return to Play Protocols are only applicable when Ontarians are in Step 3 of the Government of Ontario's Re-opening framework. The Roadmap to Reopen, the province's three-step plan to safely reopen the province will gradually lift public health measures based on ongoing progress of province-wide vaccination rates and improvements of key public health and health care indicators.

Guiding Principles

Step 1: An initial focus on resuming outdoor activities with smaller crowds where the risk of transmission is lower and permitting limited indoor settings with restrictions.

Step 2: Further expanding outdoor activities and resuming limited indoor services with small numbers of people and with face coverings being worn.

Step 3: Expanding access to indoor settings, with restrictions, including where there are larger numbers of people and where face coverings can't always be worn.

Moving through the steps

The province will remain at each step for at least 21 days to evaluate any impacts on key public health and health system indicators. It can take up to two weeks for COVID-19 vaccinations to offer protection against the virus.

The province will remain in Step 3 for at least 21 days to evaluate any impacts on key public health and health system indicators.

If at the end of the 21 days the province has met the following vaccination thresholds, and there are continued improvements in other key public health and health system indicators, the province may move to the next step of the roadmap:

Step 1: 60% of adults vaccinated with one dose

Step 2: 70% of adults vaccinated with one dose and 20% vaccinated with two doses

Step 3: 70 to 80% of adults vaccinated with one dose and 25% vaccinated with two doses



COVID-19 Roadmap to Reopen – Key Highlights



* Key health indicators include declining hospitalization, ICU, cases rate and % positivity

Based on current trends in key health indicators, including the provincial vaccination rate, Ontario expects to enter Step One of the roadmap around June 14, 2021.

For the full plan, visit ontario.ca/reopen



Key sources of Ontario law in Step 3:

O. Reg. 364/20: RULES FOR AREAS AT STEP 3
<https://www.ontario.ca/laws/regulation/200364>

All of recommendations in these protocols and Appendices are taken from the Government of Ontario’s new Roadmap to Re-Opening, as found online at: <https://www.ontario.ca/page/reopening-ontario>.

In Step 3 of the Roadmap to Re-Opening:

- Indoor and Outdoor volleyball activities are permitted for team training, game play, scrimmages, competitions and/or league play.
 - The number of participants in any training, event or league play permitted is the total number that can always maintain a physical distance of at least 2m from every other person at the facility:
 - In the case of an indoor facility, 50% capacity of the facility is permitted
 - In the case of an outdoor facility, 75% capacity of the venue/facility is permitted
 - There is no specified limit on number of people participating in a sport league

Sports and recreational fitness facilities

Before Step 1

Closed, with limited exceptions (such as for identified high-performance athletes)

Step 1

Outdoor fitness classes, outdoor sports training (no games or practices) and outdoor personal training, with 10 patrons maximum

Closed for indoor use except for high-performance athletes and day camps

Step 2

Outdoor sports leagues open

Training for professional or amateur athletes and/or competitions

Closed for indoor use except for high-performance athletes and day camps

Step 3

Indoor open, with restrictions

Outdoor open, with restrictions



Ontario Volleyball would like to thank its members and the volleyball community across the province for your patience and support during these uncertain times.

Ontario is currently in Step 3 of Ontario’s Roadmap to Re-Open, which is Progression 4 of Volleyball Canada’s - “A Safe Return to Volleyball” plan for outdoor volleyball, and Progression 3 for indoor volleyball.

Volleyball Canada – A Safe Return to Volleyball

RETURN TO VOLLEYBALL PROGRESSIONS

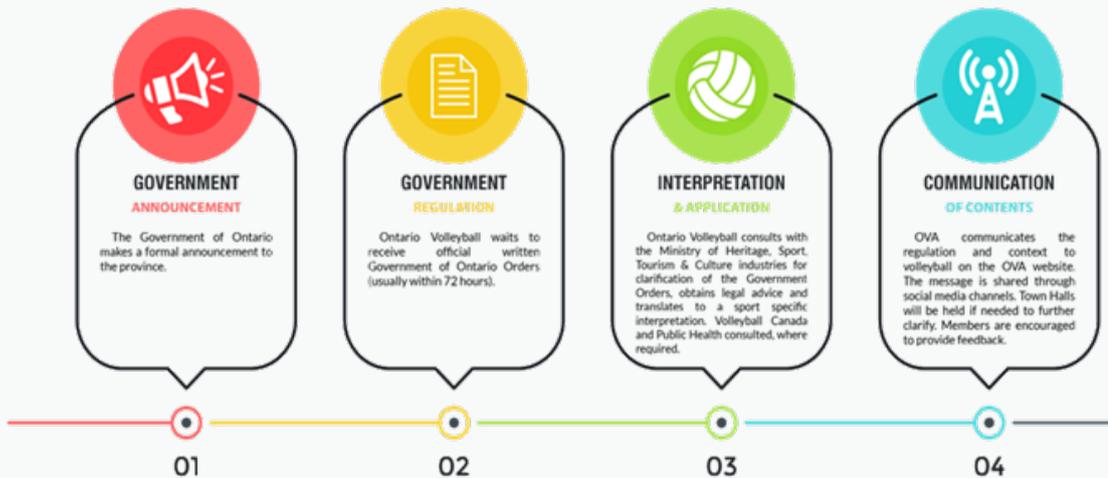
The return of volleyball will adapt as restrictions and policies change regionally. The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



Please see Appendix A for Volleyball Canada’s snapshot of guidelines on “A Safe Return to Volleyball” or click here: https://volleyball.ca/uploads/News/Return_to_Volleyball_june19.pdf

Process of OVA Return to Play Protocols/ Activity Approval

1. Alignment with Volleyball Canada’s guidelines and Ontario law (see “Key sources of Ontario law” above)
2. OVA Protocols vetted by OVA’s external legal counsel, OVA’s insurance broker and Public Health
3. Approval by OVA’s Board of Directors



ASSUMPTION OF RISK

Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity. OVA does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes and their parents are asked to review OVA's "ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19" form thoroughly and complete it online during the registration process in the Membership Registration System (MRS).

In addition, all athletes, parents/guardians and club members should satisfy themselves that the indoor facility they are using is operating in compliance with all applicable laws (which laws may differ depending on where the facility is located). OVA will not review such compliance and takes no responsibility for it.

Supporting Ontario's Recovery Act, 2020

In November 2020, the Government of Ontario announced that the Supporting Ontario's Recovery Act, 2020, passed a third reading in the Legislature and received Royal Assent. This Act provides liability protection for workers, volunteers and organizations that make an honest effort to follow public health guidelines and laws relating to exposure to COVID-19. At the same time, it will maintain the right of Ontarians to take legal action against those who willfully, or with gross negligence, endanger others.

The Supporting Ontario's Recovery Act, 2020 provides targeted protection for those who are making an honest effort to follow public health guidelines and laws, including:

- Healthcare workers and institutions
- Frontline workers who serve the public everywhere from grocery stores to restaurants and retail stores
- Businesses and their employees.
- Charities, non-profit organizations; and
- Coaches, volunteers and minor sports associations

To ensure your organization is protected under the legislation, your Club must make certain that you have a Safety Plan in place; you are following the OVA Return to Play (RTP) Guidelines, have created your Clubs own RTP and all members are properly documented for contact tracing and are registered. This means registering all participants within the Ontario Volleyball Membership Registration System (MRS).

All athletes should be registered in the MRS system to be covered by the OVA insurance policy. Please refer to the specific program to ensure you have the correct membership type.

If a non-member is participating in Club activities, your Club must have all non-member participants sign off on ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19 waiver and keep them on file at the Club office.





Legal Disclaimer

The information included in this protocol is current for the time of publishing and is aligned with the current recommendations from provincial, national and international bodies including the World Health Organization (WHO) and Public Health Ontario. However, recommendations may change depending on daily provincial, local and global COVID-19 situation reports; local Public Health Units should also be consulted for up-to-date information.

This protocol and the Appendices are meant to provide general guidelines and educational awareness training and are not an all-encompassing return to play plan for all. This document is to supplement and not replace applicable law and the information provided by public health authorities. Each person should consider this protocol and the Appendices considering their specific situation, local laws, regulations, by-laws and ordinances as well as local health authority orders, directives, guidelines and recommendations. Each person should consult other sources and experts in order to customize their own plans at the community Club level. No legal or medical advice is being provided in this protocol or the Appendices.

The purpose of this protocol and the Appendices is to reduce the risk of liability. This protocol and the Appendices are not a safety program and do not guarantee the safety of staff, participants, parents/guardians, spectators, household members or other third parties. The information and recommendations outlined within this protocol and the Appendices are a base level that Clubs should be using to develop individual plans that evaluate the unique risks that each training environment presents.

Individuals, in consultation with a medical professional, should also assess and evaluate their own personal risks when deciding to take part in volleyball activities during the pandemic.

Operations

Compliance with Regulations

All volleyball activities must adhere to all federal, provincial, and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:

- Physical distancing measures
- Health and safety regulations
- Size of permitted gatherings
- Team Sport regulations
- Volleyball Canada rules, policies and procedures
- OVA rules, policies and procedures
- All Safe Sport policies and procedures
- Applicable occupational health and safety requirements

Club Risk Assessment and Mitigation Checklist Tool

It is highly recommended that each Club and Coach conducting any training and volleyball activity complete the Club Risk Assessment and Mitigation tool

<https://www.ontariovolleyball.org/ova-return-to-play> to help build the Club and teams Covid Response Plan and Safety Plan.

See Appendix B for Sample Club Risk Assessment and Mitigation Tool

Compliance with these Protocols

Each Club, Coach, and Athlete conducting training (whether or not on rented courts) must implement and comply with the current and any updated Version of these Protocols. The OVA Return to Play Acknowledgement Form must be completed and returned to info@ontariovolleyball.org, before any volleyball activity commences.

Here is the link to the Form

<https://www.ontariovolleyball.org/ova-return-to-play>.

The Acknowledgement, Release, Indemnity, and Assumption of Risk regarding COVID-19 form provided as part of these Protocols must be completed by each participant of volleyball activities (including staff, athletes, coaches and volunteers). This form is signed off by the individual member upon registration with the Ontario Volleyball Association through the Membership Registration System (MRS) and they do not need to be collected by the Club. It is not necessary to submit a hard copy of the document. See Appendix C for waiver.

Any non-implementation or non-compliance with these Protocols may have serious consequences including, but not limited to a lack of insurance coverage. Club leaders and/or coaches can be held personally liable in the event of a lawsuit.

Any organizer/club/coach may remove a participant or spectator from the facility or from participation in the activities, programs or services at any time and for any reason if the organizer believes, in its sole discretion, that the participant is no longer in compliance with any of the standards described in this protocol.





COVID-19 Education

Each Club, Coach or event organizer must ensure that staff, coaches, athletes, parents, members and volunteers receive education on new safety and hygiene protocols within the club or for the event as well as Government approved information on ways to limit the spread of COVID-19 including:

- Respiratory etiquette
- Hand hygiene
- Physical distancing
- Use of Personal Protective Equipment (e.g., face masks, gloves)

See Appendix D for samples of these education tools.

Club Offices

All club administrative activities should be conducted on-line and virtually whenever possible.



Scheduling

Scheduling of training session should be done on-line. Schedules must ensure staggered time between each session to allow for requisite cleaning and sanitizing of equipment/facility between different user groups.



Schedule time between matches or “waves” at events to ensure proper cleaning and disinfecting on all shared surfaces and volleyballs.

COVID-19 Response Plan

Each Club must develop a COVID-19 Response Plan which must include the following provisions:

1. Designating groups of individuals to oversee the implementation of health and safety guidelines
2. Establishing a protocol to address situations where individuals become unwell or show signs of COVID-19 symptoms during volleyball activities, including but not limited to:
 - Developing and making all staff aware of the procedure for athletes/staff to clearly identify whom to contact, and how to do so, if they or other participants feel unwell or show symptoms of COVID-19
 - Designating an isolation area to place individuals that start to feel unwell or show symptoms of COVID-19 and provide a list of phone numbers of who to notify if this happens.
 - Developing a transportation protocol for individuals exhibiting symptoms of COVID-19
 - Developing protocols regarding whom club staff/coach should contact to report suspected cases and request testing and epidemiological investigations
 - Determining who the contact person will be to communicate with the local Public Health Unit (PHU) to ask for direction on next steps for any COVID-19 situation within the club
3. Establishing a protocol for individuals to report to Club, Coach or event organizer and external stakeholders (i.e., OVA, facility management) if they have developed, or been exposed to someone with COVID-19 symptoms.
4. Establishing a protocol for the club or event organizer to inform staff, coaches, athletes, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group.
5. Establishing procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic
6. Establishing a communication plan to keep staff, coaches, athletes, parents, members and volunteers informed during Return to Play phases.
7. Establishing a protocol for staff, coaches, athletes, parents, members and volunteers after a COVID-19 diagnosis.

See Appendix E for sample COVID-19 Response Plan protocols





Multiple Facilities

Individuals should consider the following:

- Use a new face mask at each location.
- Manage schedules to avoid different facilities on the same day.
- Ensure club contact, coach or event organizer has Session Participation and Health Screening Tracking Template and Daily Health Screening Questionnaire for each facility visited in the same day.
- Have your safety plan created and the coach or event host has it on hand for each location.
- Individuals, Clubs or event organizers not following the Ontario regulations are not covered by the OVA insurance policy and are liable (including personal liability for coaching staff and Club Directors) for any injury or case of COVID contracted during illegal training or competitions.

Facility Coordination

Outdoor and indoor recreational facilities are allowed to open in Step 3 of Ontario's Roadmap to Re-Opening plan.

A facility for sports and recreational fitness activities, may be open if it complies with the following conditions:

1. Outdoor gathering size - 75% capacity of the venue/facility. Please confirm your capacity limit with your venue/facility.
2. Indoor gathering size - 50% capacity of the venue/facility. Please confirm your capacity limit with your venue/facility.
3. Any person who enters or uses the facility must maintain a physical distance of at least 2m (while not involved in on-court gameplay activity) from any other person who is using the facility except from their caregiver or from members of the person's household.
4. Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition; and
5. Any equipment that is rented to, provided to or provided for the use of members of the public must be cleaned and disinfected as frequently as is necessary to maintain a sanitary condition



6. The person responsible for the facility/the permit holder must:
 - i) record the name and contact information of every member of the public who enters the facility,
 - ii) maintain the records for a period of at least one month, and
 - iii) only disclose the records to a medical officer of health or an inspector under the Health Protection and Promotion Act on request for a purpose specified in section 2 of that Act or as otherwise required by law.
 - iv) post a sign in a conspicuous location visible to the public that states the capacity limits under which the facility is permitted to operate.
7. The facility must actively screen individuals in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they enter the facility.
8. Prior to permitting any players in an organized sports league to practise or play the sport in the facility, the facility must ensure that the league has prepared a safety plan.
 - Scheduling and implementing cleaning between each training group or competition.
 - Wiping down / sanitizing high touch areas such as entry / exit doors, etc.
 - Ensuring any equipment that is rented to, provided to or provided for the use of users of the facility must be cleaned and disinfected between each use or, where used in a practice, at the end of play, such as at the completion of practice.
 - Activities must not be practised or played within the facility if they require the use of fixed structures that cannot be cleaned and disinfected between each use.
 - Facilitating compliance by the facility operator with the advice, recommendations, and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting

13

Each club/coach or event organizer must coordinate with the relevant facility to ensure compliance with these Protocols. This includes at minimum:

- Providing the Event Safety Plan to the facility.
- Implementing effective measures to manage the flow of traffic in and out of the training or competition area.

Additionally, recreational amenities and facilities used for indoor or outdoor sports and recreational fitness activities on the premises of a school or private school may open in Step 3.

See Appendix J - Back to Operations – Questions for Facilities



Self-Screening Measures

All individuals taking part in any volleyball activity must self-screen in accordance with current public health guidelines before attending each training session or competition.

Ontario Volleyball requires the use of the following screening tools for clubs and events operating day within the Step 3 regulations:

- School-aged children may be screened using the Ontario COVID-19 school and child-care screening tool. Online version: <https://covid-19.ontario.ca/school-screening/>
- All other individuals may be screened using the Ontario COVID-19 workplace screening tool. Online version: <https://covid-19.ontario.ca/screen-ing/worker/>

These questionnaires may be completed verbally. Parents may complete the screening on behalf of a child.

Health screenings are only valid for the day they are completed.

If clubs and event organizers have established other mechanisms of completing Health Screening for their members, these may continue provided that the content is consistent with the Ontario Ministry tools linked above.

All individuals must successfully pass the health screening to participate in Club or OVA activities/events.

For information on Travel Exemptions to the emergency order of the Government of Canada's Quarantine Act, please go to:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a3>

See *Appendix F* for the full *Daily Health Screening Questionnaire*.





Health Screening of Individuals

Clubs, Event Organizers and the OVA must conduct a screening protocol whereby individuals are screened on-site daily before participating in any training or competition.

Ontario Volleyball requires the use of the following screening tools for clubs and events operating within the Step 3 regulations:

- School-aged children may be screened using the Ontario COVID-19 school and child-care screening tool.
Online version: <https://covid-19.ontario.ca/school-screening/>
- All other individuals may be screened using the Ontario COVID-19 workplace screening tool.
Online version: <https://covid-19.ontario.ca/screening/worker/>

These questionnaires may be completed verbally. Parents may complete the screening on behalf of a child.

Health screenings are only valid for the day they are completed.

If clubs and event organizers have established other mechanisms of completing Health Screening for their members, these may continue provided that the content is consistent with the Ontario Ministry tools linked above.

All individuals must successfully pass the health screening to participate in club or OVA activities/events.

For information on Travel Exemptions to the emergency order of the Government of Canada's Quarantine Act, please go to:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a3>

This includes participation in sessions on rented courts outside of a Club volleyball setting.

See Appendix F.

Tracking of Participants

Track all individuals' daily, including athletes, coaches, volunteers, spectators, referees, event staff, etc., that are participating or attending club or OVA training, activities, or competitions.

Participant tracking information must be recorded and kept on file for at least one month to assist with contact tracing in the event of any positive COVID-19 cases within the club or training group.

When volleyball activities are taking place on any courts even outside of a club or OVA setting, the coach or event organizer is responsible for ensuring this logging and tracking is taking place.

See Appendix G for Participant Tracking Form.



Vaccines

Anyone that operates programming should strongly encourage all eligible staff and athletes to receive COVID-19 vaccination as soon as possible, and at the earliest opportunity before training, league or competition starts.

Event/Venue Set Up

If an outdoor area of the business or venue is covered by a tent or awning, at least two full sides of the entire outdoor area must be open to the outdoors and are not substantially blocked by any walls or other impermeable physical barriers.

The rented space must be configured so that patrons seated at different tables are separated by,

- a distance of at least 2m, or
- plexiglass or some other impermeable barrier.

Refer to Appendix Appendix K: Event Hosting Guidelines

Safety Plan - MANDATORY

The safety plan shall describe how the requirements of these Government Regulations will be implemented in the location by describing the measures and policies in place to mitigate the transmission risk of COVID-19. Required information includes, but is not limited to screening protocols, physical distancing measures, masks or face

covering rules, cleaning and disinfecting of surfaces and objects, plans the wearing of personal protective equipment and how you will prevent and control crowding and how to mitigate the risk of any interactive activities or games that may be included in the training, league or event.

The Safety Plan must be provided to venue and to hosts prior to permits being issued.

The safety plan shall be in writing and shall be made available to any person for review on request.

The person responsible for the business or event shall ensure that a copy of the safety plan is posted in a conspicuous place where it is most likely to come to the attention of individuals working in or attending the business or event.

Prior to permitting any participants in an organized sports league or event to practise or play the sport in the facility, the facility must ensure that the league or event has prepared a safety plan.

Clubs should post the safety plan for all venues on their website and should share the plan with the facility or event venue ahead of the training or competition.

See Appendix M: Safety Plan Template

Programming

Indoor and Outdoor Volleyball is permitted in Step 3 of Ontario's Roadmap to Re-Opening with the following parameters:

- The total number of members of the public 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 2m from every other person at the facility.
 - Outdoor gathering size - 75% capacity of the venue/facility.
 - Indoor gathering size - 50% capacity of the venue/facility.
 - Please confirm your capacity limit with your venue/facility.
- Capacity limits must be posted by the facility/venue or permit holder. No specified limit on number of people participating in a sports league.
- Physical distancing of 2m required for all individuals. Exception: Athletes may breach physical distancing during team sport play. Physical contact is only permitted during active play, including incidental physical contact.
- No deliberate contact permitted (i.e., no high fives, backslapping, etc).
- Up to 4 participants per side on the court for training, leagues or matches played on 16m x 8m courts (8m x 8m side).

- Up to 6 participants per side on the court for training, leagues or matches played on 18m x 9m courts (9m x 9m side).
- **Outdoor Volleyball: Masks** are required to be always worn by all individuals/participants, except by athletes while they are on court during training or game play. Individuals attending the training or event are permitted to remove a mask or face covering temporarily to consume food or drink, or as may be necessary for the purposes of health and safety and if 2m physical distancing is maintained.
- **Indoor: Masks** are required to be always worn by all individuals/participants. **Exception:** it is highly recommended for athletes to wear masks during on court activity, but it is not required.
- Applies to competitive and recreational volleyball activities.
- Frequent breaks must be taken for participants to clean and sanitize their hands, guideline every 30 minutes.

Note: Facility rules and protocols may have further restrictions and requirements that must be adhered to.

Limitations on Size of Groups

All training sessions must follow provincial and local public health as well as facility/permit guidelines with respect to the size of gatherings.

Follow current Ontario Provincial guidelines regarding gathering restrictions.

Continued on the next page





From July 16, 2021, to the current e-currency law date, the total number of members of the public permitted to be at the recreational facility at any one time must be limited to the number that can maintain a physical distance of at least 2m from every other person at the facility.

Outdoor

The maximum number of members of the public permitted in a facility that is operating in an outdoor setting at 75% capacity is determined by taking the total square metres of area accessible to the public, dividing that number by 1.33, and rounding the result down to the nearest whole number.

Indoor

The maximum number of members of the public permitted in a facility, or part of a facility, that is operating in an indoor setting at 50% capacity is determined by taking 50 per cent of the maximum occupant load of the business or facility, or part of a business or facility, as applicable, as calculated in accordance with Ontario Regulation 213/07 (Fire Code), made under the Fire Protection and Prevention Act, 1997.

Please confirm your capacity limit with your venue/facility.

There is no specified limit on number of people participating in a sports league in the Step 3 regulations.

Shared Equipment and Volleyball Cleaning Guideline

Volleyballs must be cleaned between each training session group, or after each match. It is recommended at minimum each hour.

- Volleyballs should be assigned to each group and not shared with other groups. If a ball from another court comes over, participants should use their feet to kick it back.
- Allow transition time for groups to move in and out and for volleyballs/equipment to be sanitized.

See Appendix I for Mikasa recommended cleaning protocols.

Physical Distancing

Physical distancing of 2m required for all individuals. Exception: athletes may breach physical distancing during team sport play. Physical contact is only permitted during active play, including incidental physical contact.

No deliberate personal contact permitted (i.e. No high fives, back slaps, etc).

Athletes should follow the guidelines below in resuming training and competition:

- No deliberate personal contact at any time.
- Must always keep 2m of physical distancing while off the court/not in active play.



- All off-court warm-ups and training should comply with current physical distancing requirements.
- Utilize visual cues (i.e., placing pylons, skipping ropes) to remind participants of 2m spacing while off the court.
- The person responsible for a venue or place that is open must not permit patrons to line up or congregate outside of the venue unless they are maintaining a physical distance of at least two metres from other groups of persons. This would include checking in for training or at events.
- Ensure ample space between each court to respect physical distancing and to keep volleyballs from co-mingling with other training groups.
- Establish volleyball specific physical distancing protocols including the elimination of handshakes, high fives, huddles and participants switching sides.

Off-Court Activities

Facility Access and Traffic Flow

Individuals shall follow facility guidelines by using designated entry and exit points of the facility and any guidelines to manage the flow of people using the facility.

As a part of the Safety Plan, Clubs, Coaches, Event Organizers, etc., must list how they will manage the flow of participants and ensure 2m of physical distancing is kept with participants and spectators.

Ensure all participants leave the courts and venue immediately after the last training session.

Abide by all facility rules in addition to the Organizer/Club protocols.

Spectators

Outdoor

In the case of a facility that has a designated area for outdoor spectators, 75% of the usual outdoor seating capacity, or 15,000 persons, whichever is less.

In the case of a facility that does not have a designated area for outdoor spectators, the number of spectators in the outdoor area of the facility at any one time must not exceed 75% capacity, or 5,000 persons, whichever is less.



Every outdoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any of the mask exceptions or are seated with members of their own household only, and every member of the household is seated at least 2m from every person outside their household.

Individuals attending the training or event are permitted to remove a mask or face covering temporarily to consume food or drink, or as may be necessary for the purposes of health and safety and if 2m physical distancing is maintained.

Indoor

In the case of a facility that has a designated area for indoor spectators, 50% of the usual indoor seating capacity, or 1,000 persons, whichever is less.

In the case of a facility that does not have a designated area for indoor spectators, the number of spectators in the indoor area of the facility at any one time must be limited to the number that can maintain a physical distance of at least 2m from every other person in the indoor area of the facility and in any event, may not exceed 50% capacity, or 1,000 persons, whichever is less.

Every indoor spectator must wear a mask or face covering in a manner that covers their mouth, nose and chin, unless they are entitled to any of the mask exceptions.

Personal Hygiene

Individuals must follow the appropriate personal hygiene guidelines as recommended by public health agencies.

Individuals should wash / sanitize hands upon entry to site/facility or training area and at completion of training.

All athletes and coaches must carry disinfectant wipes, hand sanitizer and/or pump soap in their equipment bags.

All participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (Kleenex, towels, etc).

Warm Up/Cool Down

Warm-ups and cool downs that are completed off-court must respect physical distancing protocols and all participants must remain at least 2m apart.

Personal Protective Equipment

Indoor Volleyball: Masks are required to always be worn by all individuals/participants, at all times. **Exception:** it is highly recommended for athletes to wear masks during on court activity, but it is not required

Outdoor Volleyball: Masks are required to be always worn by all individuals/participants, except by athletes while they are on court during training or game play. Individuals attending the training or event are permitted to remove a mask or face covering temporarily to consume food or drink, or as may be necessary for the purposes of health and safety and if 2m physical distancing is maintained.



On-Court Activities

Locker/Change Rooms

Any washrooms, locker rooms, change rooms, showers or similar amenities made available to the public must be cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.

Must maintain 2m of physical distancing at all times.
Mask usage required for indoor spaces.

Personal Items

Athletes and coaches may carry their own water bottle, towel, gym bag, etc. to the court.

Consider bringing enough water before leaving the house to avoid having to touch a tap or water fountain handle while at the venue or in cases where water is not available.

Coaches must use hand whistles as opposed to regular whistles.

Site/Facility

Physical distancing of 2m required for all individuals. Exception: athletes may breach physical distancing during team sport play. Physical contact is only permitted during active play, including incidental physical contact. However, all athletes must always avoid deliberate contact. I.e. No high fives, back slaps, etc.

Personal Protective Equipment

Indoor Volleyball: Masks are required to be always worn by all individuals/participants at all times during training/competition in Step 3 of Ontario's Roadmap to Re-Opening.

Exception: it is highly recommended for athletes to wear masks during on court activity, but it is not required

Outdoor Volleyball: Masks are required to be always worn by all individuals/participants, except by athletes while they are on court during training or game play. Individuals attending the training or event are permitted to remove a mask or face covering temporarily to consume food or drink, or as may be necessary for the purposes of health and safety and if 2m physical distancing is maintained.

Based on the province of Ontario's Face coverings and face masks regulations, exemptions from mandatory face mask usage is in effect for multiple reasons.

Examples include:

- Those who have a medical condition that inhibits their ability to wear a face covering.
- Those whom are unable to put on or remove their face covering without help from someone else.
- People that receive accommodations according to the Accessibility for Ontarians with Disabilities Act, 2005 or the Human Rights Code.

Please remember - no proof is required for the exemptions.



Physical Distancing and Physical Contact

Athletes are required to always maintain a physical distance of at least 2m from coaches during the training session, league play or competition.

Athletes may breach physical distancing during team sport play.

Incidental physical contact permitted only during active play on court. However, all athletes must always avoid deliberate personal contact (i.e. No high fives, back slaps, etc).

Personal Items

Athletes must use individual water bottles, tissue boxes etc. during training sessions and during competitions. No sharing of these items is permitted. Athletes must have their own closed containers (i.e., Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.

On-Court Coaching

Coaches and athletes must always remain at least 2m apart from each other.

All coaching should be done using verbal cues.

Coaches must always wear a mask.

Coaches should limit their contact with the ball. Athletes should introduce the volleyball into the drill, whenever possible. I.e., hitting or serving volleyballs.

If handling the ball, coaches should use hand sanitizer when they move between different individuals or groups.

Appendices

Appendix A	Volleyball Canada Return to Play Guidelines
Appendix B	Club Assessment Risk and Mitigation Tool
Appendix C	OVA Waiver
Appendix D	Educational Resources
Appendix E	Club Response Plan
Appendix F	Daily Health Screening Questionnaire (adult) Daily Health Screening Questionnaire (Children/Youth up to 18)
Appendix G.....	Session Participation and Health Screening Tracking
Appendix H.....	Return to Play Drills
Appendix I.....	Mikasa Volleyball Cleaning Guidelines
Appendix J.....	Back to Operations - Questions for Facilities
Appendix K.....	Event Hosting Guidelines
Appendix L	Return to Volleyball After Contracting COVID-19
Appendix M	Safety Plan

All appendix items can be found at ontariovolleyball.org/ova-return-to-play

