

Mariners Volleyball Club

Return to Play Guidelines



UPDATED FOR TRANSITION & PROGRESSIVELY LOOSEN PHASES ON DEC 30, 2020 AND APPROVED BY BOARD OF DIRECTORS ON DEC 30, 2020

Approved by Mariner Volleyball Club Board of Directors July 22, 2020



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MVC Response

In response to the current COVID-19 pandemic and based on the guidelines developed by Volleyball BC (as advised by viaSport and the Provincial Health Authority), Mariners Volleyball Club has established the following COVID-19 Return to Play Protocol.

The health and safety of our members, athletes, coaches, volunteers and staff remains our top priority. On June 18, 2020, Volleyball BC (in conjunction with viaSport) announced its “Phased Return to Play” plan under which volleyball training can restart. Through this response protocol, Mariners Volleyball Club can ensure the healthiest and safest return to play for our athletes, coaches, volunteers and staff and allows MVC to be responsive, transparent and communicative to our members, community and stakeholders during this evolving COVID-19 pandemic.

The daily unprecedented and extensive global, evolving health risk that COVID-19 presents requires that Mariners Volleyball Club (MVC) follow the guidance of the government of British Columbia (viaSport), provincial and municipal health authorities and Volleyball BC. As such, all sport activities in B.C. must operate within current provincial health restrictions and Provincial Sport Organizations (PSO) guidelines in order to promote the safety of our communities.

MVC recognizes that resumption of sport activities may not be linear and that increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases, provincially or locally.

We require that all of our members, coaches, athletes, staff and board of directors, do the same. Together, through our club policies surrounding Covid-19, MVC will ensure the safest and healthiest Return to Play for everyone.

Questions and/or concerns can be directed to the Club Manager at 250-713-1433 or info@marinersvolleyballclub.ca.



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Identification of Covid-19 Symptoms and Knowledge of Coronavirus Transmission

Identification of Covid-19 Symptoms

It is important that all members, board of directors, staff, coaches and athletes participating in Mariners Volleyball Club programs recognize the most common symptoms of COVID-19. The symptoms of COVID-19 are similar to other respiratory illnesses including Influenza and the common cold. Symptoms include:

1. Fever
2. Chills
3. Cough
4. Shortness of breath
5. Sore throat and painful swallowing
6. Stuffy or runny nose
7. Loss of sense of smell/taste
8. Headache
9. Muscle aches
10. Fatigue
11. Loss of appetite

Transmission of Coronavirus/Covid-19

COVID-19 is primarily transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets can then enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. This requires you to be in close contact. This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular hand washing and cleaning of high-touch surfaces is so important.



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People can shed COVID-19 virus 24 to 48 hours prior to symptom onset and are therefore considered asymptomatic carriers, hence it is imperative that members adhere to all health and safety protocols set out by MVC and public health authorities, to reduce transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>



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Protective Measures to Keep Community Safe

Associated Risk of Return to Play for Volleyball

It is important that all organizations and individuals understand that when you choose to participate in physical activities outside the home during the pandemic – including volleyball - you are at an increased risk of contracting COVID 19. This is an inherent risk of participating in non-essential activities in your community.

After reviewing criteria, Volleyball BC has determined that volleyball is a **MEDIUM** risk sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of infection. Outdoor volleyball is considered less risky than indoor volleyball. Participants should carefully assess their personal health situation before embarking on this activity.

Governance

The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in B.C. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the eco-system.

Provincial sport organizations are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport



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organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health.

Guiding Principles

The following 5 principles will be integrated into and guide the development of the MVC Return to Play document.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces



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I. Via-sport Step #1 – Workplace/Sport Environment Risk Assessment

The health and safety of our members, athletes, coaches, board of directors, our volunteers and our staff is of utmost importance to MVC. We have implemented safety measures, precautions and infection control procedures to create the healthiest and safest environment for our collective Return to Play. The protective measures outlined below have been put in place to help mitigate the risk of COVID-19 infection in our sporting environment.

As an organization, we have identified areas where there may be risks, either through close physical proximity or through contaminated surfaces within our facilities. Also, we recognize that the closer together individuals are and the longer they are close to each other, the greater the risk of contracting coronavirus.

In each of our facilities we have:

1. Identified areas where people gather and closed them down.
2. We have identified situations and processes where individuals are close to one another or member of the public.
3. We have identified the equipment that may be shared by individuals.
4. We have identified surfaces that people touch often.



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II. Via-sport Step #2 – Risk Reduction Protocols

At all times, Mariners Volleyball Club will abide by the laws, regulations and guidelines set forth by the British Columbia Government, City of Nanaimo, Public Health, viaSport and Volleyball BC. This plan has been developed in compliance with guidelines for recreational facilities included in [viaSport BC's Guidelines for Sport](#) and the [BC Recreation and Parks Association Guidelines](#) for Restarting Operations in Recreation.

As of August 26, 2020, Volleyball BC entered the “Progressively Loosen” phase in alignment with viaSport transition into phase 3 Of BC’s Return to Sport Guidelines.

The careful introduction of contact in volleyball is permitted in the Progressively Loosen phase with the following principles:

- Close physical proximity should be minimized as much as possible. Physical distancing should be maintained off- court (eg. pre and post-game)
- Activities should comply with Volleyball Canada’s modified rules for volleyball to minimize contact during COVID-19.

https://volleyball.ca/uploads/News/Comp_Regs_COVID_sept2020.pdf

Any introduction of volleyball activities involving either close proximity or physical contact should be done within a cohort (see next section).

As of December 3, 2020, we entered into new provincial restrictions for sport that:

- **Requires all Volleyball Programming to move into Phase 2 (Transition Measures) guidelines.**

In the Transition Measures Phase (Phase 2) in the Return to Play Plan which include the following requirements:

- **Activities should be limited to skills development and those that permit physical distancing.**
- **No competitive volleyball as this does not permit social distancing.**
- **Participants should maintain physical distancing at all times on and off the court. The new Provincial Health Order stipulates that participants should maintain 3 meters from one another and not to engage in handshaking, high fives, hugging or similar behavior.**
- **No blocking at the net.**
- **No spectators are allowed.**
- **Athletes will still maintain a cohort of no more than 100 athletes.**



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Volleyball Cohorts

Mariners Volleyball Club Cohort Model

Cohorts should be created for all volleyball activities. viaSport BC defines a cohort as “a group of participants who primarily interact with each other within the sport environment over an extended period of time (eg. series of events)” (page 23).

Examples of volleyball cohorts might include:

- a program within a volleyball club where players train and play together weekly.
- an age bracket for inter-club play within a region.
- a recreational league where players rotate weekly to play.

The intention behind creating cohorts is to limit the number of people that each individual will come into contact with, reduce the risk of transmission and ensure quicker contact tracing by health authorities if an outbreak occurs. For the Mariners Volleyball Club, the following guidelines should be followed when creating a cohort:

- Cohorts should not exceed 100 individuals.
- Cohorts should be made up of individuals/teams of similar age and skill level.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people.
- Each cohort can be comprised of multiple teams in order to form a mini-league. With the use of cohorts, game play can resume between teams within the cohort.
- Keep players together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break between will be implemented.
- Athletes may only participate in one Volleyball cohort as defined by either Mariners Volleyball Club or Volleyball BC (in the event that teams are formed for competition). Any athlete who participates outside of their Mariners Volleyball Club cohort will not be allowed to return for 14 days after their last interaction with the outside cohort. The only exception to this is based on viaSport guidelines for Team BC and/or National Team programming.
- When in a cohort, individuals do not need to maintain physical distancing during volleyball activities on-court. However, individuals should still seek to minimize physical contact wherever possible. A two-meter distance should be maintained between all participants off-court (e.g. on benches, during intermission, in locker rooms, lobbies).



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- Within cohorts all participants must wear masks, with the exception of those athletes who are participating on the field of play and/or other participants who are exempt under Ministerial Order No. M425.
- Coaches and referees will be counted outside the total cohort number and will always be required to maintain physical distancing and wear masks as per Ministerial Order No. M425.
- Parents and spectators are not included in the cohort limits. They should continue to maintain physical distancing at all times, follow health authority guidelines for mask wearing in public and are asked not to enter facilities.
- The Mariners Volleyball Club Administrator will be the central point of contact for a cohort. It is the responsibility of this contact to maintain a central list with full contact information for all individuals participating within the cohort.
- Athletes may come from outside of Nanaimo to participate in Mariners Volleyball Club Programming, however, they should reside within the central Vancouver Island Health Authority Region (Nanaimo, Parksville, Kwakwaka'wakw, Port Alberni) & Nanaimo-Ladysmith Public Schools Region (Nanaimo & Ladysmith). An exemption may be given to previous MVC members who reside outside of these boundaries. Full regional locations can be found here – [VI Health Authority Regions](#)

Competition

Mariners Volleyball Club Competition Model

In the Progressively Loosen phase, viaSport BC states that, for volleyball, “league play and competitive activities may occur within designated cohorts” (page 41).

Competitive activities include formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. Mariners Volleyball Club will begin the introduction of:

- Club play: games or competitive activities that occur within a team or club members in a cohort.
- Recreational league play: games or competitive activities that occur within a defined program, league or group of teams in a cohort.

At this time Mariners Volleyball Club will **not** be participating in Regional Competition (in Nanaimo or outside of Nanaimo), but will only be competing within internal cohorts as defined above.



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Mariners Volleyball Club Facilities Plan

Guidelines and Occupancy Limits

The occupancy limits for Vancouver Island University, Aspengrove, Oliver Woods, Nanaimo Christian School and School District #68 are as follows:

Total occupancy at any single time will be based on the most current individual facility outline.

On court occupancy - Per 1 Court – 12 athletes (2 coaches should maintain physical distancing and follow health authority protocols for mask wearing). Additional athletes can be off the court during play.

Signage

Outside of the Facility/ Upon Entry (as required by the facility):

1. By entering the facility, participants acknowledge the risks associated with COVID-19, etc.
2. COVID-19 specific signage – information provided by BC Centre for Disease Control
3. Please wait for check in and ensure you have completed the Health Declaration Form
4. Physical distancing reminders
5. If displaying symptoms of COVID-19 or sick, do not enter
6. Individuals showing signs of illness will be asked to leave immediately
7. BC CDC Signage
 - a. [COVID-19 do not enter if sick or required to self-isolate](#)
 - b. [COVID-19 outbreak in facility COVID-19 prevention](#)
 - c. [Hand washing and alcohol-based hand rub](#)
 - d. [Physical distancing in progress](#)
 - e. Isolation Area

Inside of the Facility

1. Occupancy limits for common areas as indicated per each individual facility.

Entry Process

Patrons will be met outside or in the lobby of each facility (facility dependent) by an MVC Staff member or facility staff prior to their session. They will be asked to line up for attendance and sign in at the registration table:



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1. Entrance table will be set up at each facility.
2. Table and staff will be set up in a position that adheres to physical distancing will be used to encourage physical distancing between participants during sign in.
3. Participants will come up to the table one at a time to verify that they are registered and to sign the declaration.
4. Athletes and parents will sign the declarations.
5. Once declaration is confirmed and has been properly submitted, participants are directed to assigned courts to begin program
 - a. If declaration is not confirmed the participant will not be permitted to participate and directed to leave
6. All participants will be required to wear a mask when entering the facility (unless they are exempt based on Ministerial Order No. M425).
7. MVC will limit the number of participants in the upper lobby to 4 people at a time.
8. MVC will limit the number of participants in the lower lobby to 4 people at a time.
9. Upon entering the gym, participants will place all of their gear (bags, water bottles) at a distance of 2 meters from another participant's gear to try and maintain physical distancing.

Exit Process

1. Upon leaving the gym, all participants will put on their masks, unless exempt under Ministerial Order No. M425
2. Collect your belongings and leave the court area, following the directions of the coaching staff
3. Be prompt in leaving the court so that we can clean between sessions.
4. Participants will be asked to return the volleyballs to a clearly designated area to be sanitized before they are reused or put away.
5. Participants will be advised to wash/sanitize their hands immediately after the conclusion of the clinic.
6. Staff will direct the flow of participants out of the court area. Individuals will be requested to leave promptly without congregation - "Get in, get out."
7. Staff will then take down and sanitize equipment before packing it up.



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MVC Health Declaration and Screening Questionnaire Form

Prior to each session each participant should fill out the MVC Declaration and Screening Questionnaire Form. For individuals who are under the age of 19, a Parent or Guardian should fill in the declaration on the athlete's behalf. Individuals will not be allowed to participate until the Health Declaration and Screening Questionnaire forms have been submitted. All participants will be emailed a copy of the MVC Declaration and Screening Questionnaire Form and asked to bring it with them to each session to hand into the main check in area.



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Mariners Volleyball Club Health Declaration Form

Participant's Name (print): _____

Participant's Parent/Guardian _____
(if the Participant is under the age of majority – 18 years old).

Email: _____ Telephone: _____

Mariners Volleyball Club requires disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. |

I, the undersigned being the Participant or the Participant's Parent/Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to follow health protocols in the MVC RTP and agree to the terms outlined in this document:

In the last 14 days:

- 1) The MVC participant, or anyone in the Participant's household, has **not** displayed COVID-19 symptoms, nor been diagnosed with COVID-19.
- 2) The MVC participant has **not** been in close contact with anyone diagnosed with lab confirmed COVID-19, nor anyone with COVID-19 symptoms.
- 3) The MVC participant has **not** lived, worked or socialized in a setting that is part of a COVID-19 exposure, cluster or outbreak, as deemed by public health.
- 4) The MVC participant or an immediate household member has **not** been advised to self-isolate or quarantine at home by public health.
- 5) The MVC participant, nor any member of the participant's household, has **not** returned from travel outside of Canada, returned from travel from an area within Canada that is deemed a COVID-19 travel risk/restriction by public health or returned from travel on an airplane outside of BC.

I disclose that I do not have any of the following COVID-19 symptoms:

Fever	Runny nose/nasal congestion	Nausea and/or vomiting
Cough	Loss of sense of smell/taste	Diarrhea
Shortness of breath	Sore throat or painful swallowing	Muscle aches or fatigue
Headache	Loss of appetite	Chills

In the event I start to show any of the identified COVID-19 symptoms above, I must leave the court/gym or self-isolate at home and notify my coach, club and public health authorities.

The Participant consents to disclosing the above information in this Declaration of Health and Compliance and also consents to MVC collecting their personal information for the purposes of risk management and contact tracing during the COVID-19 pandemic.

Signature: _____ Date: _____
Participant

Signature: _____ Date: _____
(Parent/Guardian if under the age of majority – 18 years old)



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If a patron, participant, member of a rental group, or visitor answers yes to any of the above questions they will **not** be permitted to enter the facility. At this point, the following information must be recorded and MVC staff/coaches will **RECOMMEND THAT this individual CALL 8-1-1:**

Once athletes have completed the screening and have passed:

1. Staff will then direct participants into the building and directly to wash hands and/or use hand sanitizers.
2. Guests will then proceed to activity.

General Hygiene Considerations

Participant hygiene

1. There will be no handshaking, high fives, hugging, etc. All participants and guests should avoid touching their face throughout activities.
2. Staff, coaches, and participants will be instructed to maintain physical distancing and abide by mask wearing requirements based on Provincial Health protocols, on and off the court.
3. Personal hand sanitizer will be provided for athletes, coaches & staff of MVC and supplies will be present at facilities for usage.

Equipment (Nets/Balls/Posts/etc)

MVC use only:

1. Designated nets, balls, and other equipment are only to be handled by MVC staff. This will minimize the number of people who will be in contact with equipment.
2. Staff will set up for training, clinics, etc. Equipment will be set up ahead of time, allowing an opportunity for staff to wash/sanitize their hands before participants arrive.

Water and Personal Belongings

1. Please limit the number of personal belongings brought with you.
2. Athletes and coaches must not share water bottles, towels or other personal items. Everyone will be asked to bring sufficient water for the entire day and all personal items should be kept 3m from the personal belongings of others at the courts.



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Spectators / Viewing

Spectators will not be permitted as of August 30, 2020. Apart from exceptional circumstances, participants will be met outside of the facility and escorted in to avoid unnecessary individuals in the facility.

Spectator areas will be closed:

1. Bleachers/viewing area will be closed off (where applicable)
2. Lounge areas / foyers will be closed off to parents/spectators

Safe Sport Considerations

1. All MVC programming will continue to follow the viaSport Rule of Two outline. This means that any one-on-one interactions between a coach and an athlete, both on and off the court, should take place within earshot and view of the second coach, with the exception of medical emergencies.
2. If participants are minors, parents/guardians may need to escort them to the facility to fill the declaration form and the screening information.



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Mariners Volleyball Club's COVID-19 Safety Plan Overview



MVC COVID-19 Program Guidelines – Modified Training

Overview

The Modified Training Programs will be run in similar fashion to the previous programs. Although, the programs will be modified to ensure that the health and safety of both the staff and participants are considered, these programs will still provide an opportunity for skill development and play while following the provincial health recommendations and Return to Sport guidelines. Strict adherence to the following MVC guidelines and modifications is required.



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Program Registration

1. The “Mariners Volleyball Club Indemnity and Assumption of Risk” waiver must be completed prior to registering for any programming.
2. All participants must be pre-registered for the program to minimize the physical exchange of in-person paper documentation and to have all participant contact information (including emergency contact information) on file. Drop in activities are strictly prohibited.
3. **Payment should be made via the club website.** We will not be accepting any in-person payments.

Compliance & Athlete Dismissal

1. Mariners Volleyball Club reserves the right to remove any participant from its Programs at any time and for any reason if any Mariners Volleyball Club staff believe, in their sole discretion, that the participant is not complying with terms described in this document.
2. If a participant is removed for violation of Mariners Volleyball Club’s COVID-19 Safety Plan, there will be **no refund** provided.

Program Administration

1. All programs should adhere to all public health restrictions.
2. Within a cohort of up to 100 participants (see explanation above):
 - a. there may be up to 12 individuals per court (six per side). All team players and substitutions should be included and counted in the cohort.
 - b. physical contact and proximity is permitted for the purposes of training and game play on-court and within the cohort.
 - c. non-essential physical contact (eg. high fives, hugs) should be minimized.
 - d. all participants, coaches and staff should practice physical distancing off the court.
3. All volleyball activities that take place outside of a predefined cohort and/or during Transition Measures phase should comply with the following guidelines, including:
 - a. activities should maintain social distancing at all times on and off the court.
 - b. there should be no more than 6 individuals per court (3 per side).
 - c. skills and drills only, no competitive volleyball as this does not permit social distancing.
 - d. no blocking at the net.



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4. There will be a maximum of 12 participants per court (this could change based on the evolving and most current guidelines from VBC and/or government recommendations).
5. Equipment will be set up prior to programming sessions and staff will properly sanitize equipment used and surfaces that are frequently contacted after each session.
6. We will minimize the use of shared equipment.
7. Coaches and staff will be provided with a mask for use during the program, if they do not provide their own.
 - a. Coaches will remain off-court, will not handle the balls used by participants during the session, and instruction will be provided from the sideline (except when the program is for athletes grades 3-6).
8. No one outside of participants, coaches and staff will be permitted in the gym area.
9. There will be areas to put belongings in physically distanced-piles. Participants will be advised to keep belongings to a minimum.

Coaches and Staff

1. Clinic coaches and on-site staff will be instructed on the Return to Play guidelines laid out by Mariners Volleyball Club, including all health safety measures put in place to prevent the spread of COVID-19. Specifically, coaches and staff will be trained and read and adhere to the following policies:
 - a. MVC Return to Play guidelines
 - b. Coach Guidelines
 - c. Illness Policy
 - d. Emergency Response Management
2. Coaches and staff must be healthy with no signs or symptoms of illness. Participants will be instructed on the common symptoms of COVID-19 and follow the directions on the MVC Health Declaration and Waiver forms.
3. At the start of each Session, a pre-determined identified individual will:
 - a. Ensure that emergency contact information is available for all athletes and coaches in attendance in the Session.
 - b. Designate an area to be defined as the “Isolation Area”. No person shall enter the designated Isolation Area unless they are feeling unwell and/or displaying symptom(s) consistent with COVID-19.
 - c. Maintain a detailed log of all participants and coaches in its program. Logs will be provided.



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4. Coaches and staff will/can be provided with a mask for use during the activity if they do not bring their own.
5. Coaches and staff will wash/sanitize hands before and immediately following participation in volleyball activities. They will be provided with sanitizing materials for themselves and the equipment.
6. Coaches will remain off-court and at a minimum distance of 2 meters from participants (exception: Grade 3-6 programming). They will not handle the balls used by participants during the session. Instead instruction will be provided from the sideline. Note: during Transition Measures coaches should maintain 3 meters at all times.
7. If balls travel from one court to another, coaches and participants will use their feet to push the ball back to its owner.



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III. Via-sport Step #3 – Policies

MVC COVID-19 Response Plan

1. If an individual at an MVC program comes in contact with a confirmed or probable case of COVID-19 they will be sent home immediately to self-isolate and advised to use the British Columbia Centre for Disease Control (BC CDC) guidelines on [Self-Monitoring for COVID-19](#).
2. Individuals will be advised to use the [BC COVID-19 Self-Assessment Tool](#) and will follow all instructions listed. If any problems occur, or the individual is unable to complete the Self-Assessment Tool, they will be encouraged to phone 8-1-1 if they are able. If their condition is an emergency or there is a direct threat to their health, they will be encouraged to phone 9-1-1.

Participants or members of staff who develop symptoms during an activity or who have been exposed to a probable or confirmed case of COVID-19 will be considered to have a probable case of COVID-19. In this situation, the COVID-19 Response Plan will be activated:

1. The person with the probable case (hereby known as, “probable case”) will immediately be sent home
 - a. While the person is waiting for transportation, they will be placed in a quarantined area to be pre-determined at each facility. If the person is not able to reach the pre-determined location, other participants will be moved into a safe location.
2. The MVC Club President, Club Manager and Rental Facility will be made aware of the situation and the MVC COVID-19 Response Plan will be activated:
 - a. Any areas that the probable case was in contact with will be immediately cleared and sprayed down.
 - b. Any and all activities in the facility or vicinity of exposure will cease immediately, until cleared by public health authority, rental facility management and MVC Board of Directors/Administration in conjunction with guidance from health authorities or other government bodies.
 - c. MVC will gather contact information for health authority contact tracing.
 - i. *Based on viaSport recommendations, MVC will NOT inform participants of exposures.



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- ii. *Public Health Officials will contact participants deemed high risk for exposure and participants will be informed of next steps by the health authority.

The following information will be gathered regarding the presumed exposure to COVID-19:

Name of probable case:	
Phone number of probable case:	
Address of probable case:	
Known programs from two weeks prior to the probable exposure:	
Date of presumption of COVID-19 exposure:	
Approximate time of presumed COVID-19 exposure:	
Rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:	
Contact information for people involved in rentals, events, and programs running during shift surrounding presumed COVID-19 exposure:	
If the presumed exposure occurred prior to being sent home or prior to additional shifts or programs, contact information for all rentals, events, and programs, involved during times involving the probable case:	
Areas the probable case would have visited before and after presumed exposure:	



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Names of other people or staff in contact with the probable case:	
Phone numbers of other people or staff in contact with the probable case:	
Addresses of other people or staff in contact with presumed probable case:	

Once the Health Authorities have been contacted, their advice, recommendations, and instructions will supersede any policies and procedures put in place by Mariners Volleyball Club, Mariners Volleyball Staff, or the Mariners Volleyball Club Board of Directors.

If at any time, staff are concerned about their safety in the workplace, they are encouraged to speak with the Club Manager.

For non-medical information about COVID-19 and the workplace, staff may contact WorkSafe BC at 1-888-268-4319.



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IV. Via-sport Step #4 – Develop Communication Plans

Member Communication Plan

Email or letter template message: Return to our sport with respect to COVID-19

Good evening,

Thank you for registering for the Mariners Volleyball Club Programming.

Although things will be a little different than in the past, you can rest assured that the health and safety of our athletes, our coaches, our volunteers and our staff is of utmost importance to MVC. We have implemented safety measures, precautions and infection control procedures to create the healthiest and safest environment for our collective MVC Return to Play. We ask for your patience and forbearance as we move along this new road. We ask for your compliance in following the new protocols that MVC has developed, in adherence with Viasport and Volleyball BC guidelines - these protocols have been put in place to ensure the safety of our community.

Although we will be making changes in accordance with the guidelines and regulations of our government bodies and Volleyball BC, to ensure safety, it is not possible to reduce the risk of infection to COVID-19 to zero. Volleyball BC has completed a detailed risk assessment and determined that volleyball is a “medium risk” sport when it comes to the possibility of infection. This is mostly due to the fact that even with physical distancing measures, reduced training group sizes, and enhanced cleaning and disinfection efforts, players will still be touching the same ball, which increases the risk of transmission. For this reason, it is required that prior to attending a Mariners Volleyball Club Program, parents and/or legal guardians should review our COVID-19 Return to Play Protocol to help better understand the risks involved and risk-mitigation measures that are being employed. Parents and/or legal guardians should also ensure that their athlete(s) is/are aware of the policies and procedures and agree to adhere to the rules that will be put in place. **Additionally, the “Mariners Volleyball Club Indemnity and Assumption of Risk” waiver form and the MVC Participant Waiver form should be printed off by each athlete and brought to the first session signed by both athlete and parent. For the first session and every subsequent session the MVC health declaration form should be**



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printed and signed by both parent and athlete and handed in prior to entering the facility. All three of these forms are attached to this email.

Following due consideration of the risks and the mitigation strategies, we ask that every family consider their personal situation and associated risk tolerance and confirm their intent to participate.

If you choose to participate, you must follow these rules:

1. If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
2. If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
3. If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
4. All participants will be required to wear a mask when entering/leaving the facility (unless they are exempt based on Ministerial Order No. M425).
5. Wash your hands before participating
6. Bring your own water bottle
7. Comply with physical distancing and mask wearing protocols/measures at all times when not on the court
8. Avoid physical contact with others, including shaking hands, high fives, etc.
9. Leave the facility as quickly as possible after you finish

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

Again, the health and safety of all our athletes, coaches, volunteers and staff is our number one priority. We commit to provide the safest and healthiest volleyball experience we can for your athlete(s).

In order to limit the number of people in the facility MVC is requiring the following of each athlete and parent:

- 1. Please arrive no more than 10 minutes prior to your start time.**
- 2. Please ensure you bring all 3 forms to the first session (attached) and the MVC health declaration form for every subsequent session.**
- 3. Line up outside the main entrance (it will be locked until 5 minutes before) while maintaining social distancing. Please note that whenever we are not on the court social distancing should be maintained and public health mask wearing protocols should be followed.**



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- 4. Only athletes and coaches will be allowed into the facility.**
- 5. All participants will be required to wear a mask when entering/leaving the facility (unless they are exempt based on Ministerial Order No. M425).**
- 6. MVC will limit the number of participants in the upper lobby to 4 people at a time.**
- 7. MVC will limit the number of participants in the lower lobby to 4 people at a time.**
- 8. Upon entering the gym, participants will place all of their gear (bags, water bottles) at a distance of 2 meters from another participant's gear to ensure physical distancing.**
- 9. Athletes will exit the exterior gym doors immediately upon the completion of their scheduled time.**
- 10. All facility doors will be locked within ten minutes of the start of the program requiring participants to be on time.**
- 11. Please ensure you arrange pick up times and drop off times accordingly.**

Privacy

Please note that under current public health orders, we are required to collect the contact information of all persons who attend our events and programs. Where Mariners Volleyball Club is not the owner of the Gathering and Event site, we may be required to provide attendee information to facility owners to be retained for thirty days in case there is a need for contact tracing, in which case the information must be provided to the regional medical health officer. The information collected will be used for no other purpose. If you have any questions or concerns about the sharing of your contact information, please contact myself at this email address.



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Participant Agreement/Waivers

*Modify agreement as appropriate where the participant is a minor and the agreement is signed by a parent or guardian.

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

1. I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
2. I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
3. I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
4. I agree to wear a mask when entering and exiting the facility (unless they are exempt based on Ministerial Order No. M425). Athletes are not required to wear it when on the field of play.
5. I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
6. I agree to continue to follow social distancing protocols of staying at least 2m away from others.
7. I agree to not share any equipment during practice times.
8. I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
9. I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
10. I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
11. I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature:



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Participant Waiver Form

WAIVER OF CLAIMS, RELEASE OF LIABILITY, ASSUMPTION OF RISKS, AND INDEMNITY AGREEMENT (the "Agreement")

WARNING: READ CAREFULLY! THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY MARINERS VOLLEYBALL CLUB AGAINST LEGAL LIABILITY FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19)

BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR CHILD'S PARTICIPATION IN VOLLEYBALL ACTIVITIES

I, the undersigned Parent/Guardian, understand that this Agreement is a binding legal agreement. Any clarification or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of Mariners Volleyball Club (the "**Organization**") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, independent contractors, subcontractors, sponsors, successors and assigns, lessors, and other districts, leagues, clubs or associations (collectively, the "**Releasees**").

I understand that the Organization will not permit my minor child (the "**Participant**") to participate in any volleyball activities organized, offered, or sanctioned by the Organization (the "**Activities**") unless and until this Agreement is signed by the Participant's Parent/Guardian. In consideration of permitting the Participant to participate in the Activities, I acknowledge and agree to the following terms:

1. ACKNOWLEDGMENT AND ASSUMPTION OF RISKS: I understand that there are many risks associated with the minor Participant's participation in the Activities (the "**Risks**"). **I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT.** I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (e.g. communicable diseases including COVID-19 and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on the Participant or on others with whom the Participant may transmit such disease. I understand that the Organization may offer online programming, including remote and virtual instruction, coaching, practice, training or competition, which can carry different Risks than in person Activities. Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:

- ❖ **HEALTH:** food and beverages, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19 and influenza), bacteria, parasites or other organisms or mutations thereof.
- ❖ **CONDUCT:** the Participant's conduct and conduct of other persons, including any physical altercation between persons.
- ❖ **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the field of play or other surfaces; extreme weather conditions; and travel to and from premises.



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- ❖ **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant's ability.

**I FREELY ACCEPT AND FULLY ASSUME RESPONSIBILITY FOR THE RISKS.
The Participant is being registered and participating in the Activities
voluntarily and willingly.**

Signature of Parent/Guardian

2. WAIVER OF CLAIMS AND RELEASE OF LIABILITY: I, the undersigned Parent/Guardian, hereby agree as follows:

- ❖ I hereby waive any and all claims that I have or may have in the future against the Releasees in connection with the Participant's participation in the Activities; and
- ❖ I hereby release and forever discharge the Releasees from any and all liability for all loss, damage, expense, injury, death, property damage, illness or disease (e.g. communicable diseases including COVID-19 and influenza) that the Participant, I, my executors or administrators, or any other third party may suffer as a result of the Participant's participation in the Activities due to any cause whatsoever, whether arising from the NEGLIGENCE of the Releasees, breach of any statutory or other duty (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), breach of contract, mistake or error of judgment of the Releasees, or otherwise.

3. INDEMNITY: I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or expense (including legal costs) of any kind resulting from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Releasees arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Releasees.

4. REPRESENTATIONS: I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of the Activities other than what is set forth in this Agreement.

5. JURISDICTION: I agree that this Agreement and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to the Activities or to the matters addressed in this Agreement must be instituted in the Province of British Columbia.

6. SEVERABILITY: If any provision (or part of any provision) in this Agreement is unenforceable, such provision (or part of such provision) shall be severed and shall be inoperative, and the remainder of this Agreement shall remain in full force and effect.

I CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ THIS AGREEMENT IN ITS ENTIRETY, INCLUDING ALL OF ITS TERMS, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND HAVE AGREED TO THE TERMS FREELY AND VOLUNTARILY. I UNDERSTAND THAT THIS AGREEMENT IS BINDING ON ME, MY EXECUTORS AND ADMINISTRATORS.

Name of Participant (Please Print)

Date of Birth

Name of Parent/Guardian (Please Print)

Date

Signature of Parent/Guardian



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V. Via-sport Step #5 – Monitor and Update Plans

Mariners Volleyball Club will maintain open and transparent communications with all of its stakeholders during each Return to Play phase as set forth by the British Columbia Government.

1. The Club will provide written notice to update members, coaches and volunteers of changes to its business during COVID-19.
2. The Club will continue to take guidance from the Provincial Government, Volleyball BC and other key stakeholders. We will make changes to our policies and procedures as necessary.
3. Safety protocols will be communicated to members, coaches and volunteers prior to the start of all Club Programs and posted and accessible to all members on the Club's website.
4. In the event of a confirmed or probable exposure to COVID-19, the Club will be in immediate contact with the local public health office and Volleyball BC and will follow any recommended actions, reporting, and contact tracing protocols, as required by the local public health authority.



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VI. Via-sport Step #6 – Assess and Address Risks from Resuming Operations

Coach Guidelines

These are general protocols for all programs. Board of Directors, new staff, coaches & Volunteers will be receiving the following protocols and procedures. There may be other considerations that will be communicated to all coaches depending on program/location specific requirements.

Hygiene / Cleaning Protocols

1. The Club will provide masks, gloves, hand sanitizer and spray bottles of disinfectant for all coaches.
2. All coaches are required to wear masks while coaching participants or interacting with parents.
3. Maintain a 2-meter distance from others wherever possible. If this is not possible and participant is outside of the cohort it is recommended that they wear a mask.
4. Sanitize all equipment between training sessions.
5. Wash or sanitize your hands between groups and at regular intervals during the training session.
6. Plan regular water/hand washing breaks and remind all athletes to use their hand sanitizer during these breaks. Athletes will be asked to bring their own hand sanitizer but extra will be supplied by the Club for those who forget.
7. For the case of back to back groups, one group will finish 5 minutes early and the other will start 5 minutes late in order to properly sanitize the equipment and avoid groups congregating.
8. Only coaches should handle the equipment (not including the balls and nets).
9. Consider assigning one person to set up and take down the nets as needed.
10. Use cones, hoola-hoops, and other equipment to ensure appropriate spacing is in place to support social distancing.
11. Avoid sharing pens, clipboards, whistles, etc.

Waiver/Health Screening

1. Coaches should complete a Mariners Volleyball Club Indemnity and Assumption of Risk waiver prior to their first day of work.
2. Coaches should complete the Health Declaration form before each session, camp or program.



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3. If there are any changes to the information contained within a Coach's Health Declaration any time after submitting the form, the Coach should notify the Club Administrator immediately in writing of this change. This can be done through hard copy or email.

Illness Policy

1. All individuals - including coaches, athletes, and parents – must acknowledge and agree to follow health protocols as outlined below:
In the last 14 days:
 - a. The MVC participant, or anyone in the Participant's household, has **not** displayed COVID-19 symptoms, nor been diagnosed with COVID-19.
 - b. The MVC participant has **not** been in close contact with anyone diagnosed with lab confirmed COVID-19, nor anyone with COVID-19 symptoms.
 - c. The MVC participant has **not** lived, worked or socialized in a setting that is part of a COVID-19 exposure, cluster or outbreak, as deemed by public health.
 - d. The MVC participant or an immediate household member has **not** been advised to self-isolate or quarantine at home by public health.
 - e. The MVC participant, nor any member of the participant's household, has **not** returned from travel outside of Canada, returned from travel from an area within Canada that is deemed a COVID-19 travel risk/restriction by public health or returned from travel on an airplane outside of BC.
2. Participants who are over 65 years, immuno-compromised, or who have underlying health conditions are deemed to be higher risk. Underlying health conditions include hypertension, diabetes, COPD/asthma, cardiovascular disease, cerebrovascular disease, and higher thromboembolism risk. Volleyball is not recommended for these individuals. Those who live with high-risk individuals should consider their participation carefully. For more information about return to play for higher-risk individuals see page 16 of [viaSport BC's guidelines](#).
3. If you are feeling unwell, contact the Club Manager at 250-713-1433 immediately and follow these steps:
 - a. self-isolate
 - b. contact your healthcare provider, call 8-1-1, or use the BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing is needed.
 - c. Monitor your symptoms daily and do not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense



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- of smell, headache, muscle aches, fatigue and loss of appetite OR until mandated by public health that you are able to return to participation.
- d. Contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - e. Continue to update the Club Manager on your health status daily.

Volleyball Specific

1. All athletes and coaches should stay at least two meters apart unless working with grades 3-6 programming and it unavoidable. Note: during Transition Measures all coaches should maintain 3 meters at all times.
2. Athletes and coaches should not partake in any contact activities. This includes handshaking, high fives, hugging, etc. Coaches should remind athletes of this.
3. Athletes and coaches should not share water bottles, towels or other personal items.
4. Everyone will be asked to bring their own water bottle and hand sanitizer and all personal items will be kept separate from one another at the courts.

Head Coach

1. At the start of each Session, the Head Coach will:
 - a. Ensure that emergency contact information is available for all athletes and coaches in attendance in the Session.
 - b. Designate an area to be defined as the “Isolation Area”. No person shall enter the designated Isolation Area unless they are feeling unwell and/or displaying symptom(s) consistent with COVID-19.
 - c. Maintain a detailed log of all participants and coaches in its program.

Treating Sick or Injured Participants

1. Identify an Isolation Area at the court at the beginning of the session and ensure that no one enters the Isolation Area unless they are feeling unwell or displaying signs of COVID-19.
2. If attending to an injured player, a mask and gloves SHOULD be worn. If practical, consider asking the participant to tend to him/herself with your direction.
3. If an athlete tells you that they are feeling unwell, please follow these steps:
 - a. Separate the participant from the rest of the group and direct them to the Isolation Area. If this is not possible, separate the group from the participant.



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- b. Contact the participant's parent/guardian (using the Emergency contact list provided by the Club Administrator) and request that the participant be picked up.
- c. Continue to supervise the participant while maintaining a minimum of 3 meters physical distance until the athlete is picked up by their parent or guardian.
- d. **DO NOT** allow the participant to leave on public transit, taxi or ride share.
- e. Remind the participant and their parent/guardian to self-isolate, monitor their symptoms, use the COVID-19 Self-Assessment tool and call 8-1-1 if they need more information.
- f. Remind the participant to call 911 if a medical emergency.
- g. **Provide details to the Club Manager by calling 250-713-1433 or emailing info@marinersvolleyballclub.ca.**