








## Return to Volleyball Plan Alert Level 2 Phase 1-4

### Alert Level 2




#### Phase 1

##### Team Practice/Team Training Sessions (April 12-19, 2021)

##### General Considerations and Guidelines:

-  Participant safety is paramount.
-  Participants must adhere to public health restrictions in the current Government of NL level.
-  Participants should know of the common symptoms of COVID-19 and stay away if feeling unwell or if they are experiencing any COVID-19 symptoms: [www.811healthline.ca/covid-19-self-assessment/](http://www.811healthline.ca/covid-19-self-assessment/) [www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf](http://www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf)
-  Participants must stay home, if they have been in contact with a known case of COVID-19 in the previous 14 days.
-  Participants should not participate in programs if they have traveled outside of the province in the previous 14 days.

##### Return to Indoor Training

-  Masks are Situational:
  - Masks must be worn when entering and exiting any facility.
  - All non-participants (staff/coaches/etc.) must wear non-medical masks at all times.
  - Athletes:
    - Can only remove masks once on court actives start.
    - When athletes are not directly involved in a drill it is recommended, they be masked.
    - Non-medical masks should be worn as much as possible when in indoor spaces. While participating in indoor sports, NMM must be worn inside the facility, however participants may remove their mask when engaged in moderate or vigorous physical activity as determined by the coaches or organizers. NMM should be worn where possible and it is recommended that coaches wear NMM at all times while coaching.
-  Spectators are not permitted.
-  Team Training: Teams may train up to the number of participants as permitted by the facility, which is in accordance with Public Health gathering size restrictions.

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- 🏐 Players and coaches must maintain physical distance as much as possible.

### Hygiene for Participants: (Participants include Athletes-Coaches-Staff-Parents/Guardians-Spectators)

- 🏐 Wash hands before and immediately following participation in volleyball activities.
- 🏐 Schedule breaks throughout any activity for hand washing and equipment sanitizing.
- 🏐 Sneeze or cough into one's elbow.
- 🏐 No sharing of personal items (water bottles, towels, hand sanitizers, etc)
- 🏐 No cell phones to be used onsite during any activity. Only permitted to be used once the session is completed and participants are outside of the facility.
- 🏐 Volleyballs will be assigned per court for 12 or less and not shared between courts.
- 🏐 Volleyballs will be sanitized at regular intervals during each activity and between new user groups.














### Facility Considerations:

- 🏐 Each facility is unique and participants must follow the facility guidelines as well as the Return to Volleyball Guidelines.
- 🏐 Participants should be prepared in the proper attire before an activity, as there will be no access to change rooms.
- 🏐 Each facility will reduce as many touch points as possible – opening doors – no access to water fountains or meeting spaces.
  - Participants must bring their own hand sanitizer.
- 🏐 Participants should be aware that washroom facilities will be limited or not available in some facilities.
- 🏐 Participants cannot enter another court to retrieve or play a ball. They must stay within the outlined boundaries of their designated court during activity.
- 🏐 Participants will be required to register online for any programs, as a daily log will be maintained for each facility in use.
- 🏐 Participants complete an online Participant Waiver, acknowledging the risks of contracting COVID-19.
- 🏐 Prior to every session, all participants will be required to complete an online COVID-19 specific attestation. ([Please contact the NLVA for Online Waiver/Attestation Information](#))
- 🏐 Ensure that there is a clear procedure for handling any participant that contracts COVID-19. Contact with public health officials will be required for notification, reporting and to support public health contact tracing efforts.
- 🏐 Access to a COVID-19 room/area will be available, in the event a participant feels unwell or starts to display COVID-19 symptoms during an activity.

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## **Phase 2**

### **Provincial Team-Canada Games Training: (NL Sports Centre) (April 24-June 13)**












-  The programs have already been established and training together since Nov 2020.
-  Teams are considered on bubble courts for the duration of each weekend.
-  Teams consist of athletes from across the province.
-  Total of 7 teams – training once a month as per below:
  - Training Weekend 1: April 24-25
  - Training Weekend 2: May 15-16
  - Training Weekend 3: June 12-13
-  Male and Female Teams Alternate Sessions on 3 courts at the NL Sports Centre
  - Sessions are 1.5 hours with 15min between each session.
-  No competition between any teams.
-  Only 12 athletes and 2 coaches permitted per court.
-  Participant safety is paramount.
-  Participants must adhere to public health restrictions in the current Government of NL level and comply with [Sport Guidance](#) and any other relevant Guidance.
-  Participants should be aware of the common symptoms of COVID-19 and stay home if feeling unwell or if experiencing any symptoms : [www.811healthline.ca/covid-19-self-assessment/](http://www.811healthline.ca/covid-19-self-assessment/) [www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf](http://www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf)
-  Participants must stay home, if they have been in contact with a known case of COVID-19 in the previous 14 days.
-  Participants should not participate in programs if they have traveled outside of the province in the previous 14 days.
-  Masks are Situational:
  - Non-medical masks must be worn when entering and exiting any facility.
  - All non-participants (staff/coaches/etc) must wear non-medical mask at all times.
  - Athletes:
    - Can only remove non-medical masks once on court actives start.
    - When athletes are not directly involved in a drill it is recommended, they wear a non-medical mask.
    - Non-medical masks should be worn as much as possible when in indoor spaces. While participating in indoor sports, NMM must be worn inside the facility, however participants may remove their mask when engaged in moderate or vigorous physical activity as determined by the coaches or

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organizers. NMM should be worn where possible and it is recommended that coaches wear NMM at all times while coaching.

-  Spectators are not permitted.
-  Team Training: Teams may train up to the number of participants as permitted by the facility, which is in accordance with Public Health gathering size restrictions. Players and coaches must maintain physical distance, as much as possible.

### **Leagues – NL Sports Centre (April 26- June 14, 2021)**

-  Teams will play 2 matches each evening in waves.
-  Max of 48 Teams. Teams will be grouped in 6-8 team divisions and not play any other teams.
-  League will begin on April 26 and end on June 14.
-  Teams playing on courts 1-2-3 for their first match will enter on the left side of the doors at the main entrance of the NL Sports Centre and follow the arrows to their court area.
-  Teams playing on courts 4-5-6 for their first match will enter on the right side of the doors at the main entrance of the NL Sports Centre and follow the arrows to their court area.
-  Teams that have to switch sides during the evening (from courts 1-2-3 to courts 4-5-6) will always go to the right side of the curtain to gain access to your court.
-  When the wave ends, teams are to use the emergency exit selected for departure.
-  Officials Must use Electronic Whistles
-  The NLVA will have a League Coordinator on each side, to help teams enter and exit the NL Sports Centre.
-  At no time can anyone depart the NL Sports Centre through the main exit once inside
-  See below for the general considerations and guidelines as related to hygiene, mask use and facilities.

### **Weekend Camps – NL Sports Centre (April 24-June 13)**

-  Courts are considered bubble courts for the duration of each weekend.
-  Camps consist of athletes from across the province. Athletes will be grouped East and West per court.
-  Total of 72 athletes (36 per camp) Session 1 Next Gen (Grades 7-8) Session 2 (Grade 9-10-11)
-  **Sessions never come in contact with each other.**
  - Camp Weekend 1: April 24-25
  - Camp Weekend 2: May 15-16
  - Camp Weekend 3: June 12-13

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- 🏐 Age Groups 1 and 2 Alternate Sessions on 3 courts at the NL Sports Centre on Saturday and Sunday of each weekend.
  - Sessions are 1.5 hours, with 15min between each session.
- 🏐 No competition between any courts. Only Intra Squad per court.
- 🏐 Only 12 athletes and 2 coaches permitted per court.
- 🏐 See below for the general considerations and guidelines as related to hygiene, non-medical mask use and facilities.

### Weekday Skills Development – NL Sports Centre (April 24-June 13)

- 🏐 Courts for each grade are considered bubble courts for the duration of the program.
- 🏐 Skills Development Programs include only participants from the Eastern Health Region.
- 🏐 Total of 72 athletes (12 athletes per court) 8 weeks in duration.
- 🏐 Programs will begin on April 26 and end on June 14.
- 🏐 Monday Skills Grades 7-8-9. Tuesday Skills Grades 4-5-6
- 🏐 No competition between any courts. Only Intra Squad per court.
- 🏐 Only 12 athletes and 2 coaches permitted per court.
- 🏐 See below for the general considerations and guidelines as related to hygiene, non-medical mask use and facilities.

### General Considerations and Guidelines:

- 🏐 Participant safety is paramount.
- 🏐 Participants must adhere to public health restrictions in the current Government of NL level.
- 🏐 Participants should be aware of the common symptoms of COVID-19 and stay home if feeling unwell or if experiencing any symptoms : [www.811healthline.ca/covid-19-self-assessment/](http://www.811healthline.ca/covid-19-self-assessment/) [www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf](http://www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf)
- 🏐 Participants must stay home, if they have been in contact with a known case of COVID-19 in the previous 14 days.
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### Return to Indoor Training

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  - Athletes:
    - Can only remove non-medical masks once on court actives start.
    - When athletes are not directly involved in a drill it is recommended, they wear a non-medical mask.

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- Non-medical masks should be worn as much as possible when in indoor spaces. While participating in indoor sports, NMM must be worn inside the facility, however participants may remove their mask when engaged in moderate or vigorous physical activity, as determined by the coaches or organizers. NMM should be worn where possible and it is recommended that coaches wear NMM at all times while coaching.

- 🏐 Spectators are not permitted.
- 🏐 Team Training: Teams may train up to the number of participants as permitted by the facility, which is in accordance with Public Health gathering size restrictions.
- 🏐 Players and coaches must maintain physical distance, as much as possible.




### Hygiene for Participants: (Participants include Athletes-Coaches-Staff-Parents/Guardians-Spectators)

- 🏐 Wash hands before and immediately following participation in volleyball activities.
- 🏐 Schedule breaks throughout any activity for hand washing and equipment sanitizing.
- 🏐 Sneeze or cough into one's elbow.
- 🏐 No sharing of personal items (water bottles, towels, hand sanitizers, etc)
- 🏐 No cell phones to be used onsite during any activity. Only permitted to be used once the session is completed and participants are outside of the facility.
- 🏐 Volleyballs will be assigned per court for 12 or less and not shared between courts.
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### Facility Considerations:

- 🏐 Each facility is unique and participants must follow the facility guidelines, as well as the Return to Volleyball Guidelines.
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- 🏐 Participants complete an online Participant Waiver, acknowledging the risks of contracting COVID-19.

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-  Prior to every session, all participants will be required to complete an online COVID-19 specific attestation. ([Please contact the NLVA for Online Waiver/Attestation Information](#))
-  Ensure that there is a clear procedure for handling any participant that contracts COVID-19. Contact with public health officials will be required for notification, reporting and to support public health contact tracing efforts.
-  Access to a COVID-19 room/area in the event a participant starts displaying symptoms during an activity.

### **Government of Newfoundland and Labrador COVID-19 Links:**

<https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>


### **Volleyball Canada COVID-19 Updates:**

<https://volleyball.ca/en/news/volleyball-canada-update-covid-19>

**Please note this is not a Legal Document. While these recommendations are based on industry best practices and norms, we encourage you to check with your local health authorities to verify what is acceptable in your specific community.**


## **Phase 3**

### **Regional or Provincial Championships/Competition**

 To be announced.

## **Phase 4**

### **Atlantic Competition**

 To be announced.