



RTP Volleyball Plan – Alert Level 2 – Phase 1-2-3-4



Alert Level 2 – Outdoor/Beach Volleyball

Phase 1 Outdoor Facility Not Open. Participants training inside with indoor clubs as per Public Health Guidelines

Phase 2 (May 1st - June 13) Queen of Court Inner Squad

- 20 participants in a two court facility
- No spectators inside facility

Summer Program June 28-September

- Three day camp per week
- Max 16 athletes, plus coaches in a two court facility
- One session per group per day
- 75 minutes sessions
- 15 mins between for sanitization
- Camp will comply with relevant [Guidance](#)

Canada Games Training Sessions/Inner Squad matches

- Dates TBD
- Maximum 16 athletes, plus coaches per session

Phase 3 TBD Provincial and Regional Competition

Phase 4 TBD Atlantic/National Competition

General Considerations and Guidelines:



Participant safety is paramount.



Participants must adhere to public health restrictions in the current GNL Alert Level.



Participants should know of the common symptoms of COVID-19 and are not permitted to attend if experiencing any symptoms. [COVID-19 Self-Assessment - 811 HealthLine](#)



Participants must stay home, if they have been in contact with a known case in the previous 14 days.



Participants should not participate in programs, if required to self-isolate for any reason, including self-isolation as a result of travel outside of the province.

Reviewed and Approved NLVA Return to Play Plan Outdoor Volleyball June 4, 2021



All participants, including **athletes, coaches, scorers and spectators** who visit the facility must complete the NLVA COVID-19 declaration each day they participate (paperless)

<https://nlvacovid19.formstack.com/forms/cornerbrookbvcattest>



All participants must sign the Corner Brook Beach Volleyball Waiver form before participating.

Return to Outdoor Training (Non-Medical Masks)

Coaches/Scorers



Coaches and scorers who are not engaged in the activity (e.g. coaching) should wear non-medical masks (NMM) at all times.

Athletes:



Athletes are expected to wear NMM when entering and exiting the facility and comply with using identified entrance and exit locations. Once, activity commences, NMM are not required, however individuals are encouraged to use NMM where possible..

Spectators



Spectators in bleacher area outside the playing facility should wear a NMM at all times.

Team/Club Training:

The Wellington Street Complex and the CBBVA will operate as:

- **Weekly camps**
 - Maximum 16 Athletes plus coaches for Camp Sessions inside the facility
 - Athletes arriving at courts will be asked to have their own area for personal belongings. (posts along the fence)
 - Camps will comply with [Sport Guidance](#) and [other relevant Guidance](#)
- **Queen of Court Inner Club Competition**
 - Maximum 20 Athletes plus Scorers for King/Queen of the Court inner-squad competition inside facility
 - Possibly 2 waves per night (15 mins between sessions for cleaning)
 - For Queen of the Court protocol, stations will be set up again around the courts to ensure physical distance is maintained (2 meter separation) between teams. Balls will be sanitized between separation of Tier 1 and Tier 2. Athletes will be asked to sanitize as well at this time.
 - Athletes arriving at courts will be asked to have their own area for personal belongings. (posts along the fence)
- **Out of province competition**
 - Participation in tournaments may be permitted depending on Public Health Guidelines, however an approved plan for any tournament is required. This includes club members and Provincial Canada Games Athletes who use the Corner Brook Facility for training. Travel to such events will include athletes traveling, either traveling in their own vehicles or with parents. Mass transportation, such as coach lines will not be used.
- **Provincial Team-Canada Games Training: (NL Sports Centre) (April 24-Aug 24)**
 - Dates to be determined

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Hygiene for Participants: (Participants are considered Athletes-Coaches-Staff)



Sanitize hands before and immediately after participation in volleyball activities. Hand Sanitization Stations will be provided.



Schedule breaks throughout any activity for hand washing and equipment sanitizing.



Practice proper hand hygiene protocols and sneeze or cough into one's elbow.



No sharing of personal items (water bottles, towels, hand sanitizers, etc) is permitted. Individuals should bring a clearly labelled water bottle(s) with them.



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 arriving for an activity, as there will be no access to change rooms.



Each facility will reduce as many touch points as possible including:

- opening doors;
- there will be no access to water fountains or meeting spaces.
- Athletes should bring a clearly labelled water bottle for personal use.



Participants must bring their own hand sanitizer.



All frequently touched surfaces, should be cleaned and disinfected prior to a new group being provided access to facility space (bleachers, railings, picnic areas, mats, gates, etc.).

www.gov.nl.ca/covid-19/files/factsheet-covid-19-environmental-cleaning-NL.pdf

First Aid Response



First aid providers caring for individuals with suspected COVID-19, should follow standard precautions. If possible, have the unwell person place a mask over their nose and mouth and limit contact by staying back at least two meters, if possible, until the individual is wearing a mask.



Try to limit the number of individuals in contact with the unwell person; individuals who provide direct care for an individual who is displaying any symptoms of COVID-19 should wear a NMM and gloves.



Following care, first aid providers should discard the mask and gloves and perform proper hand hygiene protocols.

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With respect to lifesaving, it should be noted that the Heart and Stroke guidelines state that hands-only CPR may be provided, if there are concerns about COVID-19 transmission. For more information visit www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic.

Government of Newfoundland and Labrador COVID-19 Links:

<https://www.gov.nl.ca/covid-19>

<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.