



## Reds Volleyball Club Operational Plan

Reds Volleyball Club is dedicated to providing a safe and healthy training environment for all of our members. We have been working closely with our training facilities and following recommendations from NB provincial government as well as our National and Provincial volleyball organizations.

**Additionally, it is an individual’s responsibility for assessing his/her personal risks in consultation with medical professionals and for the outcome of his/her decisions and actions.**

In addition to any Public Health guidelines, the following applies to all Reds Volleyball Club’s practices & activities.

### Return to Training Specifics

All phases are outlined in the [VNB Return to Indoor Volleyball](#). (We are currently in phase 3)

### Phase 3 – Indoor Volleyball

- Indoor skill-based activities are permitted.
- Indoor competition is not permitted.
- Set up courts to adhere to physical distancing requirements.
- Set up courts to minimize numbers and ensure spacing.
- Participants must stay with the same group for the duration of the session to minimize contact.
- Equipment (i.e., volleyballs, flags, whistles, etc.) are assigned to each group and are not to be shared with other groups/courts until sanitized.
- A “clean bin” must be utilized to ensure that sanitized volleyballs can be separated from those requiring cleaning.

Skill-based
The total number of participants allowed is 14 on the *playing area.
Participants must be divided into pre-identified groups for each *playing area (a maximum of 7 participants on each side of the playing area). Groups must stay in their pre-identified group for the duration of the session.
4 participants on each side of the *playing surface at any given time.
Please see the *Guiding Principles.

\*Playing Area – includes the playing surface and the free zone.

\*Playing Surface – volleyball court measuring 18 X 9 m.

\*Free Zone – surrounds the playing surface which is a minimum of 3 m wide on all sides.

\*Total Gym Space – includes all playing area within a gymnasium.



## Operational Plan Rules

- Players and coaches must complete a [Self-Assessment](#) immediately prior to attending any practice/activity.
  - Verbal acknowledgement must be given that a participant is symptom-free and healthy to participate.
  - If a participant is showing symptoms they must be removed from the activity and self-isolate immediately. Only participants who are healthy, with no signs or symptoms of illness, will be allowed to participate. They must call 811 immediately and follow public health instructions.
  - Practices can continue, however, all other team members (coaches and players) must self-monitor for symptoms. If other team members begin to feel symptoms, training should stop immediately, and members must self-isolate.
- **Stay home when sick, even with mild symptoms.**
- Players are asked to maintain [physical distancing](#) when necessary (handshakes, high fives, huddles, and participants switching sides have been eliminated).
- Players and coaches must follow site/facilities operational plan to establish protocol to ensure people do not congregate in groups (i.e., lockers rooms, change rooms, showers, water fountains, bathrooms).
- Coaches must consider court set-up and scheduling to encourage the safe movement of participants and sanitisation of equipment (i.e., stagger start times, ensure ample time before a start sessions).
- Skilled based activities, such as drills and warm-ups will be modified to adhere to the physical distancing requirement for all individuals within the competition area and the surrounding free zone.
- Players and coaches are to abide by [GNB's requirements & restriction](#) for travel outside NB.

## Tracking Participants

All participants in a program, must register and provide: name, phone and email which can be used to track down participants in the event that they need to be contacted by public health.

Coaches will be required to keep track of participants by training session so that this information can be shared to public health if required.

## Hand and Respiratory Hygiene

All players and coaches will follow the appropriate personal hygiene guidelines as recommended by Public Health. The following will be executed:

- Washing hands before and immediately following participation in volleyball activities
- Avoiding touching one's face during practices/activities



- Sneezing/coughing into their elbow
  - When arriving/exiting masks are recommended for all participants. Coaches should consider wearing a mask when physical distancing is not possible.
  - Taking breaks for hand washing or sanitizing (minimum of 60% alcohol) at intervals throughout the activity
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- No sharing of water bottles, towels, or other personal items. Communal food tables are also not permitted.
  - All participants should arrive dressed ready to participate and with a full water bottle.

### **Training Group Protocol for Positive Test**

- Group training will stop immediately if there is a confirmed case of COVID-19 within a volleyball team. That specific team will self-isolate for 14 days and follow directions from public health before returning to training; individually or as a group. Individuals should contact their health care provider or 811 if they develop symptoms.
- Further investigations may include testing for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or club operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The player or coach may not return until receiving clearance from the health care provider or public health, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, GNB guidelines may be found [here](#).
- Any further team members who develop symptoms will be referred to the appropriate public health authority or help-line for guidance on testing and appropriate management.
- Return to training for a player, coach or team with a positive test could resume if:
  - The player or coach does not test positive for COVID-19
  - The player or coach has met all requirements of public health
  - Self-isolation for 14 days and no other member has developed symptoms

### **Ultimately, coaches and athletes must self-isolate if any of the following apply:**

- you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- you have symptoms of COVID-19, even if mild
- you have been in contact with a suspected, probable or confirmed case of COVID-19
- you have been told by public health that you may have been exposed to COVID-19
- you have returned from travel outside Canada with symptoms of COVID-19 (mandatory)



**Online Resources:**

**VNB Website** <https://volleyballnb.org/>

**VNB Operation Plan** <https://volleyballnb.org/wp-content/uploads/2020/08/VNB-Return-to-Indoor-Volleyball-1.1.pdf>

**GNB Operational Plan Guidelines** <https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/covid-op-plan-guide.pdf>

<https://www2.gnb.ca/content/dam/gnb/Corporate/pdf/EmergencyUrgence19.pdf>

**Worksafe NB**

<https://www.worksafenb.ca/media/60996/embracing-the-new-normal.pdf>

<https://www.worksafenb.ca/safety-topics/covid-19/covid-19-frequently-asked-questions/>

**New Brunswick's Chief Medical Officer of Health** – information re COVID-19.

[https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory\\_diseases/coronavirus.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html)

**New Brunswick Mandatory Order COVID-19**

<https://www2.gnb.ca/content/dam/gnb/Corporate/pdf/EmergencyUrgence19.pdf>

**New Brunswick Occupational Health and Safety Act**

<https://www.worksafenb.ca/workers/health-safety/your-rights/>

Government of New Brunswick:

[Guidance Document of General Public Health Measures During COVID-19 Recovery](#)

WorkSafeNB:

[Embracing the New Normal: As We Safely Return to Work](#)

