

# COVID-19 RESPONSE PLAN & PROTOCOLS FOR SMASH RAIDERS VOLLEYBALL CLUB

SMASH Raiders Volleyball Club is committed to helping our community and Ontario prevent the spread of COVID-19.

## 1. Contact List for COVID-19 Club Oversight Committee

A COVID-19 Oversight Committee has been established to oversee the implementation of safety and health guidelines within the club.

The members of this committee are listed below. Should you have any questions or feedback about any aspects of the Return to Play protocols or other policies and procedures related to COVID-19, please contact one of the following individuals:

Name	Position	Phone	Email
Tauri Caputo	President	905 321 0245	<a href="mailto:admin@smashraiders.ca">admin@smashraiders.ca</a>
Mary Jane Haist	Secretary/Treasurer	905 680 6104	<a href="mailto:mj@smashraiders.ca">mj@smashraiders.ca</a>
Mark Stevens	Volunteer/Coach	905 929 7129	<a href="mailto:mwstevens@rogers.com">mwstevens@rogers.com</a>

## 2. Safety and Hygiene Protocols

SRVC will be following all OVA recommendations for programming, including but not limited to the number of athletes allowed on court, drill and game modifications, physical distancing, limited ball sharing, etc. These recommendations can be found in the OVA Return to Play Indoor Volleyball Protocols.

All individuals participating in club activities must complete the Ontario Volleyball Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver"). Athletes/Coaches will not be allowed to participate in club activities until this waiver is signed.

### a) Health Screening

#### i. Self-Screening Measures

All individuals taking part in indoor volleyball training must self-screen in accordance with current public health guidelines before each training session.

Individuals must not attend any training sessions or club activities if they:

- Exhibit any COVID-19 symptoms, such as fever, cough, difficulty breathing, or other symptoms identified by health experts and regardless of symptom severity;

- Have had close contact with someone who has or is suspected to have COVID-19 in the past 14 days;
- A member of their household has been told by a local public health authority that they may have been exposed to a confirmed case of COVID-19;
- Have returned from travel outside of Canada (must quarantine for 14 days at home);
- Have been in close physical contact with someone who returned from outside of Canada in the last 14 days;
- Are awaiting the results of a COVID-19 test - the individual must self-isolate while waiting for results;
- Has been diagnosed with COVID-19. The individual must self-isolate for 14 days from the day of receiving their test results;

## ii. Club Health Screening

All participants must complete a daily health screening before participation in any club or training activities.

The club will be using Google Forms for daily screenings. This information is only visible to coaches and club administrators.

**Only those participants that have successfully completed the daily health screening in Google Forms will be permitted entry.** Coaches will be responsible for ensuring the daily health screening has been completed prior to allowing participants to enter the facility. The daily health screening should not be completed more than 2 hours prior to the event to ensure that the information is up-to-date and accurate.

## b) Participant Tracking

Athlete, coach and volunteer participation in club or volleyball activities must be tracked daily. Participant tracking information must be recorded and kept on file to assist with contact tracing in the event of any positive COVID-19 cases within the club or training group.

Google Forms will be used to track participation. It is mandatory that attendance by athletes, coaches and volunteers is kept current in Google Forms for each event. This information is held in Google Forms for 60 days and will be used solely for the purpose of helping Public Health with contact tracing in the event that a member tests positive for COVID-19.

Coaches will be responsible for ensuring that Google Forms accurately reflects participation for each event.

It is also recommended that all participants download and utilize the **COVID Alert government app**, which can be found here: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

### **c) General**

The following additional Safety protocols must also be adhered to:

- No spectators will be allowed in the facilities.
- Athletes/Coaches must wash/sanitize hands upon entry to the facility and at the completion of training.
- Athletes must wear a mask upon arrival to the facility, while they are walking in the facility and while they are warming up or cooling down. Athletes do not need to wear masks on the court during drills.
- Inactive players must wear a mask.
- Coaches must wear a mask at all times.
- Arrive only 15 minutes before your practice time and check-in with a coach who will verify your daily health screening is complete.
- Athletes are required to maintain a physical distance of at least 2m from any other athletes and coaches during the session, when not engaged in on-court volleyball activities (including water breaks and on-court explanations).
- Bags/equipment must be placed in an assigned space.
- Bring only the minimum, including a large full water bottle.
- Come dressed ready to go on court except for your shoes as no change rooms will be available.
- Absolutely no sharing of personal items is permitted.
- Athletes must carry your own hand sanitizer in your bag – you will be required to use hand sanitizer at every water break and as you deem necessary.
- Participants must have closed containers (e.g. Ziploc bags) to allow for the safe disposal or storing of all hygienic materials (i.e. Kleenex, towels, etc).
- Celebratory behaviours that do not adhere to physical distancing are not permitted (i.e. hand slapping, high fiving, etc).
- Leave the gym immediately after your session through the designated exit for that facility.
- Coaches are responsible to sanitize balls during training breaks and at the end of each training session.

### **d) Sickness and the Volleyball Court**

If a player or coach is feeling unwell, has tested positive for COVID-19, is awaiting a COVID-19 test result, or has been in close contact with anyone who has tested positive/is awaiting a test result, the player must:

- Not enter any training facility for a SRVC sanctioned event.
- Self-isolate immediately and follow the direction of public health.
- Follow public health rules before returning to volleyball:
  - i. If a negative COVID test result is received and you have no symptoms, no close contact with someone who tested positive and have not travelled outside of Canada, you are not required to continue to self-isolate and can return to volleyball.

ii. If a negative COVID test result is received, but you have symptoms, have had close contact with someone who tested positive or you have travelled outside of Canada, Public Health guidelines require self-isolation to continue. You must contact the Oversight Committee to review your situation before returning to volleyball.

iii. If you receive a positive COVID test result, self-isolation must continue for 14 days from the date of your swab/date of symptoms starting AND until you are symptom free.

- Report their illness and/or if they have received a positive result on a COVID-19 test, to their coach. If they were in a training event prior to feeling ill, once the coach is aware, s/he/they must also inform the facility where the training took place so that additional cleaning can take place.
- Report to their coach that they have been exposed to a confirmed case of COVID-19.

If a player begins to feel unwell while at a training session or training facility, no matter how mild the symptoms, the player should immediately:

- Tell his/her/their coach!
- Put on a face covering, maintain a physical distance of 2 metres (6ft) from others and go home immediately.
- The player or coach should immediately call the player's emergency contact to collect the player and safely go home.
- Isolate the player, run your cleaning protocol immediately, have all other athletes sanitize hands – practice can continue.
- While waiting for the player's ride, they should leave the gym to safely wait for their parent or guardian.
- Contact their family health practitioner or local public health authority to determine the next steps.

When a coach receives information that a player has tested positive for COVID, they must:

- Report any athlete/participant confirmed COVID-19 cases to the SRVC COVID-19 Oversight Committee. The committee will maintain a tracking and closure sheet. Information will be used to ensure proper notifications and kept on file for 90 days;
- The athlete's coach or SRVC executive will inform the facility of the potential exposure;
- The Oversight Committee will follow up with the family of the suspected COVID-19 illness to understand what steps the family has taken to determine the origin of the illness and steps taken to follow Public Health Guidelines;
- The Oversight Committee will immediately inform the OVA of confirmed COVID-19 cases;
- Coach to inform other players in the training session that they may have been exposed and must self-isolate for 14 days or until otherwise notified, and follow Public Health guidelines for testing;
- Coaches must not share the name of the athlete/coach to protect the privacy of the individual;

- Oversight Committee will provide the coach with an email template to use.

If a coach or athlete is notified by Public Health that they are a “close contact” of someone who has tested positive:

- The ‘close contact’ must inform their Coach immediately and follow all protocols listed above. If it is a coach, please contact Tauri Caputo directly;
- The “close contact” must self-isolate and follow the guidance of Public Health;
- Coach must notify the Oversight Committee to discuss the circumstances and determine the next steps;
- The Oversight Committee will document the situation to understand the nature of the close contact and will seek advice from Public Health in regards to communication/next steps.
- No further training will take place for the group until the Oversight Committee has reviewed the close contact and communicated their recommendation.

### **Modification/restriction/postponing or canceling of club activities**

- Based on the evolving COVID-19 pandemic, SRVC will follow public health, municipal/provincial government and OVA recommendations regarding modifying/restricting/postponing or canceling activities;
- Athletes should be aware that practices can be cancelled with minimal notice;
- Cancellations will be communicated through TeamSnap and/or email;

### **e) Non-compliance**

Players and parents who do not comply with the above Safety and Hygiene Protocols will be immediately removed from the training session, reported to the SRVC COVID-19 Oversight Committee. In addition, the player/parent will be required to re-read and confirm their understanding of the health and safety requirements. Further instances of non-compliance could result in the player being removed from the program for the rest of the season and any fees paid will be forfeited.

## **3. Communication Plan**

SRVC is committed to ensuring that effective communication is taking place with our membership during the Return to Play Stages.

- Communication of all procedures and protocols will be communicated as follows:
  - Posted on [smashraiders.ca](https://smashraiders.ca)
  - Via email
  - Via TeamSnapTeamSnap will be used as the primary source of communication (Club-wide and at the team level). TeamSnap is up-to-date with participant contact information. Members are required to update their information if their details change.

## 4. COVID-19 Education Resources

Below are links to Government-approved information on ways to limit the spread of COVID-19.

Government of Canada COVID webpages:

[https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_coronavirus](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus)

Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

TOPIC	TOOL
Hand Hygiene	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en</a>
Physical Distancing	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en</a>
How to Self-Monitor	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en</a>
When and How to Wear a Mask	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en</a>
How to Self-Isolate	<a href="https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en</a>
Ontario COVID-19 Online Self-assessment Tool	<a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a>