

WHTX Return to play Strategy for Volleyball

PRINCIPLES FOR RETURN TO VOLLEYBALL

Participant health and safety is our highest priority. To be safe and successful in returning to volleyball, we must follow all public health guidelines, practice physical distancing, good hygiene, and continue acting responsibly. The plan is to have teams begin with practice in September with the hopes that competition between schools may open up at a later date.

Teams & Organizing Group Guidelines:

1. Drop off and pick times will be staggered. Team members are not to congregate or socialize before or after training.
2. Transition time between teams & groups to move in and out will be scheduled.
3. Inform participants of general hygiene, safety precautions, and ensure these guidelines are followed throughout the activity.
4. Use disinfectant on balls at frequent intervals, particularly at the end of practice.
5. Limit the number of volleyballs used and keep them designated for specific groups when possible.
6. Breaks for hand washing or sanitizing at intervals throughout the activity should be scheduled.
7. Modify drills and activities to limit/reduce infringement of physical distancing.
8. Food, drinks, or snacks should not be provided or shared.
9. Ensure first aid policies and protocols are updated to include COVID-19 considerations.
10. Parent and spectator attendance will be discouraged, and physical distancing should be maintained.
11. Should a participant develop symptoms of COVID-19 during a volleyball activity, the participant will be isolated, and parent will be notified to pick up participant.
12. **Anyone found on in any team at WHTX to have a positive test for COVID – 19** and have been exposed to the remainder of the participants in that club will cause the club **to immediately be shut down** and everyone who could have potentially been exposed required to arrange for a test. Only those who receive a negative result will be allowed to return and there will be no club activity until over 10 players per “team” are deemed to have tested negative.

Best Practices for Participants:

1. Change and use the toilet at home prior to attending a volleyball session. Participants are encouraged to strictly follow all Public Health hygiene rules and general recommendations.
2. Wash or sanitize hands before, during and after each volleyball session.
3. Avoid touching their faces, and cough or sneeze into their elbow.
4. Long hair is tied back to discourage participants touching their faces.
5. Each participant should bring and label their own water bottles, towels, and hand sanitizer.
6. Do not share your equipment or personal items with other participants.
7. Avoid using change rooms, washrooms, meeting rooms, and water fountains.
8. Avoid cheering/singing, these activities have a higher risk because infected people can transmit the virus through their saliva or respiratory droplets.
9. Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged, and whenever possible all participants should maintain physical distancing of 2 meters.
10. Coaches and training staff are to wear masks, athletes should not wear masks.
11. Electronic whistles should be used over traditional whistles.
12. Those who live with high-risk individuals should also seek medical consultation prior to their participation.

Cohort Groups:

1. Any volleyball activity (small group training or mini league) that does not promote and apply physical distancing of 2 meters between participants, will be considered a Sport Cohort Group.
2. Cohort Groups cannot exceed **50 people** in Stage 2 of Alberta's Relaunch Strategy. This includes athletes, coaches, referees, and trainers who cannot always maintain two meters of distance from others. This number does not include parents and spectators.
3. **Individuals can only be involved in one Sport or Performing Cohort Group.** 4. Should they leave that Cohort, they must wait fourteen days (symptom free) before joining any other Cohort.
4. Cohort Groups must be managed by a staff person or coach who is responsible for the maintenance of the Cohort and ensures that all the guidelines are followed.

5. Provided a coach always maintains physical distancing during a Cohort's activities, that coach may participate in other Cohort groups. Physical distancing requirements are not negated if a coach handles a shared ball.
6. Physical distancing should be maintained between all participants when "off the court", not directly involved in drills or game play (during breaks, in between matches and whenever possible).

Return to Volleyball Progression:

The following is a progression of allowable activities in Stage 2 of Alberta's Relaunch, mitigation strategies will need to be practiced throughout all phases:

1. Individual Training & Skill Development

- a. Participants must complete **initial waivers** and the **daily screening**.
- b. Volleyball or physical training can be done provided the instructor/coach and athlete maintain physical distancing of 2 meters throughout the activity. High intense activity, with heavy breathing, requires 3 meters of distancing.
- c. The ball and training aids should be disinfected prior and after use.
- d. Participants must sanitize before, Schedule breaks during, and when they leave.
- e. The instructor/coach is to wear a mask.

2. Small Group Training and Skills Camps Without Physical Distancing (Cohort Group)

- a. Participants must complete initial waivers and the daily screening.
- b. Participants who become symptomatic during a session are required to be isolated from others and must return home immediately.
- c. Balls should be disinfected or replaced at frequent intervals, and at minimum should be done prior, once during and after each volleyball session.
- d. Participants must sanitize before, Schedule breaks during, and when they leave.
- e. Small Group Training and skills camps without physical distancing restrictions, must proceed as a Cohort Group in Stage 2 of Alberta's Relaunch
- f. Contact Attendance Logs should be collected for all participants in each session by the coach, to support public health contact tracing efforts if a participant tests positive for COVID-19.
- g. Alternate game-play formats (i.e. 2 vs. 2 or 4 vs. 4) should be considered in addition to other rule adaptations (i.e. attacking from behind the 3 meter line, or no blocking) to limit close contact between participants.
- h. **Mini Leagues & small group competitions**, without physical distancing restrictions, must proceed as a Cohort Group in Stage 2 of Alberta's Relaunch.
- i. Physical Distancing should be practiced during breaks, prior to starting, at the completion of the session, and whenever possible.

WHTX Informed Consent Form for Volleyball

Wheatland Crossing School (WHTX) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents/guardians of Individuals who are under the age of majority) WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Individuals Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in activities, programs, classes, services provided and events sponsored or organized by WHTX clubs and teams and the sport of volleyball, which includes but is not limited to: games, tournaments, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent/Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Description of Risks

3. The Parties understand and acknowledge that:
 - a. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b. WHTX has a difficult task to ensure safety and it is not infallible. WHTX may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - c. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID19 is extremely contagious. WHTX has put in place preventative measures to reduce the spread of COVID-19; however, WHTX cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and that they may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a. Contracting COVID-19 or any other contagious disease;
 - b. Executing strenuous and demanding physical techniques;
 - c. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - d. Exerting and stretching various muscle groups;
 - e. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - f. Spinal cord injuries which may render the Individual permanently paralyzed;
 - g. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
 - h. Abrasions, sprains, strains, fractures, or dislocations;

- i. Privacy breaches, hacking, technology malfunction or damage;
- j. Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- k. Physical contact with other Individuals, spectators, equipment, and hazards;
- l. Not wearing appropriate safety or protective equipment,
- m. Failure to act safely or within the Individual's ability or within designated areas;
- n. Gym floor, and other surfaces including bacterial infections and rashes;
- o. Collisions with, poles, stands,
- p. Negligence of other persons, including other spectators, Individuals, or employees;
- q. Weather conditions; and
- r. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

_____ (initials) **We have read and agree to be bound by paragraphs 1 to 4.**

Terms

- 5. In consideration of WHTX allowing the Individual to participate in the Activities, the Parties agree:
 - a. That the Individual's mental and physical condition is appropriate to participate in the Activities;
 - b. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
 - c. To comply with the rules and regulations for participation in the Activities including the additional General Safety Guidelines listed in WHTX Return to play Volleyball Reopening Plan as enforced by the RESPONSIBLE PERSON in their club/team/cohort;
 - d. To comply with the rules of the facility or equipment;
 - e. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of a WHTX representative immediately;
 - f. The risks associated with the Activities are increased when the Individual is impaired, and the Individual agrees not to participate if impaired in any way;
 - g. That it is the individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity; h) That COVID-19 is contagious in nature and the Individual may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.

- 6. In consideration of WHTX allowing the Individual to participate, the Parties agree:
 - a. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - b. That the WHTX is not responsible or liable for any damage to the Individual's property, or equipment that may occur as a result of the Activities.

General

7. The Parties agree that in the event that they file a lawsuit against WHTX, they agree to do so solely in the province of Alberta, Canada and they further agree that the substantive law of Alberta will apply without regard to conflict of law rules.
8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives

_____	_____	_____
Name of Individual (print)	Signature of Individual	Date of Birth

_____	_____	_____
Name of Parent/Guardian (print)	Signature of Parent/Guardian	Date of Birth