



NORTH WESTERN VOLLEYBALL CLUB

RETURN TO SPORT PLAN

1. SCREENING

- a. A screening questionnaire will be used at the start of each event. Staff, participants (or their parents if they are under the age of maturity) will fill out, sign and date the questionnaire. This will be used as a self declaration for the following:
 - i. That the participant is free of any of the mentioned symptoms associated with COVID-19 as outlined by the Alberta Health Services (AHS).
 - ii. That the participant or their parent has not come in contact with any person who is ill with cough and/or fever.
 - iii. That the participant or anyone in their household has not come in contact with any person who is being investigated or has been confirmed to have a case of COVID-19 (within the last 14 days).
 - iv. That the participant or anyone within their household has not travelled outside of Canada within the last 14 days.
- b. Anyone who displays symptoms or has responded 'yes' to any of the screening questions will not be allowed to participate and will be asked to return to their home and contact Alberta Health Services for further direction and guidance.
- c. If a participant develops symptoms during the event they will be escorted to a safe space where they can await their parent/guardian. The parent/guardian will be contacted, advised of the situation, and requested that they come get their child. In the event of the participant being over the age of maturity, the participant will be asked to return home if they are so able, if not then their emergency contact will be made aware of the situation.
- d. A log of all staff and participants in attendance for each event will be kept on file along with an emergency contact.
- e. All safety procedures and protocols will be communicated prior to an event in order to minimize absenteeism due to illness or isolation requirements

2. DISTANCING MEASURES

- a. All coaches, athletes, and any other participants will maintain physical distancing of 2 meters throughout the activity where possible.
- b. In the event that the 2 meter distancing rule cannot be applied, we will revert to the cohort policy outlined by Volleyball Alberta (in which players will need to isolate for 14 days prior to attending an NWVC event and/or prior to attending the event of another club).
- c. Spectators will not be permitted onsite during the activities. This is to ensure that we are maintaining the highest level of precaution as well as maintaining AHS guidelines for the number of people in a given area.

3. CLEANING

- a. All equipment provided by North Western Volleyball Club (NWVC) will be cleaned using the "wipe-twice" method. First with a cleaning agent followed by a disinfectant.
- b. Equipment such as netting or padding will be wiped down by a NWVC staff member prior to the commencement of the event, if this has not been done so by the venue staff.
- c. All participants will be requested to wash their hands with warm water and soap (for at least 20 seconds) prior to commencing the event or utilize the hand sanitizer provided on-site.
- d. Participants will be encouraged to bring their own hand sanitizer, however NWVC will ensure that hand sanitizer will be available on site.

4. PERSONAL PROTECTIVE EQUIPMENT (PPE)

- a. While athletes are advised not to wear masks during intensive physical activity (as per AHS), coaching staff can do so at their discretion.

5. RESPONSIBILITIES

- a. All staff and participants will be responsible for staying home when ill, in quarantine (self-isolation) or if they are taking care of children or someone who is ill.
- b. Contact Attendance Logs will be collected for all participants in each session by the organizer, to support public health contact tracing efforts if a participant tests positive for COVID-19. Information will only be released to Alberta Health Services if requested, if a potential exposure occurs onsite. NWVC will make security arrangements to protect personal information, and the Attendance Logs will be retained for 1 month and destroyed after that period in accordance with the Personal Information & Protection Act.

6. FORMS, WAIVERS & FEES

- a. A screening checklist must be filled out by all participants who are attending an event. This checklist will be issued on the day of the event via email.
- b. A participant waiver and agreement will be issued to all those attending a NWVC event, along with a waiver for the facility (should the facility provide one) which must be signed prior to attending an event.
- c. In an effort to remain contactless, fees will be collected via e-transfer only.