



Forest City Volleyball Club Return to Play Protocols

Forest City Volleyball Club is committed to helping our community prevent the spread of COVID-19 by establishing the following Return to Play Protocols for Indoor Volleyball. This document will be reviewed and updated as determined by the current conditions and recommended by our local health authority and the OVA.

Forest City Volleyball has created a COVID-19 Oversight Committee who can answer any questions about the Return to Play protocols or other policies or procedures. Please contact one of them directly.

The following people will comprise the COVID-19 Oversight Committee.

Name	Position	Email
Tom Kerkhoff	President FCVC, parent	info@forestcityvolleyball.com
Vicki Ng	Board Member, Communications	info@forestcityvolleyball.com
Jennifer McIntosh	Board Member, Treasurer, parent	info@forestcityvolleyball.com
Amit Shah	Medical professional, parent	info@forestcityvolleyball.com

FCVC COVID-19 Protocols

If a family member is sick, all members of your household must self-isolate. Household members cannot attend work or school until COVID-19 has been ruled out. Athletes who have an ill family member for whom COVID-19 has not been ruled or a test is still pending should not attend practice. Please reference the updated MLHU COVID-19 Parent Decision Tool for further information. [Updated COVID-19 Parent Decision Tool.pdf](#)

1. Completion of Ontario Volleyball COVID-19 Waiver

All individuals registered with FCVC for the 2020-2021 season **must** complete the Ontario Volleyball Acknowledgment, Release, Indemnity and Assumption of Risk regarding COVID-19 ("COVID-19 Waiver"). Failure to do so means that individual will not participate in club activities. Individuals include;

- Athletes
- Coaches
- Staff
- Board Members
- Volunteers
- Officials (please note: this will be kept on file with Ontario Volleyball)

2. An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in FCVC activities.
- Common symptoms include;
 - cough

- shortness of breath
- fever
- loss of sense of smell/taste.
- chills
- shortness of breath (out of breath, unable to breathe deeply)

Less common (and less specific) symptoms include:

- sore throat
 - difficulty swallowing
 - runny, stuffy or congested nose (not related to seasonal allergies or other known causes or conditions)
 - pink eye (conjunctivitis)
 - headache that's unusual or long lasting
 - digestive issues (nausea/vomiting, diarrhea, stomach pain)
 - muscle aches
 - extreme tiredness that is unusual (fatigue, lack of energy)
 - falling down often
- The individual will be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
 - The individual will be sent home and instructed to follow public health guidelines regarding self-isolation and testing
 - The head coach will inform a member of the COVID-19 Oversight Committee of the situation and will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.
 - The facility will be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting

3. An individual is tested for COVID-19

- Any individual that has been tested for COVID-19 must not participate in FCVC activities while waiting for the results of the test
- The individual should notify the head coach, who will engage the Covid-19 oversight committee to assist in management
- If the individual is suspected of having COVID-19 (close exposure to a confirmed case, or exhibiting common or higher risk symptoms):
 - The head coach will consult the Session Participation tracking sheets to inform other club members who might have been in close contact with the individual
 - Any club members who were in close contact with the individual will not participate in club activities and will follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals
 - Head coaches will inform the COVID-19 Oversight Committee of any changes to scheduled practices due to an athlete being tested for COVID-19.

4. An individual tests positive for COVID-19

- If an athlete tests positive for COVID-19, they will inform their head coach who will notify the COVID-19 Oversight Committee at info@forestcityvolleyball.com
- The COVID-19 Oversight Committee will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other club members who may have been in close contact with the individual
- Any FCVC members who were in close contact with the individual will not participate in club activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- FCVC will inform all club members of a positive COVID-19 result within the club setting
- The club' will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The FCVC President will inform Ontario Volleyball of a positive COVID-19 diagnosis by emailing clubsupportservices@ontariovolleyball.org

5. Return to club activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to club activities once they no longer have any symptoms of COVID-19 and in accordance with current public health guidelines.

6. Return to club activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

7. Modification/restriction/postponing or canceling of club activities

- Based on the evolving COVID-19 pandemic, FCVC will follow public health, municipal/provincial government and sport recommendations regarding modifying/restricting/postponing or cancelling activities
- FCVC members will be informed as soon as possible of any modifications/restrictions or cancellations
- FCVC will keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government or sport officials/administrators.

8. Public Health Guidelines

Club members will follow all public health guidelines regarding COVID-19. These may include:

- Any club members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in club activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in club activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in club activities

9. Practice Protocols

- Athletes should arrive dressed for practice as dressing rooms are not available. There is a washroom at both facilities.
- A session participation and health screening tracking worksheet will be completed for every FCVC event
- A signed copy of the health screening questionnaire must be completed by every participant and submitted to the coach at each FCVC event. This can also be completed verbally by a coach at the beginning of practice.
- Each athlete should bring hand wipes/towel, hand sanitizer, filled water bottle and a ziploc bag for any garbage the athlete generates.
- Athletes must wear masks outside of the practice facility and while entering and exiting the facility.
- Athletes will sanitize hands at entry to the facility and at every break.
- Athletes will be expected to wear masks **at all times**.
- Social distancing will be reinforced while waiting to enter and exit practice facilities and during breaks.
- Coaches will wear masks during the entire practice
- Coaches will sanitize the balls at every break (approx. every 20-30 mins)
- Due to restrictions on the number of people allowed in the gym, parents will not be permitted entrance.

10. For more information

<https://www.healthunit.com/>

<https://www.ontario.ca/laws/regulation/200364/v16>

https://cdn4.sportngin.com/attachments/document/23ad-2181788/Return_to_Volleyball_june19.pdf#_ga=2.158210930.937980189.1594299478-811855691.1584034580

<https://www.ontario.ca/page/covid-19-stop-spread>

<https://www.ontariovolleyball.org/ova-return-to-play> (Appendix F)

[Updated COVID-19 Parent Decision Tool.pdf](#)