

Velocity Volleyball Club

COVID-19 Safety Plan

September 6th, 2020

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This document outlines some of the steps Velocity Volleyball Club is taking to mitigate risks at the practice facility, and our plan to deal with a potential or confirmed case of COVID-19. The following sections were adapted from ViaSport's *Return to Sport* plan.

COVID-19 Safety Plan

1. Risks at the Practice Facility

- Bags/water bottles will be placed away from where they could come in contact with the public
- No sharing of water bottles

2. Protocols to Reduce Risk

- See our *Return to Sport* Plan

3. COVID-19 Specific Policies

- See *Illness Policy* and *Outbreak Plan* below

4. Communication Plans and Training

- All coaches will be trained to abide by the procedures in this document and our *Return to Sport* Plan
- All athletes will receive the policies and regulations and be reminded of them before training begins.

Illness Policy (Adapted from ViaSport's *Return to Sport Guidelines*)

In the illness policy below, a *Team Member* includes staff and athletes.

1. Inform an individual in a position of authority (Coach or Club Director) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

2. Assessment

a) Team members must review the self-assessment signage located at the gym before their practice to attest that they are not feeling any of the COVID 19 symptoms.

b) Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice.

c) If Team Members are unsure they should use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App selfassessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

- a) They should remain at home and contact Health Link BC at 8-1-1.
 - b) If they feel sick and /or are showing symptoms while at practice, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c) No Team Member may participate in a practice if they are symptomatic.
4. If a Team Member tests positive for COVID-19
- a) The Team Member will not be permitted to return to training until they are free of the COVID-19 virus.
 - b) Any Team Members who work/play closely with the infected Team Member will also be removed from training for at least 14 days to ensure the infection does not spread further.
 - c) Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
- a) As with the confirmed case, the Team Member must be removed from the training.
 - b) The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c) Other Team Members who may have been exposed will be informed and removed from training for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
- a) Team Members must advise their Coach if they reasonably believe they have been exposed to COVID-19.
 - b) Once the contact is confirmed, the Team Member will be removed from training for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c) The activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
- a) Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b) Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c) Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

d) Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

Outbreak Plan (Adapted from ViaSport's *Return to Sport Guidelines*)

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
3. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the gym we will implement our Illness Policy and advise all individuals to:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed. o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. o Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-youare-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, we will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority.

First Aid Plan

1. When administering first aid to an athlete, the first aid attendant must put on a mask and gloves
2. We will follow Work Safe BC's guide for Occupational First Aid Attendants and the Red Cross protocols for an unresponsive person:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>