



## Updated September 24, 2021

### Return to Tournaments 4 Phase Progression:

Phase 1: Athletes First - Tournament Play with Reduced Number of Teams – No Spectators

(Facility Booking Dependent)

Phase 2: Athletes First – Tournament Play with No Reduction in Teams – No Spectators

(Facility Booking Dependent)

Phase 3: Spectator Plan - Tournaments take place with limited number of spectators

(1-2 per participant based on Public Health Facility Requirements)

Phase 4: Tournaments have no restrictions on number for teams and spectators

### General Considerations and Guidelines:

- 🏠 Participant safety is paramount.
- 🏠 Participants must adhere to public health restrictions in the current Government of NL level.
- 🏠 Participants should know of the common symptoms of COVID-19 and not participate if displaying any symptoms : [www.811healthline.ca/covid-19-self-assessment/](http://www.811healthline.ca/covid-19-self-assessment/) [www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf](http://www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf)
- 🏠 Participants must stay home if they have been in contact with a known case in the previous 14 days.

### Return to Indoor Training/ Leagues/ Competition Protocols and Guidelines:

- 🏠 Teams are permitted to take part in any tournaments listed by the NLVA.
- 🏠 It is recommended that teams (Grade 7 and Under) only participate in tournaments within their Health Region.
- 🏠 Vaccine Passports: Once Public Health releases information on Vaccine Passports the NLVA will be implementing the new policy into all programs.
- 🏠 The NLVA will be limiting the team numbers per event and splitting large events to reduce numbers.
- 🏠 Masks are Situational:
  - Masks must be worn when entering and exiting any facility.
  - All non-participants (staff/coaches/etc) must be masked at all times.
  - Athletes:
    - Can only remove masks once on court actives start.
    - During matches/games anyone not directly involved in a match must wear a mask.
    - This includes athletes on the bench or standing
- 🏠 Spectators are not permitted at this time with current limitations on numbers per gymnasium. The NLVA are in the process of developing a return for spectator plan and will be reassessing spectators weekly.



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- 🏐 Teams taking part in an event are permitted to watch other matches provided Public Health Guidelines are followed for distancing and numbers per facility.
- 🏐 Referees will use electronic whistles.
- 🏐 Team benches/ designated areas should be a minimum of 3 metres from officials and scorekeepers.
- 🏐 Team Training: Teams may train up to the number of participants permitted by the facility following Public Health Guidelines.
- 🏐 Leagues may have number restrictions per facility. Numbers permitted should reflect the facility capacity outlined by public health guidelines.
- 🏐 Players and coaches must practice physical distancing.
- 🏐 The scoresheet will not be signed by the captain or coach. The official will verify the score with each captain at the end of a match.
- 🏐 Referee to coach introductions will occur while practicing physical distancing.
- 🏐 Teams will be designated before the match a court side and first serve. There will be no coin toss.
- 🏐 Teams will not switch sides unless the organizer determines that there is a clear advantage to one side.
- 🏐 At the beginning of the match, teams will not meet at the net to wish each other good luck and shake hands.
- 🏐 At the end of the match, teams will not meet at the net to shake hands with the opposing team. From their respective end line, teams will face each other and applaud.
- 🏐 At the conclusion of the match, teams will not shake hands with the referees. When teams are at the end line, they should turn to face the referees and applaud.

### **Hygiene for Participants:** (Participants are considered Athletes-Coaches-Staff-Parents/Guardians-Spectators)

- 🏐 Wash hands before and immediately following participation in volleyball activities.
- 🏐 Sneeze or cough into one's elbow.
- 🏐 No sharing of personal items (water bottles, towels, hand sanitizers, etc)

### **Facility Considerations:**

- 🏐 Each facility is unique and participants must follow the facility guidelines as well as the Return to Volleyball Guidelines.
- 🏐 Participants should be prepared in the proper attire before an activity as access to change rooms may be limited.
- 🏐 Participants complete an online Participant Waiver, acknowledging the risks of contracting COVID-19.
- 🏐 Ensure that there is a clear procedure for handling any participant that contracts COVID-19. A contract tracing process should be followed for notification and reporting.

### **Government of Newfoundland and Labrador COVID-19 Links:**



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<https://www.gov.nl.ca/covid-19/alert-levels/alert-level-2/>

**Volleyball Canada COVID-19 Updates:**

<https://volleyball.ca/en/news/volleyball-canada-update-covid-19>

**Please note this is not a Legal Document. While these recommendations are based on industry best practices and norms, we encourage you to check with your local health authorities to verify what is acceptable in your specific community.**