



**COMOX VALLEY**  
SPORTS & SOCIAL CLUB

# **CVSSC Indoor Volleyball Sport Specific Guidelines**

**\*Updated as of November 23, 2020**

This document highlights the sport specific adjustments and rule changes to CVSSC Indoor Volleyball leagues during Phase 3 (as of August 24) on the Sport Activity Chart provided by viaSport BC. These may be adjusted during the season to align with feedback from players and direction from local, provincial and federal health authorities. The broader Return to Play Guidelines for all CVSSC summer sports can be accessed here: <https://bit.ly/3drs9dc>. All players are expected to abide by both sets of guidelines and help us work together towards a safe and successful season of sports.

## **1. Sport-Specific Sanitization and Distancing:**

- **Sanitizing Station:** The CVSSC coordinator will set up a sanitizing station for players to use on game nights and all must sanitize hands upon entering the facility. Players are also recommended to bring their own personal supply.
- **Warm-up and Game Volleyballs:** Each ball must be sanitized (either with soap and water, sanitizing spray or a sanitizing wipe such as a Lysol wipe) before use in a warm-up or as the game ball. A bag of CVSSC balls will be designated for each night of volleyball and sanitized between game nights. If a ball needs sanitizing at the courts, use a Lysol wipe provided by the CVSSC.
- **Scoreboards:** Scoreboards were not used in the fall season of volleyball to lessen common touch points. If scoreboards are used in future seasons, they will be gathered and sanitized each week.
- **Distancing:** Players are required to maintain 6-foot physical distancing on the sidelines and while entering or exiting the building.

## 2. Indoor Volleyball Roster Size Cap and Eligibility:

- Team rosters will be capped at 8 players at the courts to stay within the maximum gathering size of 50 in the gym.
- If a team has more than 8 people at the courts, they must send away enough players to get down to the max of 8 per team.
- Only individuals who have signed the updated waiver and read the guidelines of play prior to play will be allowed to participate.
- Each team captain will be required to send a list of team members and their phone numbers by the first week of games, to be forwarded on to the facility for potential contact tracing.

## 3. Volleyball Cohort Leagues Explained:

- Cohort League: Under Phase 3 of B.C.'s Return to Sports, the path was opened for more indoor sports, more contact sports and to play with fewer physical distancing restrictions within a new 'cohort' model. The cohort model caps each league at a certain number of players (100 for volleyball) who can play together for a period of time for easier contact tracing.

## 4. Facility Rules at 19 Wing Gym:

- Gym Entrance: Players are only to enter the gym through the furthest North external gymnasium doors (ball field side of the building).
- Gym Exit: On changeovers between time slots, players are to exit the gym through the other set of external gym doors. This allows players from different time slots to avoid congestion at the doors.
- Player Access and Between Games Buffers: We have added a 10-minute buffer between time slots for players to exit and enter with proper physical distancing in place. Players in the *first time slot* can enter 10 minutes ahead of their game to help set up and warm up and must exit the gym within 5 minutes of the end of their slot. Players in successive time slots can enter the gym five minutes before their game time.
- Change Rooms: Are not available. Please wipe and remove your outside shoes upon entry to keep the playing surface clean and dry. Ensure any outerwear is kept off the playing surface.
- Washrooms: Only to be used for emergencies. Players may only use the washrooms accessible via the hallway doors across from the North external gymnasium doors entrance.
- Masks: Masks are required for exiting and entering the building, getting situated on your court and to use the washrooms. They are optional for wearing during game play.

## 5. viaSport's Sport Activity Chart:

Based on the Sport Activity Chart in viaSport's Return to Sport Guidelines for BC (attached below), we are in Phase 3 – Progressively Loosen. Volleyball is considered a 'medium' risk sport due to the shared ball and viaSport allows for a 100 player cohort league in this sport. Our volleyball leagues will fit well into this phase via the following measures:

**(1) Restrictions in Place** – Adding rules that maintain social distancing outside of game play; using the new 'cohort model' to limit the number of players in each league and assist in contact tracing; keeping travel local within the Comox Valley; and limiting 50 people per gym through roster and spectator restrictions.

**(2) Enhanced Protocols** – Having at least three levels of symptom screening in place (self-screen, captain screen and community screen); applying various protocols on player hygiene (see Return to Play landing page), plus any sport-specific protocols for hygiene.

**(3) Facility** – Playing indoors only as permitted with restrictions progressively loosening in phase 3.

**(4) Participants** – Spectators have always been, and will continue to be, extremely limited, but are not allowed at indoor gyms in the current phase.

**(5) Non-contact and Contact Activities** – Not applicable. CVSSC leagues do not hold practices.

**(6) Competition** – Only playing teams in-club and within their league cohorts for cohort leagues.

**(7) Equipment** – Limited shared equipment with balls and potentially scoreboards.

## APPENDIX A – SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return phases.

	Strictest Controls <small>Prior to May 19, 2020</small>	Transition Measures <small>Approx. May 19th to Sept</small>	Progressively Loosen <small>Future date TBC</small>	New Normal <small>Future date TBC</small>
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines