

HOW DO WE BOUNCE BACK: A SAFE RETURN TO VOLLEYBALL

As our nation begins to look to loosen restrictions, it is important for us to do our part in mitigating the ongoing risk of contracting and spreading the COVID-19 virus.

FACILITY CONSIDERATIONS



Outdoor activity has been deemed safer than indoors.



Minimize the total amount of users in one space at any given time.



Beach and grass volleyball would be deemed safer than indoor volleyball at this time.

PARTICIPANTS



Group sizes should always be minimized.



People over 65 years of age or people with underlying health conditions are deemed to be higher risk.



Stay at home if displaying symptoms of COVID-19.

CONTACT MINIMIZATION



<6ft>

Physical distancing should always be practiced



Use a minimal amount of volleyballs and keep them designated for specific groups of participants.



Spectators should be discouraged and if present must abide by physical distancing guidelines.



Use a sanitizing spray on balls at frequent intervals



Participants should not be sharing equipment



Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be avoided.

GOOD HYGIENE



Hand washing or sanitizing at intervals throughout should be encouraged.



Avoid touching ones face throughout play.



Consider wearing a mask and gloves.



RETURN TO VOLLEYBALL PROGRESSIONS

The return of volleyball will adapt as restrictions and policies change regionally.

The following is a likely progression of allowable activities. Mitigation strategies will need to be practiced throughout all stages.



INDIVIDUAL TRAINING AND SKILL WORK



SMALL GROUP SKILL WORK, NO COMPETITIONS



SMALL GROUP COMPETITIONS



LARGE GROUP COMPETITIONS

Please consult with your provincial health authority before engaging in volleyball activities or programming

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