



Milton Edge Volleyball Club Return to Play Protocols - Parent Information

Milton Edge Volleyball Club's club members and coaches will be following the guidelines provided by the Ontario Volleyball Association <https://www.ontariovolleyball.org/ova-return-to-play> and the Ontario Ministry of Health, and Mattamy National Cycling Centre (Velodrome).

Overview:

- Up to 6 participants are allowed per side on 9x18m courts, with 2 participants subbing into the courts. Sessions can be up to 2 hours in length, scrimmages, game play and limited time competition allowed.
- Physical distancing of 2m must be maintained by spectators, and by players when not participating in on-court activities.
- Hand and volleyball sanitization will take place before a training session begins.
- A Health Screening Questionnaire will take place before each session. Players are not to attend if they feel unwell in any way.
- This is a 'live' document and protocols will continue to change and evolve.

Preparation/During Sessions/After Sessions:

1. Review and understand the Protocols included in this document.
2. Stay up to date with the latest information provided on the Club and OVA websites.
3. Self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or live club activities if they:
 - Exhibit any covid-19 symptoms such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - Have had high risk exposure to someone tested positive for covid-19 in the past 14 days.
 - Have returned from travel outside of Canada within the past 14 days.

4. Read, sign and hand in the [OVA Waiver form](#). You may have signed it electronically if you registered for a program through [Milton Edge PowerUpSports](#).
5. Ensure that your athlete:
 - Comes dressed for the activity as change rooms will be closed.
 - Comes with a tote bag/knapsack with the following: face covering/mask, small ziploc with tissues, a full water bottle
6. Ensure that your athlete understands that:
 - Players must maintain 2m physical distancing with other players and coaches when not participating in on court activities, this includes NO high-fives, hugs, etc. Physical distancing is not required during on-court activities however deliberate physical contact is not allowed. Players must maintain 2m physical distancing while waiting outside the facility as well.
 - They are to wear a nose and mouth covering/mask (unless exempt) to and from the courts. The OVA advises they wear them during low and moderate court activity, but not during high energy on-court activity.
 - Players should avoid touching their face with their hands.
 - Players should wash hands/sanitize after practice/training.
 - Players should not share personal belongings, ie water bottles
 - Players are to follow proper respiratory etiquette: cough or sneeze into sleeve/t-shirt
7. Each player must wait outside facility until Milton Edge coach/club rep escorts athletes inside. Parents are not allowed inside the facility due to size limitations. The parent/guardian on behalf of the player must fill in the health screening questionnaire administered by the coach/club rep. All answers must be “no” in order to participate in the training session. Athlete should not attend if unable to answer “no” to every question. The coach/club rep will track attendance and questionnaire results.
8. The athlete must be prepared to leave immediately after the session ends, as there may be another group of athletes waiting to enter the facility and allows time for the coaches to prepare for the next session.
9. If someone in attendance feels unwell, or develops signs or symptoms of covid-19, the coach must be notified immediately.