

HITT VOLLEYBALL SUMMER 2020

RELAUNCH PLAN

HITT Volleyball camps are considered Cohorts or Mini-Leagues(Cohorting Participants) as by Alberta Health Guidance and Health Orders for Stage 2.

Screening for Symptoms:

- A HITT VB COVID-19 Waiver form as well as A HITT VB Health Check Form must be submitted at the start of camp on the first day. No participant will be allowed to be part of the camp, unless the waiver and Health Check is signed by the participant and a parent or legal guardian.
- In addition each facility might have additional waivers that will need to be signed by the participant as well as a parents or legal guardian.
- Coaches and Participants will be asked a daily set of questions when entering the camp in regards to symptoms.
- Coaches and Participants will have a daily temperature check via an Infrared No Touch Thermometer.
- Participants will be made aware and educated regarding symptoms as well as self-monitoring of COVID-19.
- If a coach or participant develops symptoms we will separate this person immediately from the cohort and will not allow interaction with the rest of the cohort. In addition we will ask and provide a facemask immediately for the camper in question. After safely separating the participant we will contact parents to come and pick the participant up immediately.
- We will as always keep a daily attendance log for coaches and participants

Distancing Measures:

- Prior to and upon entry of the facility there will be 2 meter distance protocol while checking into the camp.
- HITT Volleyball camps this summer will be restricted to maximum of 40 participants and 3 head coaches and maybe one assistant coach to stay below of the 50 participant maximum in a cohort/mini league
- The nature of volleyball camps is such that a 2 meter distance cannot be guaranteed and is unavoidable. Alberta Health recognizes this. Therefore we will have Personal Protective measures in place (please refer to the Personal Protective Equipment (PPE) section)
- Parents will not be allowed this summer to attend HITT VB camps as spectators only on day one for drop of purposes and confirmation of waivers will they be allowed to enter the facility with 2 meter distancing. We need to respect the facilities and distancing with other camps potentially running concurrently. Please understand this was not an easy decision but necessary measure to keep everybody safe.

Cleaning:

- The facilities we use will maintain a high level of precautions when is come to sanitization of high traffic and high touch surfaces such as bathrooms, doorknobs, benches and chairs.
- The sports equipment used by the camp such as balls and training aids will be cleaned daily.

- For areas such as, our HITT GEAR sales tables and chairs, these will be cleaned daily by the facility or HITT VB staff.

Personal Protective Equipment (PPE)

- Daily hand sanitizing procedure will be required by all participants and HITT staff upon entry of the facility/camp as well as when leaving and at the end of the camp.
- Hand sanitizing will be required of all coaches and participants at the start and end of lunch. As well as before any water or snack break and people touching their water bottles and snacks. All coaches and participants need to provide their own hand sanitizer, which they will keep in their bags.
- Each participant will be required to have their **“own TWO labeled 1 LITRE size water bottles” (could also be just one 4 litre milk jug)** for camp daily and will not be allowed to share with anybody. We want to discourage the usage of water fountains with direct mouth contact.
- In addition each participant should carry in their personal gear, a towel to wipe off sweat as well a box of tissue for sneezing or coughing. No sharing should take place of any personal items.
- The sports equipment used by the camp such as balls and training aids will be cleaned daily.
- Outside contractors such as presenters for our specialty sessions will be stay 2 or more meters away from the cohort while delivering their presentation
- Masks are available in case of emergency in our PPE bucket. We encourage each participant and coach to have a their own mask in the personal gear.
- Mask during activity are not recommended and can actually be hazardous for participants and coaches. During down time such as lunches the wearing of masks is optional within the cohort while we encourage 2 meter distancing unless you are from the same household.

Responsibilities:

- HITT Coaches will be responsible to enforce and direct participant in terms of the COVID-19 rules and regulation.
- Participants are expected to be familiar with the rules prior to attending camp and having reviewed this HITT VB Relaunch Plan with their parents.
- In case a participant is non compliant when it comes to the rules of the HITT VB Relaunch Plan, HITT VB Staff has the right to separate the participant from the group and call a parent to have the participant picked up and removed from the camp temporarily or permanently.
- All participants and coach should refrain from touching their eyes, nose, mouth and face while participating in the HITT Volleyball Camp.
- All participants and coaches are encouraged to exhibit good respiratory etiquette(i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
- Participants and Coaches must arrive ready and dressed to participate so the usage of locker rooms is not necessary to prevent gatherings.
- After activities, individuals should minimize time spent in the dressing/locker/change rooms and maintain physical distance in lobbies and common spaces.
- The nature of volleyball camps are such that a 2 meter distance cannot be guaranteed and is unavoidable, in order to enhance personal safety and protection we discourage celebrations and other customs during activities (e.g., handshakes, high fives, fist pumps, chest pumps) that bring participants within 2 meters or promote contact.

- When resting, in mini breaks, at lunch and during lectures or specialty sessions participants should be maintaining 2 meter distancing.
- Transportation to and from camp should be arranged so that only cohort members, or members from the same household, share rides.