



Return to Play Protocols

September 6, 2021

The return to play protocols are the OCVL's rules and policies enabling a safe return to sport. The protocols are based on the current Ontario statutes and regulations as well as current Public Health requirements. The protocols are only applicable while the Government of Ontario is in Step 3 of the Roadmap to Re-opening Plan.

These Protocols may be updated at any time. Please be sure that you are referring to the most recent Version which will be posted from time to time on the OCVL's website www.ocvl.ca.

The purpose of this protocol is to reduce the risk of liability. The OCVL does not carry insurance that covers pandemic diseases or contagions including COVID-19. Athletes, coaches and referees are asked to review OCVL's "ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19" form thoroughly and complete it online during the player registration process. Athletes under the age of 18 are required to print their forms and have their parents review the OCVL's "ACKNOWLEDGEMENT, RELEASE, INDEMNITY, AND ASSUMPTION OF RISK REGARDING COVID-19" form thoroughly and complete it. This completed form must be emailed to the Executive Director (maryh.ocvl@gmail.com) at least 48 hours prior to playing.

Each Athlete, Coach and Referee must comply with the return to play protocols. Failure to comply with the return to play protocols will result in the team being evicted from the league without a refund.

COVID 19 Response Plan

- Please **stay home** if you:
 - Are feeling sick or have any of the following symptoms: fever and/or chills, cough or barking cough (croup), shortness of breath, decrease or loss of taste or smell, sore throat, difficulty swallowing, runny or stuffy/congested nose, pink eye, headache, digestive issues like nausea/vomiting, diarrhea or stomach pain, muscle aches, extreme tiredness, falling down often
 - In the last 10 days, your most recent test was positive on a rapid antigen test or home-based self-testing kit
 - Had a doctor, health care provider, or public health unit tell you that you should currently be isolating (staying at home)
 - In the last 14 days, you have been identified as a "close contact" of someone who currently has COVID-19 (unless public health has advised you that you do not need to self-isolate)
 - In the last 14 days, you have received a COVID Alert exposure notification on your cell phone (unless you are fully vaccinated or have already gone for a test and got a negative test result)



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- In the last 14 days, you have travelled outside of Canada AND been advised to quarantine per the federal quarantine requirements.
 - If you live with someone currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms (unless you are fully vaccinated)
 - Please also refer to the OCVL's online Health Assessment form.
- All players, coaches and referees must **complete the online health assessment** (OCVL website) before each game night in accordance with current public health guidelines and facility entry requirements.
- **Captains/Coaches** will be responsible for ensuring each participant has completed their online health assessment each evening, prior to entering the facility. This will be visible on the **team's online roster** (and individually on the participant profile).
- The **Executive Director** will maintain daily reports of completed health assessments, as well as attendance reports, to assist with contact tracing in the event of any positive COVID-19 cases and as required by each of the facilities and Public Health.
- **Notify the Executive Director** if anyone is feeling ill with COVID-19 symptoms within 3 days of playing.
- If an **individual becomes ill on site**, they are to exit the premises immediately and arrange for a COVID-19 test.
- If an **athlete tests positive** for COVID-19, Public Health will do contact tracing
 - It is recommended that the Executive Director be advised immediately
 - The Executive Director will reach out to the impacted teams and referee to advise if they have been exposed as a courtesy
 - If Public Health determines an outbreak within the league, all games will be cancelled with the recommendation of Public Health

General Guidelines

- **Sanitize hands:**
 - upon entrance of the facility,
 - between sets,
 - before using the scoreboards, and
 - before entering the lineups on the scoresheets
- Players are required to have their own hand sanitizer.
- **Maintain physical distancing** of 2 metres when off the court, passing in the hallway is acceptable.
- **Masks must be worn** by all individuals/participants, except by athletes while on court during training and competition. Athletes must wear a mask when they are not active on the court, however it is highly recommended to wear masks.
- Deliberate **physical contact is not permitted** - no handshakes between teams, no team huddles and no high fives.
- **Balls must be cleaned** before, during and after the game. Sanitizing wipes will be available. It is recommended that balls be washed with soap & water before coming to the game.



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- Balls should not be touched between tiers/courts, it is recommended that you kick it back to the team, do not pick it up to help eliminate touching balls.

Team Play

- We will use the **OCVL Ladder System**.
- Teams will play a **best of 5** game to determine a winner. Where only 4 sets are played and each team has won 2 sets, the winner is determined by points for and against, including if the 4th set ended with a time cap. If still tied, then the winner of 2 of the first 3 sets played is the winner.
- **Numbered jerseys** are required, matching **uniforms** are not required for this season.
- **Liberos** should try to wear a distinct uniform but may identify verbally to the referee.
- **Minimum 4 players** on the court, must always have 3 players in the front row. Three or less players will result in a loss by default.
- **Unregistered spares are not permitted.**
 - A player from another team can be borrowed.
 - A player in the same tier **may play both the early and late game.**
 - Every player **must be added to the online attendance** for each team they played with, for contact tracing. Be sure to get the player's name.
- **Spectators** are not permitted (due to contact tracing reasons).



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Schedule

- We will run a 19 week regular season and 3 weeks of playoffs.

Week	Men's Division	Women's Division
1	Monday, October 18, 2021	Tuesday, October 19, 2021
2	Monday, October 25, 2021	Tuesday, October 26, 2021
3	Monday, November 1, 2021	Tuesday, November 2, 2021
4	Monday, November 8, 2021	Tuesday, November 9, 2021
5	Monday, November 15, 2021	Tuesday, November 16, 2021
6	Monday, November 22, 2021	Tuesday, November 23, 2021
7	Monday, November 29, 2021	Tuesday, November 30, 2021
8	Monday, December 6, 2021	Tuesday, December 7, 2021
9	Monday, December 13, 2021	Tuesday, January 11, 2022
10	Monday, January 10, 2022	Tuesday, January 18, 2022
11	Monday, January 17, 2022	Tuesday, January 25, 2022
12	Monday, January 24, 2022	Tuesday, February 1, 2022
13	Monday, January 31, 2022	Tuesday, February 8, 2022
14	Monday, February 7, 2022	Tuesday, February 15, 2022
15	Monday, February 14, 2022	Tuesday, February 22, 2022
16	Monday, February 28, 2022	Tuesday, March 1, 2022
17	Monday, March 7, 2022	Tuesday, March 8, 2022
18	Monday, March 21, 2022	Tuesday, March 22, 2022
19	Monday, March 28, 2022	Tuesday, March 29, 2022
Quarters	Monday, April 4, 2022	Tuesday, April 5, 2022
Semis	Monday, April 11, 2022	Tuesday, April 12, 2022
Finals	Monday, April 25, 2022	Tuesday, April 19, 2022



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Facility Requirements

- Current provincial requirements restrict each facility to 50% capacity.
- **Maximum 50 people** permitted in each facility at one time per provincial guidelines.
- **Entry:**
 - Teams are to arrive 10 minutes prior to the game and meet at the entrance of the facility.
 - At all facilities, entrance will only be permitted upon team arrival. Players will be required to wait outside until everyone on that team arrives. At that time, the security guard/designated person will permit entrance to the facility, 1 team at a time.
 - Captains/coaches are responsible for ensuring that the online Health Assessment is completed by each team member and will advise the security guard/designated person at the door.
 - The security guard/designated person is entitled to ask their own screening questions if they feel it's necessary. This may be done on a random basis.
- **All facilities** will have proper cleaning and disinfecting of the gyms before our group arrives and after we leave.

Registration

- **Please** do not create a duplicate record in the database if you have forgotten your logon credentials. Email the webmaster (webmaster@ocvl.ca).
- All players, coaches, team managers, team owners, and referees **must register online** as a league member.
- Please **update all contact info** – names, address, phone number and email address for contact tracing. Please add/update your online photo. A LinkedIn photo or other headshot is preferred.
- All 3 **waivers** must be completed online in order to play in the league: Player Waiver, Concussion Waiver, COVID-19 Waiver.
- For **players under 18**, the waivers listed above and one other, must be printed and completed by a parent or guardian and emailed to the Executive Director, 48 hours or more prior to games starting – maryh.ocvl@gmail.com.
- **Captains/Coaches** are responsible for registering a team, paying the **league fees** through PayPal (payment TBD) and assigning players to their roster
- **Priority** will be given to returning teams (minimum 4 returning players).
- If we have **more teams than gym space**, we will apply the following rules in order:
 1. **Top 4** ranked teams in each division (Men's and Women's) from the 2019-2020 season will be automatically entered.
 2. If there are more **returning** teams than gym space, they will be randomly drawn.
 3. Remaining space will be used for **new teams**. A draw will be used if there are more teams than spaces available.



OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- The **OCVL Executive will seed** the teams using team results and player level data from previous seasons. We will not run a qualifying/ranking tournament this year.

League Fees

- League fees are **to be determined** based on gym availability.
- Team payment is not required at time of registration. Once we confirm school/gymnasium use for all facilities, we will advise when and how much payment is, with the intent to provide 2 weeks notice.
- **Returning Teams** have a \$225 COVID rebate from the 2019-2020 season, provided a refund was not given. This will automatically show up in the Team Administration > Payments page.

Captain's Responsibilities


- **Registering & paying** for the team.
- **Inviting players** to their roster.
- Ensuring **waivers** are completed online or on paper (and emailed to the OCVL) for members under 18.
- Ensuring online **health assessment** is completed each game night and advising security guard/designated contact.
- **Ensuring setup**, take-down and proper cleaning of the nets are completed.
- **Entering line-ups** and roster on the score sheet. Pre-printed labels are preferred.
- Mandatory entry of win/loss and attendance for contact tracing within 24 hours. **Failure to do attendance will result in a fine.**
- It is recommended you **assign another player** the 'team administrator role', to assist entry of win/loss and attendance.

Health Assessment

- The Health Assessment must be **completed online** by every athlete, coach and referee.
- **On the day of your game**, logon to the OCVL.CA web site.
- Go to the **My Profile** page (blue button in the top right corner).
- You will see a **red button** under the page title (My Profile: Your Name). The text of the button is "Click Here to Perform Health Assessment".
- Once you have completed the form and submitted it, you will be returned to the My Profile page and a **message in green** will be displayed where the red button was.
- Your individual row on your **team roster** will now display **green**.



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 OCVL

My PROFILE

Health Assessment Successful!

My TEAM

Women's: We Will Block You [Active]


PLAY!


Join a Team

Register a Team

My PERSONAL INFORMATION







Photo



 OCVL

We Will Block You

WINTER 2019-2020 SEASON ROSTER

Photo	#	Name (role)
	12	Mary Hutchison (Captain)
	4	Sandra Walker (Assistant Captain)
	3	Toula Beckstead (Player)
	11	Kim Engelbrecht (Player)
	17	Catherine Grosseau (Player)
	2	Carolyn Keeler (Player)