



## Return to Play Protocols

December 15, 2020

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 Ottawa community is in the Green (Prevent) to Orange (Restrict) Zones of the Government of Ontario's Re-opening framework.

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](http://www.ocvl.ca).

Without a vaccine or cure for COVID-19 there will always be a risk of contracting the virus when participating in any public activity. 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](mailto: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/chills, cough, sore throat/difficulty swallowing, runny nose, shortness of breath/difficulty breathing, loss of taste/smell, not feeling well, unexplained tiredness/muscle aches, headache, nauseous, vomiting, diarrhea or abdominal pain
  - Have been in contact with someone with COVID-19 in the past 14 days
  - Have returned from travel outside of Canada or been in close contact with a person who has, in the past 14 days

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).



## OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

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- 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.
- **Resumption of play** should only occur 14 days after isolation or after a negative COVID-19 test result.
- 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 at all times**, even during play. Have a spare mask on hand.
- 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.
- 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.



## Tier Play

- Current provincial requirements restrict each league division to a **maximum of 50 participants**.
- **Tiers** will consist of 4 teams and be considered a league division.
- There will be **no cross over between tiers**.
- Each tier will be assigned a court and will play on the **same court each week**, except after the 2-week break where reseeding will occur.
- **A maximum of 10 people** is permitted on a team roster, including coaches.
- **Spares are not permitted** (all players must be registered and on your team roster). However, a player from another team **within the tier** (including the team you are playing) can be borrowed.
  - A player in the same tier **may play both the early and late game**
  - They **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.
- **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.
- 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 4<sup>th</sup> set ended with a time cap. If still tied, then the winner of 2 of the first 3 sets played is the winner.
- **Ladder:**
  - Winning teams will play each other, losing teams will play each other
  - Winning teams will play the early game, losing teams will play the late game
- Teams must not switch **sides** between sets.
- We have **limited time** to enter the gym, warm up, play and exit the gymnasiums. Games are 1 hour and 35 minutes long with a hard time cap. Games will begin at 15 minutes past the hour and will end at 10 minutes before the hour, (ie. 7:15pm game starts, 8:50pm game ends)
- For safety, teams must do their best to **warm-up** in the limited time available.
- **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.



# OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

## Schedule

- We will run two, 5-week sessions and 2 weeks of playoffs, beginning Jan 11 and ending Apr 19, 2021.
- Seeding of teams will occur once, after the first 5 weeks. The winners will go up a tier and the losers of their tier will go down a tier.
- Playoffs will consist of semis and finals to determine tier winners.

|          | Men's Division            | Women's Division           |
|----------|---------------------------|----------------------------|
| Week 1   | Monday, January 11, 2021  | Tuesday, January 12, 2021  |
| Week 2   | Monday, January 18, 2021  | Tuesday, January 19, 2021  |
| Week 3   | Monday, January 25, 2021  | Tuesday, January 26, 2021  |
| Week 4   | Monday, February 1, 2021  | Tuesday, February 2, 2021  |
| Week 5   | Monday, February 8, 2021  | Tuesday, February 9, 2021  |
| No Games | Monday, February 15, 2021 | Tuesday, February 16, 2021 |
| Week 6   | Monday, February 22, 2021 | Tuesday, February 23, 2021 |
| Week 7   | Monday, March 1, 2021     | Tuesday, March 2, 2021     |
| Week 8   | Monday, March 8, 2021     | Tuesday, March 9, 2021     |
| No Games | Monday, March 15, 2021    | Tuesday, March 16, 2021    |
| Week 9   | Monday, March 22, 2021    | Tuesday, March 23, 2021    |
| Week 10  | Monday, March 29, 2021    | Tuesday, March 30, 2021    |
| No Games | Monday, April 5, 2021     | Tuesday, April 6, 2021     |
| Semis    | Monday, April 12, 2021    | Tuesday, April 13, 2021    |
| Finals   | Monday, April 19, 2021    | Tuesday, April 20, 2021    |

## Facility Requirements

- **Maximum 50 people** permitted in the gymnasium 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.
  - Teams are only permitted entry to the gym at the start of our contracted time slot.
  - Teams playing the late games must not enter the gym until the early teams leave.



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- **All facilities** will have proper cleaning and disinfecting of the gyms before our group arrives and after we leave.
- **La Cite Collegiale** and **Nepean Sportsplex** will do set up of the nets, cleaning of the nets between games and after the game is done.
- The participating OCVL teams are responsible for set up, take-down and cleaning of the nets at **Carleton University & Redeemer Christian H.S.** We are using our own equipment at these facilities.
- **Washrooms** and changerooms are available at all facilities, showers are not available.

### La Cite Collegiale

- This facility will have the OCVL team **rosters in advance** of the games to speed up entry.
- Only the **front entrance** is open.
- Teams are not permitted in the gym until their start time: **7pm and 9pm.**
- **Waiting** to enter the gym is done outside or in a designated area by the security staff.
- All players/coaches/referees must do their online **Health Assessment** in advance (on game day). Team **captains/coaches** need to confirm all players have completed this.
- **Check in** is required at the school entrance advising you are going to the Athletic Facility – there is a school appointed designated contact or security guard on the premises permitting entry and requiring proof of pre-screening.
- **Captains/Coaches** will be required to announce who is present before being permitted into the facility.
- **Set up and takedown** will be done by the La Cite staff. We are asked not to touch the equipment. We are using their nets, poles, antennas and scoreboards.
- The **OCVL briefcase** will contain the OCVL rules, score sheets, waivers and hand sanitizer.
- **Disinfecting** of the nets will be done in between games by the La Cite staff. Please allow 10 minutes to dry. Warm up is to occur behind the 3M line until the floor/net is dry. La Cite staff or the referee will advise when it is safe to start.

| Time    |  |
|---------|--|
| 7:00pm  | Teams and Referee enter the facility, set-up and warm-up |
| 7:15pm  | Game starts  |
| 8:45pm  | Referee will give 5-minute warning of time cap           |
| 8:50pm  | Game ends  |
|         | Cite staff will disinfect nets                           |
| 9:00pm  | Late teams arrive and warm-up                            |
| 9:15pm  | Game starts  |
| 10:45pm | Give 5-minute warning of time cap                        |
| 10:50pm | Game ends  |
| 11:00pm | Exit the gym – Cite staff will do cleaning and take-down |



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## Carleton University

- **Entry** to the Norm Fenn Gym can be made through the **Ice House Lobby**, but participants must **exit** out of the north wall doors.
- Teams are not permitted in the gym until their start time: **7pm and 9pm**.
- **Waiting** to enter the gym is done outside or in a designated area by the security staff.
- All players/coaches/referees need to do their online **Health Assessment** in advance (on game day). Team **captains/coaches** need to confirm all players have completed this.
- **Check in** is required at the **Ice House Lobby entrance** - there is a school appointed designated contact or security guard on the premises permitting entry and requiring proof of pre-screening.
- Each **captain/coach** will be required to complete the 'Ice House Rental Log In' form.
- **Set up and takedown** will be the responsibility of the OCVL members. We are only using Carleton's poles. The OCVL will supply the nets, antennas and scoreboards in the hockey bag, as well as the OCVL briefcase.
- The **OCVL briefcase** will contain the OCVL rules, score sheets, waivers, sanitizing spray, sanitizing wipes and hand sanitizer.
- **Disinfecting the nets** will need to occur between the 2 games and after the last game, by the OCVL players. Disinfecting spray will be provided and to be left on to dry for **10 minutes**.
- **Winners** of the early and late games will be required to spray down the nets. The hockey bag will need to be taken home by the winning team of the late match and returned for the early match the following week.

| Time    |   |
|---------|---|
| 7:00pm  | Teams and Referee enter the facility, set-up and warm-up  |
| 7:15pm  | Game starts   |
| 8:45pm  | Referee gives 5-minute warning of time cap  |
| 8:50pm  | Game ends   |
|         | Winning teams are required to disinfect the nets, it will take 10 minutes to dry  |
| 9:00pm  | Late teams arrive and warm-up   |
| 9:15pm  | Game starts   |
| 10:45pm | Give 5-minute warning of time cap   |
| 10:50pm | Game ends   |
| 11:00pm | Teams with take-down duties are required to disinfect the nets, it will take 10 minutes to dry and then take-down of the nets. Winning teams are required to take home the hockey bag and return it the following week for the early match. |



## OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

### Nepean Sportsplex (newly renovated)

- Enter the facility at **Entrance 4 (in the back)** only.
- Teams are not permitted in the gym until their start time: **6pm and 8pm**
- **Waiting** to enter the gym is done outside or in a designated area identified by the city appointed designated contact
- All players/coaches/referees need to do their online **Health Assessment** in advance (on game day). Team **captains/coaches** need to confirm all players have completed this
- **Set up and takedown** will be done by the Nepean Sportsplex staff. We are asked not to touch their equipment. We are using their new nets, poles and antennas.
- The **OCVL briefcase** will contain the OCVL rules, score sheets, waivers, scoreboards and hand sanitizer.
- **Disinfecting of the nets** will be done in between games by the City of Ottawa staff. Please allow **10 minutes** to dry. Warm up is to occur behind the 3M line until the floor/net is dry. City of Ottawa staff or the referee will advise when it is safe to start.

| Time    |   |
|---------|---|
| 6:00pm  | Teams and Referee enter the facility, warm-up   |
| 6:15pm  | Game starts   |
| 7:45pm  | Referee gives 5-minute warning of time cap  |
| 7:50pm  | Game ends   |
|         | Nepean Sportsplex staff will disinfect the nets between matches, it will take 10 minutes to dry |
| 8:00pm  | Late teams arrive and warm-up   |
| 8:15pm  | Game starts   |
| 9:45pm  | Give 5-minute warning of time cap   |
| 9:50pm  | Game ends   |
| 10:00pm | Exit the gym – Nepean Sportsplex staff will do cleaning and take-down                           |



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### Redeemer Christian H.S.

- **Entry** is at the front entrance only. There is no school appointed security guard at this facility. An OCVL contact, Mary Hutchison or a designated contact will be on site each night to confirm online pre-screening before entry.
- All players/coaches/referees need to do their online **Health Assessment** in advance (on game day). Team **captains/coaches** need to confirm all players have completed this.
- Teams are not permitted in the gym until their start time: **7pm and 9pm.**
- **Waiting** to enter the gym is done outside.
- **Set up and takedown** will be the responsibility of the OCVL members. We are only using **Redeemer's poles**. The OCVL will supply the nets, antennas and scoreboards and OCVL briefcase in the designated OCVL locker.
- The **OCVL briefcase** will contain the OCVL rules, score sheets, waivers, sanitizing spray, sanitizing wipes and hand sanitizer.
- **Disinfecting the nets** will need to occur between the early and late games by the OCVL players. Disinfecting spray will be provided and to be left on to dry for **10 minutes**.
- **Winners** of the early match will be required to spray down the nets.
- Teams with **take-down** duties must disinfect the net and allow it to dry 10 minutes before taking it down.

| Time    |  |
|---------|--|
| 7:00pm  | Teams and Referee enter the facility, set-up and warm-up   |
| 7:15pm  | Game starts  |
| 8:45pm  | Referee gives 5-minute warning of time cap   |
| 8:50pm  | Game ends  |
|         | Winning teams are required to disinfect the nets, it will take 10 minutes to dry   |
| 9:00pm  | Late teams arrive and warm-up  |
| 9:15pm  | Game starts  |
| 10:45pm | Give 5-minute warning of time cap  |
| 10:50pm | Game ends  |
| 11:00pm | Teams with take-down duties are required to disinfect the nets, it will take 10 minutes to dry and then take-down of the nets into the OCVL designated locker. Exit the gym. |





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## Registration

- **Please** do not create a duplicate record in the database if you have forgotten your logon credentials. Email the webmaster ([webmaster@ocvl.ca](mailto: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 the Concussion Code of Conduct (Under 18), 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](mailto:maryh.ocvl@gmail.com).
- **Captains/Coaches** are responsible for registering a team, paying the **league fees** through PayPal and assigning players to their roster – maximum 10 people on the roster including coaches
- **Maximum number of teams is 16** for the Men's Division and 16 for the Women's Division
- **Priority** will be given to returning teams (minimum 4 returning players).
- If we have **more than 16 teams**, 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 than 12 **returning** teams, 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.
- The **OCVL Executive will seed** the teams using team results and player level data from previous seasons.
- **Full refunds** will be provided for teams that we cannot accommodate.

## League Fees

- Returning Teams: \$1076.68 + HST = **\$1216.65**
  - Note, returning teams have a \$225 COVID rebate from the 2019-2020 season, provided a refund was not already given. This will automatically apply and show up in the Team Administration > Payments page.
- New Teams: \$1076.68 + HST + \$150 Bond fee = **\$1366.65**

## Captain's Responsibilities

- **Registering & paying** for the team.
- **Inviting players** to their roster – maximum 10 including a coach.
- 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**.

