



# Return to Play Protocols

October 31, 2021

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## Overview

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](http://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](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 may result in the team being evicted from the league without a refund.

## Health

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### 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 10 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 10 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)
- 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.

**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** with COVID-19 symptoms:

- All teams playing in the gymnasium and referees are to exit the premises immediately and monitor for COVID-19 symptoms.
- The team/player must advise the facility staff and the OCVL Executive Director.
- The player who becomes ill on site is required to arrange for a COVID-19 test.
- The Executive Director will determine the team rankings for the following week, depending on the number of games played.

If an **athlete tests positive** for COVID-19, Public Health will do contact tracing

- The Executive Director must be advised immediately
- The Executive Director will reach out to the impacted teams, referee and facility to advise if they have been exposed
- If Public Health determines an outbreak within the league, all games will be cancelled with the recommendation of Public Health

## Vaccination Requirements

Ontario Public Health has mandated all indoor facilities used for sports to show proof of identification and proof of being fully vaccinated against COVID-19 before they can enter the area. The Ontario Guidance document sets out baseline requirements that specified businesses and organizations must comply with in accordance with section 2.1 of Schedule 1 of O Reg. 364/20. It does not preclude businesses or organizations from establishing their own additional policies or requirements pertaining to their patrons.

Each of our facilities have established their own and different entry instructions and requirements – see further details below for each facility. The OCVL must follow these rules and the rules set out under each of our rental contracts.

**Photo ID and proof of full vaccination** will be required by all players, coaches, referees for entry into the facilities at this time. Further changes will be made as vaccination certificates are developed. As we are visitors to these sites, a few of the facilities do not permit exemptions for medical reasons or athletes under 18 years of age, therefore, NO exemptions are permitted.

Quebec residents are also required to show their photo id and their vaccination receipt. Our facilities do not have the ability to scan the VaxiCode certificate.

## Health Assessment

An online health assessment is required to be completed by everyone before each game night, in accordance with current public health guidelines and facility entry requirements. Failing to pass the online health assessment means you cannot enter the facility and play that evening.



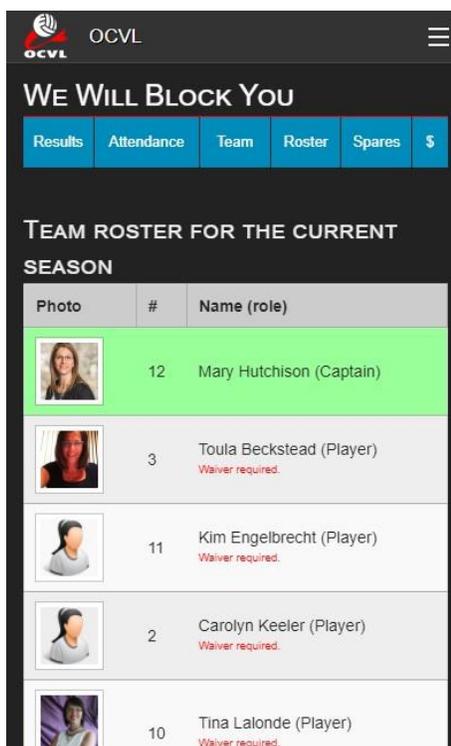
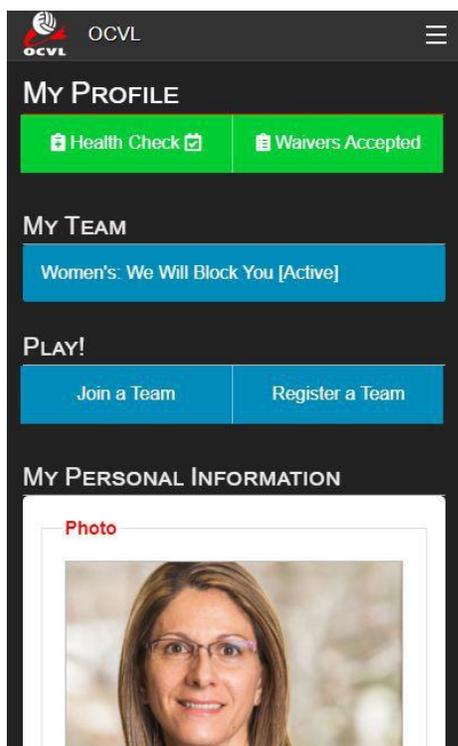
**La Cite Collegiale and Carleton University:** These facilities have their own database where each person on campus must do their vaccination attestation and complete their daily health assessment directly on their respective website. Facility staff will be at the doors to verify your entry permissions.

**Redeemer & Sportsplex:** The OCVL has developed an online health assessment, in accordance with public health, available on the OCVL website under each person's logon ([My Profile](#)). All players, coaches and referees must complete the OCVL online health assessment before each game night at these locations. Staff will be at the doors to verify your entry permissions.

**Captains/Coaches** will be responsible for ensuring each participant has completed their online health assessment each evening, prior to entering the facility. When completing the health assessment on the OCVL site, the captain will be able to confirm these were completed on the **team's online roster** and individually on each participant profile.

#### Instructions for OCVL's online Health Assessment:

- **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 "Health Check".
- 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**.





## Attendance Reports

The OCVL online **attendance reports** will be used for contact tracing. Captains or team admins are responsible for accurately completing the online attendance form after their match. A reminder email will be sent to the captain and team admins to complete this along with their win/loss game status.

Attendance reports need to be completed by the following day.

The **Executive Director** will maintain daily reports of completed health assessments (received from the OCVL site), as well as attendance reports. This is for contact tracing in the event of any positive COVID-19 cases as required by each of the facilities and 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.
- 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.



## Volleyball

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### Regular Season

- We will use the **OCVL Ladder System**.
- Each tier will consist of 3 teams and play a mini round-robin.
- All 3 teams will play a best of 3 set game to determine a winner.
- The first 2 sets will be played to 21 with the 3<sup>rd</sup> set to 15.
- All sets will be capped (not win by 2).
- 1 time-out permitted per set, no time-outs in the 3<sup>rd</sup> set.
- Games will be played as follows:
  - Game 1 is Team 1 vs. Team 3
  - Game 2 is Team 1 vs. Team 2
  - Game 3 is Team 2 vs. Team 3
- Team 1 being the highest ranked team and Team 3 being the lowest ranked.
- **The team not playing will keep score.**
- There are 3 possible outcomes:
  1. 2 wins, 1 win, 0 wins
  2. Each team has 1 win (3-way tie)
  3. 2-way tie due to time cap\*
- 3-way tie - teams will maintain their existing rank.
- 2-way tie – use points for-and-against, if points are even, teams will maintain the existing rank.
- Re-ranking of the teams within the tier is done by number of games won (not sets, not score\*).
- At the end of week 2, teams will move up and down the ladder as follows, based on week 2 results only:
  - Team 1 will move up to the tier above as Team 3 in that tier.
  - Team 2 will stay in the existing tier as Team 2.
  - Team 3 will go down a tier as Team 1 in that tier.
- The results from week 1 will play an important role if there's a tie in week 2 because of ranking. Plus, Teams 1 & 2 have a better schedule.
- **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 facility **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).
- **Numbered jerseys** are required, matching **uniforms** are not required for this season.



## OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

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- **Liberos** should try to wear a distinct uniform but may identify verbally to the referee.

### Playoffs

- All teams will play in the playoffs.
- Playoff seeding is based on the average individual team ranking over the last 12 weeks of the season.
- A player must play 8 regular season matches to qualify for playoffs.
- Spares are not permitted to be used in playoffs.
- Playoffs will be hosted on the league night played, unless otherwise indicated.

### 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 following 4 waivers 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).
  - Player Waiver
  - Concussion Waiver
  - Concussion Code of Conduct & Acknowledgment form for Athletes and Parents/Guardians (for athletes under 18 years of age)
  - COVID-19 Waiver
- **Captains/Coaches** are responsible for registering a team, paying the **league fees** through PayPal 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.
- 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 **\$1845 + \$150** bond (for new teams) + HST.
- **Returning Teams** have a \$225 COVID rebate from the 2019-2020 season, provided a refund was not already 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 **wavers** are completed online or on paper (and emailed to the OCVL) for members under 18.
- Ensuring all team members are **fully vaccinated**.
- Ensuring online **health assessment** is completed each game night and advising security guard/designated contact.
- **Ensuring setup** and take-down of the nets are completed, where applicable.
- **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** (\$25 – Player/Team Misconduct). Attendance is to be completed on both the scoresheet and online.
- It is recommended you **assign another player** the 'team administrator role', to assist with entry of win/loss and attendance.



# OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

## Schedule

- There will be 19 weeks of regular season games and 3 weeks of playoffs.

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



## Facility Requirements

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- Capacity limits are now removed from each facility.
- Spectators are still not permitted because we need to do contact tracing for each game.
- All facilities require all players/coaches/referees to be fully vaccinated.
- **All facilities** will have proper cleaning and disinfecting of the gyms before our group arrives and after we leave.
- **La Cite Collegiale** will do set up & take-down.
- The participating OCVL teams are responsible for set up and take-down of the nets at **Carleton University & Redeemer Christian H.S.** We are using our own equipment at these facilities.
- OCVL teams at **Nepean Sportsplex** are responsible for set-up only.
- **Washrooms** and changerooms are available at all facilities.

### La Cite Collegiale

- The Athletic Facility Main Entrance is located to the right of the college roundabout, between building A & H. This is the only entrance open.
- All players/coaches/referees must scan the **Visitor QR code** inside the front entrance and complete Cite's online **Health Assessment**.
  - Upon successful completion of the Health Assessment, you will receive a green checkmark to confirm you are permitted to enter the facility. You will be required to show this to the security guard.
  - Once the security guard or school appointed designated contact confirms your entry, you need to click on the 'submit' button to enter the facility.
- All players/coaches/referees must also scan their **Ontario vaccination certificate** or show proof of vaccination to the security guard along with your **ID** each night.
- Advise the school appointed designated contact or security guard on the premises that you are going to the Athletic Facility.
- We are permitted into the facility before 6pm provided the team/games before our organization arrives has left. Otherwise, you can wait in the hallway.
- Teams in the late time slot are permitted inside the gymnasium 10 mins before their games start.
- **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, and sanitizer.
- Washrooms and changerooms are available at this facility.



# OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- **Game Times:**

6:00pm	Warm-up
6:15pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
8:30pm	games end*

\*If games are not finished by 8:25pm, a 3<sup>rd</sup> set will be permitted to 11 past the 8:30pm deadline. Late games will start a bit later.

8:45pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
11:00pm	games end*

\*If games are not finished by 10:55pm, a 3<sup>rd</sup> set will be permitted to 11 past the 11:00pm deadline.

## 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 before **8:45pm**. We need to wait until the group before us leaves the gym.
- **Waiting** to enter the gym is done in the hallway outside of the gymnasium.
- All individuals on campus need to set up their guest/visitors account on **Carleton's cuScreen** system - [the cuScreen system \(https://carleton.ca/covid19/cuscreen/\)](https://carleton.ca/covid19/cuscreen/).
  - Setting up this account can take approximately 15-20 minutes and you cannot enter/access the facilities without verifying your vaccination status and daily screening through cuScreen.
  - When setting up your guest account, please use the visitor registration code: CARLETONU-VISITOR.
  - When you arrive on campus, you must scan the QR code and sign into your account and complete Carleton's Health Assessment.
  - If your status is green, you can go in.
- **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 a hockey bag, as well as an OCVL briefcase.



## OTTAWA COMPETITIVE VOLLEYBALL LEAGUE

- The **OCVL briefcase** will contain the OCVL rules, score sheets, sanitizing spray, sanitizing wipes and hand sanitizer.
- The hockey bag will need to be taken home by **Team 2** for set up duty the following week.
- Responsibility:
  - Set-up is done by Team 2
  - Take-down is done by Team 1
  - The hockey bag will be taken home by Team 2 and returned the following week
- Washrooms and changerooms are available at this facility.
- We are permitted to stay past our 11:30pm contracts, provided it's not a frequent occurrence.
- **Game times:**

8:50pm	Entry to the gym, set up by Team 2 & warm up
9:10pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
11:30pm	Games end



## Nepean Sportsplex (newly renovated)

- Enter the facility at **Entrance 4 (in the back)** only.
- Teams are permitted in the gym at **7pm**, there is no late match at this gymnasium.
- **Waiting** to enter the gym is done outside or in a designated area identified by the city appointed designated contact. Please arrive as a team 10 minutes before your gym entry time.
- All players/coaches/referees need to do their online OCVL **Health Assessment** in advance (on game day). Team captains/coaches need to **confirm all players have completed this**. City of Ottawa staff will not do screening or check in for our group, it is our responsibility to maintain these logs.
- Captains are responsible for viewing and ensuring all players have proof of **full vaccination**, including spares.
- One person from each team is required to sign-in at the sport desk. It is recommended that the captain or team administrator complete this.
- Team 2 is responsible for **set-up** of the nets, while Teams 1 & 3 begin their warm-up. Nepean Sportsplex staff will do take-down.
- The **OCVL duffle bag** will be left at the facility behind the front desk. It will contain the OCVL rules, score sheets, scoreboards, sanitizing wipes and hand sanitizer. Teams are asked to grab this bag and return it to the front desk at the end of the night.
- Outdoor footwear is prohibited in the gymnasium. Mats are placed outside the gymnasium in the hallway for everyone to leave their outdoor footwear.
- Washrooms and changerooms are available at this facility.
- **Game Times:**

7:00pm	Entry to the gym, set-up by Team 2 & warm up
7:20pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
10:00pm	Exit the gym



## Redeemer Christian H.S.

- **Entry** is at the front entrance only. There is no school appointed security guard at this facility. An OCVL designated contact will be on site each night permitting entry to the facility.
- All players/coaches/referees need to do their online OCVL **Health Assessment** in advance (on game day) and show it at the door from your user profile or team profile page.
- Showing proof of **full vaccination and ID** will be required to enter this facility (once).
- Teams are now permitted in the gym before their start time: **6pm and 8:30pm**.
- The doors are to be locked at this facility at all times. Entry of the teams will be permitted at 5:45pm and 8:15pm.
- **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 and kept in the designated OCVL locker G25.
- The **OCVL briefcase** will contain the OCVL rules, score sheets, sanitizing spray, sanitizing wipes and hand sanitizer.
- Responsibility:
  - Set-up is done by team 2
  - Take-down is done by team 1
- Washrooms and changerooms are available at this facility.
- Game Times:

5:45pm	Entry to the gym, set-up by Team 2 & warm up
6:15pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
8:30pm	Games end*

\*If games are not finished by 8:25pm, a 3<sup>rd</sup> set will be permitted to 11 past the 8:30pm deadline. Late games will start a bit later.

8:45pm	<b>Game 1 - 1 vs 3</b>
	10 min warm up for team 2 before 2 <sup>nd</sup> game begins
	<b>Game 2 – 1 vs 2</b>
	5 min warm up for team 3
	<b>Game 3 – 2 vs 3</b>
11:00pm	Games end*

\*If games are not finished by 10:55pm, a 3<sup>rd</sup> set will be permitted to 11 past the 11:00pm deadline.