

City of Kelowna – Active Living & Culture
Indoor Volleyball COVID Safety Guidelines
September 13, 2021



Illness Protocols

- Do not come if:
 - You are ill, show any COVID symptoms (fever, chills, shortness of breath, fatigue, etc.) or are awaiting test results
 - If you have a positive test result, contact Public Health immediately so other user groups who were in close contact can be contacted
 - You have been around someone who is ill, presents COVID symptoms or is awaiting test results
 - You have been out of the country within the last 14 days
- If you begin to feel ill during the session:
 - Sick participants should wash/sanitizer their hands and self-isolate from the group. They will go straight home.
 - If the participant is severely ill, call 911. Clean and disinfect any surfaces that the ill person was in contact with

Modifications

- You must show proof of COVID-19 vaccination, by order of the Provincial Health Officer. Please have your official [proof of vaccination](#) and government-issued photo ID ready.
- Only the 10 players identified on your roster are allowed to participate in league play, no outside subs
- Maximum of 50 people will be maintained in the gymnasium for each game time of league play
- Games times are staggered (when required) to reduce overcrowding
 - PRC (6 teams for each division; max 8 if a division is cancelled and another can absorb the time)
 - Monday & Thursday
 - North Court – 6:00pm, 7:15pm, 8:30pm
 - South Court – 6:15pm, 7:30pm, 8:45pm
 - Wednesday
 - North Court – 6:15pm, 7:30pm, 8:45pm
 - Middle Court – 6:30pm, 7:45pm, 9:00pm
 - South Court – 6:15pm, 7:30pm, 8:45pm
 - OKM (Max 8 teams)
 - Wednesday
 - North Court – 6:45pm, 8:00pm
 - South Court – 7:00pm, 8:15pm
 - Watson (Max 8 teams)
 - Wednesday
 - Centre - 6:00pm, 7:00pm, 8:00pm, 9:00pm

Personal Protection/Hygiene

- Masks are recommended off the field of play for those 12 and over
- Avoid touching your eyes, nose or mouth
- Cover your mouth and nose with a tissue or into your elbow when coughing or sneezing
- Use hand sanitizer before, between and upon completion of games (to be brought by participants)
- Wash your hands often
- Maintain a distance of 2 meters from others off the field of play
- Be mindful of common surfaces and limit touch points

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Equipment

- Balls should be wiped with disinfectant before each game and set (to be brought by participants)
- Clean your equipment with an appropriate disinfectant after use
- Please come prepared to play to minimize the use of washrooms/change rooms
- Bring your own water bottle

Spectators

- Indoor sport activities can have 50 spectators or 50% seated capacity, whichever is greater.

Arrival/Departure at the Courts

- Arrive no more than 15 minutes before scheduled game time
- Be prepared to show proof of vaccination along with government-issued ID upon arrival for indoor adult sports and leagues (ages 22+).
- For information about the vaccine card, and to register your vaccine status, visit gov.bc.ca/vaccinecard.
- No congregating at parks, facilities or parking areas before or after your game
- Avoid touching gates, benches, and all other objects when possible
- Avoid entering the court until it is apparent that the previous team occupants have vacated
- Immediately upon the completion of the game, all members will leave the court/facility area
- Collected all garbage/recycling and place it in the appropriate bin after the game

Site Management

- Follow all onsite signage
- Stay within your court area during the game
- Do not hangout around the facility outside of your game time

Before the Game

- Ground rules shall be provided to team representative before the game (found at kelowna.ca/sports)

Social Distancing During the Game

- There will be a no contact, "no handshakes, high fiving, etc."