

Etiquette

- Thank you for joining us!!
- Please mute your microphone
- Please post questions during the presentation in the chat
- Questions will be sorted for addressing at the end in the Q&A
- Any unanswered questions can be followed up after the session
- If video connections become unstable, we may request participants to turn off their video



COVID Safety & Mask Wearing

volleyball alberta

COVID Safety, Mask Wearing & Training

Wednesday, November 18



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Introductions

Laurie Eisler – Head Coach, University of Alberta Pandas Volleyball

Kerry MacDonald – Director, Sport Science, Medicine & Innovation

Brock Davidiuk – Head Coach, University of Alberta Golden Bears Volleyball

Presenting on Wed. Nov. 18 @ 12p
free info session, register today!

Kerry MacDonald

Laurie Eisler

Brock Davidiuk

Topic: COVID Safety Considerations,
Best Practices & Mask Wearing

The graphic features three headshots of the speakers: Kerry MacDonald, Laurie Eisler, and Brock Davidiuk. The background is blue with white text. A stylized volleyball is visible in the bottom right corner of the graphic.

Agenda

1. State of the Union
2. Risk Mitigation
3. COVID Safety & Training
4. Questions & Answers



COVID Safety & Mask Wearing



State of the Union

- Alberta New Cases (September 1: 166, November 17: 773)
- Two-week suspension on indoor team sports November 13-27!
- ASAA cancelled 2020-21 Provincial Championship
- Cohort programs should still maintain best practices & physical distancing
- Include additional safety measures when possible
- Promote a safe environment!



COVID Safety & Mask Wearing



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Volleyball & COVID-19

Risk Mitigation Refresh

Dr. Kerry MacDonald
Director of Sport Science, Medicine and Innovation

Volleyball & COVID



- Volleyball as a sport requires participants to breach physical distancing guidelines (2m) for competition \leftrightarrow
- It requires the sharing of equipment 
- Risk of COVID-19 cannot be completely eliminated 
- We have documented cases of COVID-19 transmission within sport and within volleyball
- Regional allowable gathering sizes and physical distancing requirements will set the parameters for what is possible



Risk Assessment Scale



What is safe?



Lower Risk	Higher Risk
Outdoor Activity	Indoor Activity
Low Number of Participants	High Number of Participants
Shorter Duration in Confined Space	Longer Duration in Confined Space
Less common contact surfaces (including balls)	More common contact surfaces
More frequent sanitation	Less frequent sanitation
Less frequent and shorter breaches of Physical Distancing	More frequent and longer breaches of Physical Distancing
More Mask Use	Less Mask Use

Mask Use in Sport



- There is overwhelming evidence that inhalation of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) represents a major transmission route for coronavirus disease 2019 (COVID-19).¹
- Current evidence for the effectiveness of mask use at reducing transmission of COVID-19 is strong.²



1. Prather, K.A., et al., *Airborne transmission of SARS-CoV-2*. *Science*, 2020. 370(6514): p. 303.
2. Chu, D.K.; Akl, E.A.; Duda, S.; Solo, K.; Yaacoub, S.; Schünemann, H.J.; COVID-19 Systematic Urgent Review Group Effort (SURGE) Study Authors. Physical Distancing, Face Masks, and Eye Protection to Prevent Person-to-Person Transmission of SARS-CoV-2 and COVID-19: A Systematic Review and Meta-Analysis. *Lancet* 2020, 395, 1973–1987.

Mask Use in Sport



- Research suggests that facemasks, including N95 respirators, surgical masks and cloth facemasks may increase dyspnea (shortness of breath), but have small and often difficult to detect effects on working breath, blood gases and other physiological parameters during physical activity, even with heavy/maximal exercise.^{1,2,3}
- Not all masks are the same: CBC Marketplace report

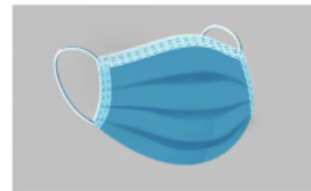
Top performers

3-layer masks

These consumer masks performed as well as the medical N95 masks at filtering particles.



White cotton with inner layer melt-blown non-woven polypropylene



Blue surgical-type

1. Hopkins, S.R., et al., Facemasks and the Cardiorespiratory Response to Physical Activity in Health and Disease. *Annals of the American Thoracic Society*. 0(ja): p. null
2. Shaw, K.; Butcher, S.; Ko, J.; Zello, G.A.; Chilibeck, P.D. Wearing of Cloth or Disposable Surgical Face Masks has no Effect on Vigorous Exercise Performance in Healthy Individuals. *Int. J. Environ. Res. Public Health* 2020, 17, 8110.
3. Epstein, D, Korytny, A, Isenberg, Y, et al. Return to training in the COVID-19 era: The physiological effects of face masks during exercise. *Scand. J. Med. Sci. Sports*. 2020; 00: 1– 6.

Keeping COVID off the Court



- Perhaps the single most important step we can take is to ensure that participant behaviors are mitigating their chances of being exposed
 - Small and limited number of bubbles/cohorts. Sub-cohorts
- Continue to enforce the importance of symptom screening
 - Pauci-symptomatic individuals present a great risk of spread
- If in doubt, sit one out
 - While awaiting test results of close contacts

Returning from COVID



- Increased of cardiac arrhythmias from myocarditis
 - One study found as high as 79% of COVID patients with myocarditis.¹
 - A smaller study found 15% of college athletes had myocarditis.²
- Increased risk of blood clots.
 - 1 confirmed death in 20-year old university student.

1. Puntmann, V.O., et al., Outcomes of Cardiovascular Magnetic Resonance Imaging in Patients Recently Recovered From Coronavirus Disease 2019 (COVID-19). *JAMA Cardiology*, 2020. 5(11): p. 1265-1273.

2. Rajpal, S., et al., Cardiovascular Magnetic Resonance Findings in Competitive Athletes Recovering From COVID-19 Infection. *JAMA Cardiology*, 2020.

Returning from COVID



GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 3 DAYS MINIMUM	STAGE 5 EARLIEST DAY 7	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	

Before considering GRTP:

- the athlete must be able to complete activities of daily living and walk 500 m without excessive fatigue or breathlessness.
- They should have at least 10 days' rest and be 7 days symptom-free
- Experience suggests that some athletes take over 3 weeks to recover

UofA Experience with Mask Wearing

1. Mask Choice

- a) Updated guidelines – 3 layers
- b) Types of masks

2. Mask Hygiene

- a) Casual mask / training mask
- b) Wash training mask daily
 - “Do you have a clean mask” – part of our screen
- a) “Wash” – “Mask” – “Wash”

3. Mask activities

- a) Start with familiar drills
- b) Monitor exertion levels
- c) Gradually build while monitoring
- d) Replace drills of concern
- e) Coach mask use

4. Regular Reminders



COVID Safety and Training

1. Culture of COVID

- a) Foster honest & proactive communication
- b) Absenteeism

2. Protocols

3. Physical Principles

- a) Mask, Distancing, PPE, Cohort

4. Team Orientation

5. Monitoring for symptoms

- a) Pre – Activity screen – the final check
- b) Symptomatic Athlete
 - Defer to AHS Screen
- c) Keep a Log

6. Blind Spots/Monitoring Protocol



Question & Answers

- **Type questions in the chat**
- **Address question to a specific person(s) if possible**



Thank You!