



South West Volleyball Association 'Return to Indoor Volleyball' COACHES guidance during the COVID 19 pandemic (issue No1 - October 2020)

This guidance is specifically for coaches and coaching assistants and should be read in conjunction with the 'Squad Members Return to Indoor Volleyball Guidance' (issue No1 - October 2020)

The safety and wellbeing of our coaches and volunteers is a top priority and the Association is here to support you in any way we can. It is important that you feel safe and are comfortable running sessions – if at any time you are not happy in the coaching environment you should inform a member of the executive committee to discuss if any changes can be made to procedures to overcome your concerns or if you wish to withdraw from coaching until a time you feel happy returning.

Please take time to read the following guidance, which is based on the [Volleyball England 'Return to Indoor Volleyball'](#) Action Plan (which should also be read), which complies with the Department for Digital, Culture, Media and Sport [Return to recreational team sport framework](#) .

You are encouraged to watch the Volleyball England Webinar on Coaching during COVID-19

<https://www.youtube.com/user/Englandvolleyball> it contains advice and a clarification of the rules which we need to operate under.

All Coaches, coaching assistants and volunteers will be required to confirm they understand and agree to following guidance as part of this seasons (2020-21) membership process and that they are aware of the increased transmission risk associated with partaking even with the mitigating measures taken and that you are opting to participate in volleyball activity. This will be done by replying in the affirmative to an e-mail sent from the SWVA Exe Committee.

Am I allowed to coach or volunteer?

See Squad Members Guidance

Prior to training

See Squad Members Guidance and in addition;

- Have completed a session plan which takes into account social distancing in the coaching environment (see separate notes)
- Any other personal equipment, such as, teaching aids, clipboards etc are also clearly marked
- If using a whistle, it is an electronic or squeeze type – no blown whistle are to be used

Travel to training

See Squad Members Guidance

On Arrival

See Squad Members Guidance and in addition;

- Ideally you should arrive at the venue at least 10 minutes before the start of your session.

- You should meet with your COVID 19 officers and confirm plans and procedures for the session, on which court you will be training and at what point players for your session can enter the sports hall.
- Booking -in will take place outside the venue and will need to be organised so there is no crowding in the entrance way or corridors. Prior to anyone entering the hall 2 metre 'social distance' markers should be placed around the training area
- Player should proceed straight to their training court and meet by a member of the coaching team, who will direct them to a 'social distance marker'.
- If you need to meet with other coaches you should do that in the sports hall, be socially distanced and wearing a face covering.
- At your training court you will need to place all your kit together and at least 2 metres from others belongings and as players arrive ensure they are doing the same.
- Prior to training all balls and carts should be sanitised.
- If equipment needs to be moved for safety reasons or adjusted, you should sanitise your hands immediately afterwards and avoid touching your face throughout.
- If you need to discuss any issue with parents, try to contact them by e-mail or ask to meet outside the venue

During Training

See Squad Members Guidance and in addition;

- You will need to remind and reinforce, throughout the session, players of their responsibilities around social distancing and other mitigating measures which have been put in place
- Work as a 'team' with other coaches and your COVID Officer to ensure you and the players are operating within the guidelines
- No exercises or drills can be completed which involve physical contact between one or more participants (including coaches).
- Training and warm up activities should be designed as far as possible to limit face to face proximity of less than one metre for more than three seconds at any time. This should be considered in each individual action and the number of repetitions of the action completed in the warm-up/training activity.
- Balls are sanitised every 30 minutes during training (or other period considered reasonably based on the number of balls used during the relevant session).
- Briefings should be short and socially distanced
- You should avoid shouting during sessions.
- Team briefings and meeting should not take place during training – these can be done online at a later date (note the SW Association have a GoToMeeting account which can be used for this)
- Injuries during play should still be treated. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. Avoid touching your mouth, eyes and nose. Physios and first aiders, or their equivalents, should keep a record of each participant they have come into contact with for the NHS test and trace purposes. For more information, please refer to the Government's guidance for first responders.

After Training

See Squad Members Guidance and in addition;

- Exiting the venue will need to be controlled to ensure no crowding in the corridors or entrance way. Players should be taken in small group to meet/be handed over to parents outside the venue. No parents should enter the venue. This will take time so you may need to finish your session a few minutes early.
- Ensure all balls and other equipment used is sanitised and returned to storage or taken home

- You keep a record of your session plan and note any changes made to the planned session
- Meet with your assistant coaches and COVID Officer and see if any lessons learned should be noted.