



South West Volleyball Association 'Return to Indoor Volleyball' Squad Members/Parents guidance during the COVID-19 pandemic (issue #1 October 2020)

In order for us to restart our indoor volleyball activity the Association has been required to carry out a risk assessment in relation to the COVID 19 pandemic, issue guidance to players, parents, coaches and officials on the mitigating measure which are to be taken and to ensure everyone understands the guidelines and what is expected of them. This guidance is based on the [Volleyball England 'Return to Indoor Volleyball'](#) action plan, which complies with the Department for Digital, Culture, Media and Sport [Return to recreational team sport framework](#)

Please take time to read the following and parents please ensure your child/children have also read and understand this guidance. All players, parents, coaches and volunteers will be required to confirm (via the parental consent form - [here](#)) they understand and agree to follow this guidance as part of this seasons (2020-21) membership process and that you are aware of the increased transmission risk associated with partaking even with the mitigating measures taken and that you, your son/daughter are opting to participate in volleyball activity.

To assist with the implementation of these guidelines the Association will be appointing a number of COVID-19 Officers, to ensure the implementation of these guidelines, these may also be coaches or assistant coaches – directions and advice of COVID-19 Officers should be followed by all players and parents.

Should any player, parent or official wilfully and repeatedly disregard these rules then they or their child will be asked not to attend training and the matter will be dealt with by the Associations disciplinary procedures.

The following explains what is required of squad members/parents.

Am I allowed to train?

Yes, provided none of the following apply to you;

- I have symptoms of COVID 19 or am living in a household with a possible COVID 19 infection
- Have been asked to self-isolate by NHS trace and trace or other Government agency
- I am travelling from an area in England, Wales or other devolved region which has travel restrictions in place
- Have not returned from a quarantine listed country within the last 14 days (or whatever period is in force at the time of the session)

In addition individuals should consider whether Government guidance on Shielding [here](#) applies to them and based on that information decide whether or not they should attend training.

Prior to training

- Personal Hygiene measures should be carried out at home before travelling to the training venue
- You have a filled water bottles, which are distinctively marked – no sharing of water bottles is allowed and the venue water fountains are not in use – You will need to bring sufficient water for 4hrs of training – we would suggest **at least 2 litres**.
- Any other personal equipment, such as, resistance bands, foam rollers etc. should also be marked

- You should arrive at the venue changed ready to train – no changing rooms will be open
- You should bring a bag in which to keep all your personal belonging
- You should provide your own hand sanitiser, which should be marked with your name
- You should ensure you have a suitable face covering and make yourself familiar with the Government guidance on when to wear a face covering [here](#) . As we will be in an indoor space where maintaining social distancing may be difficult, we will require face covering to be worn until a training session starts and straight after it finishes. There will be no requirement to wear a face covering during a training session.

Travel to training

Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing [here](#)

On Arrival

- On arrival you should ensure you have all your personal training kit in a bag and that you are wearing a face covering
- You should report to the COVID 19 officers (who will be based outside the main entrance of the venue) and confirm you are 'able to train' (see above guidelines). Your attendance will be registered and if required provided to Government Agencies for Track and Trace purposes at a later date
- Queuing will be outside the venue so please ensure you have appropriate clothing and follow the venues social distancing signage.
- Following registration and before entering the building you should sanitise your hands
- You should then go straight to your training court, maintaining social distancing at all time and not congregate in the entrance way or narrow corridors. You should at all times follow the one-way systems set out by the venue.
- At your training court you will need to place all your kit together and at least 2 metres from others' belongings. Cones will be placed at 2 metre intervals around the court to assist with this. Please do not move the cones.
- Please do not start any form of training or warm-up until given the go ahead by your coach
- Whilst these guidelines are in force unfortunately no parents or spectators will be permitted within the venue. If parents need to discuss any issues with members of the coaching team or Association officials could you please contact them by e-mail or ask to meet outside the venue.

During Training

Coaches will be required to modify training sessions (and will have separate guidance notes) to comply with guidance to minimise close contact, avoid physical contact and to minimise face to face contact. Activities may therefore be different to 'normal', with some 'regular' activities not taking place at all. Please assist the coaches and understand they are having to adapt sessions and activities.

- You should avoid touching your mouth, eyes and nose.
- You are asked not to shout
- Congratulatory touches or person to person contact are not permitted
- You will be asked to sanitise your hands during breaks and reminded not to share water bottles
- During breaks social distancing must be maintained
- Prior to, during and at the end of the session all balls (and carts/other equipment) will be sanitised – you may be asked to help with this process
- Whenever possible you should maintain social distancing, however, understand that this may not be possible within a 'game' play scenario

- Players returning to the sports hall from a toilet break, must sanitise their hands prior to re-joining the group play (even though they have washed their hands with soap and water); this is due to the possibility of touching door handles etc. on their return to the sports hall. The same rule applies at the lunch break.

Lunch Break

- Prior to eating you should sanitise your hands – including if returning from the toilet.
- During the lunch break you will be able to sit in small groups. You must however always remain socially distanced.
- If you need to go to the toilet or leave the training area for any reason you should check with your coach first – you will be required to wear a face covering at all time, when not at your training court, remain socially distanced at all times and follow all the venues regulations
- You must not share food, drinks or other items, such as phones, with others

After Training

- You will be asked to sanitise your hands at the end of the activity
- Before leaving the training area you will be asked to put on your face covering
- You will exit the training area/building in small groups and only when directed by a member of the coaching team/COVID Officer, this is to avoid crowding in the corridors and entrance way.
- You should leave the venue, maintaining social distancing and not congregate, meet in groups etc.
- Parents should meet their children in the area outside of the entrance – please remain socially distanced
- Once home you should carry out personal hygiene and wash all personal items such as clothing, water bottles etc.
- Should you display symptoms of or receive a positive test for COVID 19 within 48hrs of the finishing time of a session you should follow [Government guidance](#) and in addition inform your Head Coach/COVID Officer as soon as possible.

Should you have any questions or queries about this guidance please contact your Head Coach or a COVID Officer.

South West Volleyball Association Executive Committee