



South West Volleyball Association (SWVA) - Procedures and Risk Assessments for Indoor Volleyball Training at Wellsway Sports Centre During COVID- 19 Controls





Contents

1. Introduction
2. General Activities
3. Participation – deleted as not relevant
4. Self-isolation
5. Travel to training and matches
6. Hand washing
7. Changing rooms and showers
8. NHS Test and Trace
9. Avoiding close contact
10. Public relations
11. Risk assessment including training and match day controls



1. Introduction

SWVA squad members, officials and volunteers will return to play 6v6 Indoor volleyball by following measures stipulated by Volleyball England and [Government guidance](#).

In order for 6v6 Indoor volleyball to resume during the current COVID conditions, the SWVA have considered the risks and controls required to be able to resume in a manner that mitigates the risks associated with the virus.

The SWVA have written COVID-19 guidelines and risk assessments in place. Coaches, officials, COVID Officers and other volunteers will take part in specific training, as necessary, and participants being asked to consider if their underlying health, may caution against participation.

All SWVA squad members/parents and coaches, will confirm they have read and understand the clubs COVID guidelines/Risk Assessments as part of the 2020/21 registration process and that that they agree to follow the guidance and that they are taking place in volleyball activity in the knowledge that despite the mitigating measures, they are aware and accept the increased transmission risk associated with the activity. Parents of junior players (U18) are required to ensure their son/daughter understands the guidelines and that they are happy for their son/daughter to participate in volleyball activity under those guidelines, this will be done via the parental consent form. Coaches, officials, and other volunteers will be contacted by e-mail to confirm the above details.

2. General Activities

Under UK Government Guidance, the following risks have been considered in the when planning of the club's resumption of volleyball activities.

- **Droplet transmission:** The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, volleyball clubs or event organisers can determine the risk of actions in their matchplay environment – anything, for example, player contact, close proximity to each other and ball contact – which will then determine the overall level of risk of taking part in volleyball.
- **Fomite transmission:** The risk associated with the handling and transfer of equipment in volleyball including net posts, balls, scoresheets, pens etc.
- **Population:** The number of participants likely to take part in the proposed activity, be it training or matches, plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate.



SWVA sessions will comply with Volleyball England's safeguarding policies and procedures and a risk assessment is included as part of the action plan. Particular consideration has been given to children and young people under the age of 18 and vulnerable adults who may be less able to understand or maintain social distancing discipline.

Risk assessments have been completed in line with [guidance from the Health and Safety Executive \(HSE\)](#).



3. Participation

Section removed – not relevant

4. Self-Isolation

Anyone who meets one of the following criteria must not attend training sessions or matches either as an athlete, coach or support teams including family members

- Has a high temperature, a new persistent cough and a loss of smell or taste [Follow the guidance on self-isolation](#).
- Is living with someone in self-isolation or a vulnerable person.
- Been told to self-isolate by the NHS Track and Trace teams.
- Is a vulnerable person
 - By virtue of their age
 - Underlying health conditions
 - Clinical condition or are pregnant.

- Has returned from a high risk country and is required by Government to isolate
- Is travelling from a Very High Risk UK area (Level 3)

4.1 Procedure should a member of the club become ill while attending training sessions or matches:

If a member of the training or match day group develops a high temperature, a persistent cough or loses the sense of taste or smell while participating, they must also:

- Ensure head coach and/or a COVID Officer is informed immediately
- Avoid touching anything
- Cough or sneeze into a tissue and put in a bin, or if they do not have tissues, cough and sneeze into crook of their elbow.
- They must then follow the [guidance on self-isolation](#) and not return to training until their period of self-isolation has been completed.

5. Travel to Training, tournaments and matches:

- Players and team personnel should follow government guidelines for travel to and from venues



<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#travel-safely-during-the-coronavirus-outbreak>

6. Hand Washing

- Regular hand washing or sanitising should be carried out immediately before and after all training sessions

7. Changing Rooms and Showers

- Players should arrive changed ready to train/play and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities where available.
- If these facilities remain closed, exceptions may be made where safety and safeguarding measures require their use, e.g. supporting disability athletes, a child needs a change of clothing etc.
- Social distancing protocols should be maintained when possible. Players and coaches should keep 2m metres apart where practicable to do so.

8. NHS Track and Trace

- The SWVA will assist this service by keeping a temporary record of participants at each training session for 21 days and assist NHS Test and Trace with requests for that data if needed.

9. Avoiding Close Contact

There will be situations where it is clearly not possible or safe for people to distance themselves from each other by two metres. Training drills and activities will be adapted by coaches to reduce close contact where possible and in particular activities which require close face to face contact for over 3 secs. We must adopt a practical approach but ensure everyone's health is the primary consideration.

At courtside, all players, coaches and assistants must maintain a 2 metre distance; kit and belongings must be spaced at 2 metre 'marked' intervals. This is particularly important during natural breaks such as water and refreshment breaks

10. Public Relations

- A copy of all associated Risk Assessments and guidelines will be displayed during all training sessions and matches.



- All the SWVA procedures will be agreed with the venue provider beforehand.

11.6v6 training and matches risk assessment

LOW RISK (Score 1-6)		Acceptable				
MEDIUM RISK (Score 8-10)		Task should only proceed with control measures				
HIGH RISK (Score 12-25)		Task must not proceed . Evaluate and reduce risk.				
HAZARD SEVERITY (S)						
Risk Rating = Likelihood (L) x Severity (S)		1	2	3	4	5
		Negligible No absence from work	Slight Minor injury/illness	Moderate Injury or illness absence from work	High Single person suffering serious injury or illness & long-term absence from work	Very High Multiple persons suffering serious injury or illness & long-term absence from work
LIKLIHO OD (L)	1	Very Unlikely	LOW	LOW	LOW	LOW
	2	Unlikely	LOW	LOW	MEDIUM	MEDIUM
	3	Possible	LOW	LOW	MEDIUM	HIGH
	4	Likely	LOW	MEDIUM	HIGH	HIGH
	5	Very likely	LOW	MEDIUM	HIGH	HIGH

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
Training Facilities and Equipment Transfer of virus via equipment used in session. Transfer of virus within the location	Employees at venue Coaches Athletes Public	3	4	12	<ul style="list-style-type: none"> Cleaning and wiping down all equipment with sanitiser before and after sessions. Coaches will limit the number of balls used in training to reduce overall risk of transfer. Only essential equipment will be used Venue staff will clean areas and site equipment after each session. Controlled access and sign in procedure followed at all times . Limited numbers per session Where possible doors will be propped open 	2	3	6



HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
Transfer of virus as a result of increased interaction between athletes, coaches and staff, and even public	Athletes, Coaches and Wider Staff	3	4	12	<ul style="list-style-type: none"> Numbers per training court (field of play) will be limited to 30 including coaches and COVID officer. A pre booking system will be used to control numbers at each session. Any players who arrive but haven't booked in advance will be denied entry and not allowed to train. Players and coaches to maintain two metre social distancing at all times during sessions other than specified technical training phases Athletes and coaches to avoid all unnecessary contact such as handshakes or hand slaps. Players and coaches to hand sanitise during breaks. Players and coaches to use their own personal sanitiser (in exceptional cases where someone does not have a personal sanitiser, this should be dispensed by the 'owner' of the sanitiser) Players and coaches to avoid sharing all personal equipment (drinking bottles, therabands, towels etc.) Players and coaches should keep their belongings in their allocated area. Cones will be used to mark these areas. At each training session intermixing between bubbles will not be allowed Players and parents will be advised to travel to sessions under government guidelines with social distancing. Coaches and SWVA officials will avoid unnecessary activities associated with sporting development during training session (e.g. no group briefings, meetings, season planning, which could be conducted online at a later date – coaches advised of the GoToMeeting facility available through the SWVA) Coaches will plan drills that can be performed at an appropriate social distance. During the lunch break, no athlete mixing between the two training bubbles is to be allowed Player will eat lunch in the sports hall. Prior to eating they will be told to sanitise their hands 	2	3	6



					<ul style="list-style-type: none"> • Players returning to the sports hall from a toilet break, must sanitise their hands prior to re-joining the group play; 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. • During lunch break players will be allowed to sit in small groups but must always remain socially distanced. • No sharing of food or drinks will be allowed 			
<p><u>Sport Specific Activity</u> <u>Defining Specific Incidents in Indoor Volleyball</u></p> <p>It is a fair statement to say that Indoor Volleyball is NOT a contact sport, and that the close-contact exposure risk is low. The main incidences where contact may occur and result in intrusion into the two metre social distance radius:</p> <ol style="list-style-type: none"> 1. Blockers and hitter being in close vicinity to of one another alas on opposite sides of a net, occasionally brushing hands (e.g. jousting) 2. Colliding or making contact with one's partner on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive. 3. During some drills, players may find themselves within two metres of another athlete's e.g. passing and setting drills, where one person acts as a target and can find another athlete close to them due to an errant pass. 4. Players making contact in breaks of play to slap hands with partner or opponents. <p>The risks associated with points 3 and 4 can be easily controlled by avoiding these drills (on point 3, targets can simply adjust to make sure they don't come into contact should this occur). The likelihood of incident occurring is very low even at the elite level, sometimes not occurring at all across the course of a training session,</p>	Athletes Coaches	3	4	12	<ul style="list-style-type: none"> • ALL OF THE ABOVE CONTROLS • Coaches will avoid all drills where physical, hand to hand contact may occur • Structure drills that remove risk of unpredictability in some cases that may result in contact e.g. randomised defence • Maintain two metre social distancing at all times and in all other drills when not involved in the incidences outlined above. 	2	3	6



<p>and would fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>However, incident one is likely to occur frequently in a game situation with a blocker and a hitter. Whilst this may be frequent, this does not involve any direct contact and does not occur for extended durations of anymore than one to two seconds. If athletes follow the above personal hygiene guidelines during water breaks and before and after sessions, then this should be able to be performed safely and fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>This makes Volleyball a low risk sport in general in terms of resuming group training. Taking into account the above.</p>								
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ALL COACHES AND ATHLETES/SQUAD MEMBERS MUST READ AND COMPLY WITH THIS RISK ASSESSMENT