

All Volleyball Activities

Situation	Guidance
Prior to volleyball activity	<ul style="list-style-type: none"> Follow government and venue guidance
Organisers and venue	<ul style="list-style-type: none"> Volleyballs cleaned Opt in
Event or activity requirements	<ul style="list-style-type: none"> <u>Covid Officer</u> 30 people max 21 day – track and trace
During training activity	<ul style="list-style-type: none"> Design to avoid face to face >3sec Shouting Sanitise (every break and 20 mins)
During competitive match or training match play	<ul style="list-style-type: none"> No congrats 15 point sanitise 60 sec timeout Balls cleaned between sets Officials kept to minimum Electronic whistle Own pen Ref has power to expel for covid risk
After volleyball activity	<ul style="list-style-type: none"> Follow government and venue guidance
Additional advice for Children's activity	<ul style="list-style-type: none"> 30 – inc. safeguarding Parents safe drop off and don't spectate
Additional advice for organisers	<ul style="list-style-type: none"> Need own risk assessment and risk mitigation

Volleyball

- Follow the general principles and guidance as above
- Get hold of venue guidance and/or risk assessment
- Carry out your own risk assessment (see later) some areas to consider
 - Team benches/End switches
 - Substitutions
 - Scoresheets
 - Who wears face coverings
 - Socially distanced warm-up areas
 - Time outs
 - Line-up sheets
 - ...

Risk Assessments

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1. Introduction

- Clubs and event organisers must only return to play 6v6 Indoor volleyball, 2x2 beach volleyball and sitting volleyball when they have the appropriate measures in place as stipulated by Volleyball England and Government guidance.
- In order for 6v6 Indoor volleyball to resume during the current COVID conditions, we have considered the risks and controls required to be able to resume in a manner that mitigates the risks associated with the virus.
- All volleyball clubs must develop a written COVID-19 plan and risk assessment prior to activity. Preparation must include those in charge of the session taking part in specific training, as necessary, and participants being asked to consider if their underlying health, may caution against participation.

2. General Activities

Under UK Government Guidance, the following risk need to be considered when planning for a 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 match play 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.

What we know

Discipline	Droplet Transmission	Fomite Transmission	Population
<p>Indoor volleyball (up to 6v6 play indoors for single matches and miniature tournaments)</p> <p>MEDIUM RISK</p>	<p>A study conducted by Volleyball England found that a volleyball player is typically both face-to-face and within one metre of another player for less than one minute per set, which typically last between 20 and 25 minutes. As a maximum of five sets are played during a match, our research revealed that in most cases players could spend around five minutes face to-face within one metre of other players during a match.</p>	<p>There is limited equipment involved and after setting up the net the only equipment handled by participants is the ball. This risk is mitigated in the sport specific action plan with regular ball cleaning in line with manufacturers' recommendations.</p> <p>For sitting volleyball the floor can be added to this list</p>	<p>Team sizes are small for team sports enabling numbers to be managed. Players are not typically in high risk groups. Any players with underlying health conditions can be advised accordingly and this is mitigated in the sport specific action plan</p>

Conclusion: The results suggest that a volleyball player would be face-to-face and within one metre of another player less than 25 times per set, which roughly equates to less than one minute per set. For context, 6v6 volleyball can have a maximum of five sets, each lasting 20-25 minutes, which means that, in most cases, players are likely to spend around five minutes face-to-face and within one metre of other players during a match.

3. Participation

- Numbers for training sessions and match days should be kept to a maximum of 30 people. This includes players, bench personnel, a scorer and match officials
- Spectators should remain socially distanced at all times and refrain from all contact with the ball e.g. returning it to the field of play. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider UK Government guidance.
- No line judges will be required until further notice.
- Referees will use electronic or hand pressured handheld whistles until further notice and not whistle with their fingers or use a mouth whistle.
- Balls to be cleaned with sanitiser after every set or every 30 minutes during training sessions or match day warm up (or other period considered reasonable based on the number of balls used during training/warmups).

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 a vulnerable person
 - By virtue of their age
 - Underlying health conditions
 - Clinical condition or are pregnant.
 - Is living with someone in self-isolation or a vulnerable person.
 - Been told to self-isolate by the NHS Track and Trace teams.

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

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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 before and after all training sessions

7. Changing Rooms and Showers

- Players should arrive changed 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

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8. NHS Track and Trace

- Clubs should assist this service by keeping a temporary record of your participants for 21 days, in a way that is manageable for your club, 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. We must adopt a practical approach but ensure everyone's health is the primary consideration.

10. Public Relations

- Players and coaches to have copy of Risk Assessment and council agreement with them during sessions.
- Agree these procedures with the Sports Centre Management/local authorities

Risk Assessments Example

LOW RISK (Score 1-6)	Acceptable
MEDIUM RISK (Score 8-10)	Task should only proceed with control measures
HIGH RISK (Score 12-25)	Task <u>must not proceed</u> . Evaluate and reduce risk.

Likelihood x Severity = Risk

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES – Applies to all disciplines	RESIDUAL RISK		
		L	S	R		L	S	R
Fomite transmission Training Facilities and Equipment Transfer of virus via equipment used in session (balls, baskets, aerials, nets, box). Transfer of virus within the location e.g. a public beach.	Employees at venue Coaches Players Public	3	4	12	<ul style="list-style-type: none"> Cleaning and wiping down all equipment with sanitiser before and after sessions. Having a limited number of balls to reduce overall risk of transfer. Only use essential equipment Training outdoors in an open space reduces risk of transfer of indoors. Training on a defined area to be roped with netting, to discourage the public from entering during sessions, and to catch balls that will limit the needs of players and staff to leave that defined area. For beach/outdoor volleyball, setting up courts in secluded area, backed by a sand dune and a minimum 5m away from promenade and public facilities. Using only permanent courts, which don't need to be set up every session and reduces equipment and athlete/coach contact with that equipment 	I 2	3	6

Risk Assessments continued

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce	RISK			CONTROL MEASURES – applies to all disciplines	RESIDUAL RISK		
		L	S	R		L	S	R
Droplet Transmission								
Transfer of virus as a result of increased interaction between players, coaches and staff, and even public	Players, Coaches and Wider Staff	3	4	12	<ul style="list-style-type: none"> Limit number of people in training sessions. No other staff members to be present. Players and coaches to maintain 2m social distancing at all times during sessions Players and coaches to avoid all contact such as handshakes or hand slaps. Players and coaches to hand sanitize during water breaks. Players to avoid sharing all personal equipment (sunglasses, therabands, towels) Players and coaches separate belongings at least 2ms apart. Maintain the same 'social bubble' of athletes and coaches involved in training sessions to minimise risk of transfer from outside parties. Travel to sessions under government guidelines with social distance. 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) Conduct drills that will remain purposeful but can be performed at an appropriate social distance. 	2	3	6
Sport Specific Activity The main incidences where contact may occur and result in intrusion into the 2m social distance radius: <ol style="list-style-type: none"> Blockers and hitter being in close vicinity to of one another alas on opposite sides of a net, occasionally brushing hands (e.g. jousting) Colliding or making contact with one's team mate on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive. During some drills, players may find themselves within 2m 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. Players making contact in breaks of play to slap hands with partner or opponents. Using a volleyball for training between people from different households 	Players Coaches	4	4	16	<ul style="list-style-type: none"> No drills in sessions 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 2m social distance at all times and in all other drills when not involved in the incidences outlined above. No unnecessary hand contact between points Wash the ball before and after each set/game Everyone follows strict hand hygiene by washing their hands and their volleyball equipment before and after the session. Do not share towels or water bottles. Avoid touching your face if you are sharing a volleyball with people outside of your household. 	2	3	6

Risk Assessments Example For Club matches sanctioned by Volleyball England

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	Risk			CONTROL MEASURES – Applies to all disciplines	L	S	R
		L	S	R				
NVL and other club matches sanctioned by Volleyball England	Athletes Coaches Officials Spectators Other sports centre users	2	4	12	<ul style="list-style-type: none"> • Travel under government guidelines with social distance. • Restrict group of players to the minimum number to safely and competitively play the matches. • Players to travel in match kit to avoid using changing rooms on arrival. • One member of coaching staff plus one medical member as bench personnel. • No line judges to be used. • Referees to use electronic hand held whistles. • Scorer to be located at least 2m metres from playing zone • One ball system to be adopted with the ball cleaned with sanitizer at 15 point time-out. • No team time-outs • No sharing of equipment for players including drink bottles, any items of kit or warm up equipment. • No hand slapping between points. • Players should refrain from spitting or rinsing out their mouths and should maintain respiratory etiquette if they cough or sneeze. • Players, coaches, officials and spectators should refrain from shouting. • Hand sanitiser should be used during all breaks in activity and prior to consuming any food or drink • No pre match or post match handshakes between teams and officials. 	2	3	6

General Principles

- Avoid risk wherever possible
- Carry out risk assessment to evaluate risks that cannot be avoided
- Take action to reduce risks to ALARP (as low as reasonably practicable) levels; reduce risks at source wherever possible.
- Ensure everyone involved in the activities reads and understand the Risk Assessment.

20-21 membership

	Club Affiliation	Coach Registration	Referee Registration
Insurance	Committee - £5M Directors & Officers Liability Insurance Players and volunteers - £5M PL insurance	Coaches - £5M Public Liability insurance	Referees - £5M Public Liability insurance
VE Support	<ul style="list-style-type: none"> • Governance • Club finances • Safeguarding • Development planning • Growing your club • Becoming junior ready 	Coaching Conference	Referee Conference
Access to	Compete in VE National / some regional Competitions	Coach in VE National / some regional Competitions	Officiate in VE National / some regional Competitions
Discounts	Fully funded DBS checks for eligible volunteers	Fully funded DBS checks for eligible coaches	Fully funded DBS checks for eligible officials

Questions & Answers