

Procedure and Risk Assessments for Operating Indoor 6v6 Volleyball Training and Matches During COVID- 19 Controls



Contents

1. Introduction
2. General Activities
3. Participation
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

Clubs and event organisers must only return to play 6v6 Indoor volleyball when they have the appropriate measures in place as stipulated by Volleyball Wales 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 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.

Organisers should ensure that sessions comply with safeguarding policies and procedures and conduct a thorough risk assessment which should be included as part of the action plan. Particular consideration needs to be 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. A generic example of a risk assessment is included with this document, but it should be made specific to your club and carried out in consultation with the sports centre(s) clubs will be using for training and matches. Risk assessments should be completed in line with guidance from the Health and Safety Executive (HSE).



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

No spectators are permitted until further notice.

No line judges will be required until further notice.

Beach tournaments will only be held within controlled environments and not on public beaches.

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:

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:

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 at training camp, they must also:

Ensure head coach is informed

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 as per the following chart:

DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Person in household																						
Example household 1	A	X							✓													
	B				X							✓										
	C																✓					
	D																✓					
Example household 2	A	X							✓													
	B				X							✓										
	C													X								✓
	D																✓					

Key: X = when illness started - first day of symptoms
✓ = allowed to go out again

Travel to training, tournaments and matches:

Players and team personnel should follow Government guidelines for travel to and from venues.

Hand washing

Regular hand washing or sanitising should be carried out before and after all training sessions. It must also be carried out before each beach volleyball match, after each set in a match and after the match.

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 two metres apart where practical to do so.

8. NHS Test 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 their risk assessment and council agreement with them during sessions.

Agree these procedures with the Sports Centre Management/local authorities.

11. Indoor volleyball 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 <u>must not proceed</u> . Evaluate and reduce risk.						
Risk Rating = Likelihood (L) x Severity (S)	Hazard 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
Likelihood (L)		Very					
	1	Unlikely	LOW	LOW	LOW	LOW	LOW
	2	Unlikely	LOW	LOW	LOW	MEDIUM	MEDIUM
	3	Possible	LOW	LOW	MEDIUM	HIGH	HIGH
	4	Likely	LOW	MEDIUM	HIGH	HIGH	HIGH
	5	Very Likely	LOW	MEDIUM	HIGH	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. • Having a limited number of balls to reduce overall risk of transfer. • Only use essential equipment • Team benches to be sanitised between sets or not shared 	2	3	6
Transfer of virus as a result of increased interaction between athletes, coaches and staff, and even public	Athletes, coaches and other staff	3	4	12	<ul style="list-style-type: none"> • Limit number of people in training sessions. Maximum 12 athletes in a senior training session and, ideally, two coaches. No other staff members to be present. It is recommended that for junior training sessions, Volleyball Wales safeguarding policy is adhered to, meaning there are a minimum of two adults for 12 juniors taking part in training. For tournaments a maximum number of people to be restricted to 30. • Athletes and coaches to maintain two metre social distancing at all times during sessions other than specified technical training phases (see below) • Athletes and coaches to avoid all unnecessary contact such as handshakes or hand slaps. • Athletes and coaches to hand sanitize between breaks. • Athletes to avoid sharing all personal equipment (drinking bottles, therabands, towels etc.) • Athletes and coaches should keep their belongings at least two metres 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

<p>Sport Specific Activity</p> <p>Defining Specific Incidents in Outdoor Volleyball</p> <p>It is a fair statement to say that Outdoor 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> <p>Blockers and hitter being in close vicinity to of one another alas on opposite sides of a net, occasionally brushing hands (e.g. jousting)</p> <p>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.</p> <p>During some drills, players may find themselves within two metre of another athlete 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.</p> <p>Players making contact in breaks of play to slap hands with partner or opponents.</p> <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, 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 or two seconds. If athletes follow the above personal hygiene guidelines during water breaks and before and after sessions, the 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>	Athletes Coaches	3	4	12	<ul style="list-style-type: none"> • ALL OF THE ABOVE CONTROLS • Avoid all 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 two metre social distance at all times and in all other drills when not involved in the incidences outlined above. 	2	3	6
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All Indoor Volleyball matches	Athletes Coaches Officials Other sports centre users	2	4	12	<ul style="list-style-type: none"> • Officials to brief team captains before the start of matches regarding the controls in place. • 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 two metre metres from playing zone • One ball system to be adopted with the ball cleaned with sanitizer during official timeouts which will take place for a period of 60 seconds when the first team reaches 15 points in 6v6 outdoor games with sets up to 25. Players will also sanitise or wash their hands at this point in games. • No sharing of equipment for players including drink bottles, any items of kit or warm up equipment. • No hand slapping between points. • No pre match or post match handshakes between teams and officials. • Officials will have powers to sanction/expel players or bench personnel for serious breaches of COVID-19 controls 	2	3	6
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ALL COACHES AND ATHLETES MUST READ AND COMPLY WITH THIS RISK ASSESSMENT.