

Volleyball Wales – Return to recreational team sport – sport specific action plan

1. INTRODUCTION

1.1 Volleyball Wales is the national governing body for volleyball in all its disciplines in Wales.

1.2 This document includes our sport specific action plan. This would be the information shared with the sport. The remainder of this document provides our background context and evidence.

1.3 The sport of volleyball has a number of different disciplines which take part in a variety of field of play settings each of which represent different risks and mitigations. Therefore, Volleyball Wales has determined that its sport specific action plan will have three different sections:

1.3.1 Beach volleyball – 2v2 play outdoors;

1.3.2 Outdoor volleyball – up to 6v6 play outdoors;

1.3.3 Indoor volleyball – up to 6v6 play indoors;

1.4 The sport specific action plan submitted here covers the activity set out in paragraph 1.3.1. We will submit an updated plan separately to cover 1.3.2 and 1.3.3 activity following our ongoing analysis.

2. TRANSMISSION RISK

2.1 We have carried out research in order to identify the transmission risk. The results of this are as follows:

Discipline	Droplet transmission	Fomite transmission	Population
Indoor volleyball (up to 6v6 play indoors for single matches and miniature tournaments)	A study conducted 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. See Appendix 2 for further detail.	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	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.
MEDIUM RISK			

3. BACKGROUND TO VOLLEYBALL

3.1 Volleyball is not a contact sport. Two teams play on opposite sides of a net which ensures that there is little interaction and no physical contact between the players during training or game play.

3.2 Indoor volleyball is played in indoor venues so we consider that it could commence only after indoor venues are allowed to open and upon DCMS approval of the sport specific action plan.

3.3 Volleyball in Wales is a fully amateur sport and is played in a variety of settings from competitions through to recreational sport played in parks or on beaches.

3.4 Therefore, the sport specific plan has both mandatory requirements (which apply to any volleyball activity that is being undertaken) and also recommendations (which should be applied by the organiser as appropriate and proportionate). This will ensure that appropriate proportionate measures can always be put in place which do not become barriers to participation.

3.5 Volleyball clubs in Wales do not own their own facilities (such as club houses etc). It is played at hired third-party facilities. Therefore, our sport specific action plan does not include detailed facilities guidance as the relevant leisure centre/outdoor venue would already be complying with such Welsh Government guidance and we advise participation should be in line with (in order of priority) Welsh Government guidance, venue guidance, sport specific action plan.

Appendix 1

Return to Volleyball – Sport specific action plan

This plan provides measures that should be taken by players, clubs, officials, volunteers, coaches and event organisers before, during and after all outdoor volleyball activity.

At this stage the sport specific action plan applies to activity in respect of: • Indoor volleyball – up to 6v6 play.

Further guidance will be issued in due course on outdoor volleyball and beach volleyball.

This guidance only applies in Wales and is subject to change in response to the current COVID-19 Alert Level, community prevalence of COVID-19 and/or to reflect additional or updated Welsh Government guidance. For volleyball activity in England or Scotland please refer to your devolved administration.

Outside of playing activity in accordance with sport specific action plan below (including during warm up and before/after sessions) the relevant Welsh Government social distancing guidance should be adhered to at all times.

How to read this guidance

Volleyball has different disciplines and different playing environments. Therefore, the sport specific action plan has been divided into separate sections to deal with each. You should always refer to the relevant section for the activity that you are undertaking.

In undertaking volleyball activity the guidance should be applied in the following order: a) Welsh Government guidance; b) guidance provided by the relevant venue; and c) this sport specific action plan.

Given the variety of settings within which volleyball activity is undertaken within Wales the sport specific action plan has:

- **mandatory actions** – most actions are mandatory and must always be adhered to regardless of the volleyball activity undertaken or its setting.
- **recommended actions** – where actions are specified as recommended, organisers should consider these in the context of the volleyball activity and its setting to take those that it can and which are proportionate in the circumstances.

Organisers of volleyball activity (whether that be clubs, event organisers, coaches or other groups or individuals) must undertake a risk assessment prior to carrying out their activity. As part of this risk assessment, organisers should consider the mandatory and recommended actions in the sport specific action plan and detail those which are proportionate to the event or activity that is being undertaken.

Sport specific action plan

Activity	Beach (2v2 play outdoors)
Prior to volleyball activity	<p>All participants (players, coaches, officials and volunteers) should check for symptoms of COVID-19. In line with Welsh Government Guidance if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow Welsh Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case must not exercise outside their home or garden and must not exercise with others.</p> <p>Participants should follow Welsh Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 if it applies to them.</p> <p>Participant should comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend a volleyball activity.</p> <p>Personal hygiene measures should be carried out at home before and after volleyball activity. Participants should bring their own hand sanitiser where possible, but event organisers should make hand washing facilities and/or hand sanitiser available. Strict and frequent hand hygiene measures must be maintained at all times.</p> <p>Participants should follow Welsh Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing.</p>
Organisers and venue	<p>Organisers of the event or activity should ensure that:</p> <ul style="list-style-type: none"> • they appoint a COVID-19 officer who has responsibility to ensure that all mitigating measures and guidance is followed.

	<ul style="list-style-type: none"> • any venue used is compliant with current Welsh Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigations but in place and monitored. Guidance on completing a risk assessment is available on the Volleyball Wales website. • all participants are made aware of expected social distancing and hygiene measures during play and whilst at the venue and makes their own and the venue's risk assessment available to everyone who attends the event to read. • venue specific requirements such as entry and exit points, use of changing rooms, showers and toilets to maintain social distancing should be met and
--	--

	<p>complied with by all participants. Venues should also implement traffic flow systems where possible and appropriate and ensure that all accessible provision within the site and the facility are available.</p> <ul style="list-style-type: none"> • Venues must ensure that clubhouses and hospitality facilities follow Government guidance on hospitality settings. Toilets will also need to be opened for pre-match, match and for 30 minutes following and take steps to ensure social distancing and high standards of hygiene and cleanliness are maintained. • all volleyballs are cleaned in line with the manufacturers' instructions before an event. • time spent congregating at a venue before activity begins is limited as much as possible. Meet up times should reflect this. Where possible participants should arrive changed and ready to begin the warm up. • all participants are made aware of the increase in transmission risk associated with partaking even in accordance with this sport specific action plan and ensure that all participants are clear that they are opting to participate in volleyball activity.
Event or activity requirements	<p>All participants should sanitise their hands prior to the start of the activity.</p> <p>No event or activity should involve a group of participants (including players, coaches, officials, volunteers and event organisers) that exceed 30 people. It must take place outdoors. Organisers should consider a lower cap on maximum number of attendees for their event based on the size of venue and equipment available.</p> <p>Participants should enter the venue and prepare their personal equipment whilst maintaining social distancing. Each participant must bring all personal equipment (distinctively marked water bottles, resistance bands etc) and not share such equipment.</p> <p>Please ensure you are familiar with the Welsh Government's advice on face coverings, particularly when to wear one.</p>

	<p>Where any equipment is shared participants must practice strict hand hygiene before and after use and the equipment must be cleared before use by another person. More information is available here.</p> <p>In line with current Welsh Government guidance, clubs should not prepare food for participants. Individuals should bring their own food and drink – water bottles or other refreshment containers should not be shared.</p> <p>Contact details of all participants must be collected and retained by organisers for 21 days after conclusion of the activity to facilitate UK Test and Trace. This must be done in compliance with data protection legislation.</p>
During training activity	<p>No exercises or drills can be completed which involve physical contact between one or more participants (including coaches).</p> <p>Congratulatory touches are not permitted.</p> <p>Training and warm up activities should be designed as far as possible in order to limit face to face to face proximity of less than one metre for more than three seconds at</p>

	<p>any time. This should be considered in each individual action and also the number of repetitions of the action completed in the warm up/training activity.</p> <p>Players should be encouraged not to touch their face, mouth, nose or eyes. Shouting should be discouraged.</p> <p>Each player should sanitise hands at each break in training and before eating or drinking (and as a minimum every 30 minutes during the session).</p> <p>Mandatory – no spectators should be permitted at the venue.</p> <p>Recommended – balls are wiped every 30 minutes during training (or other period considered reasonably based on the number of balls used during the relevant session).</p> <p>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 Welsh Government's guidance for first responders.</p>
--	---

<p>During competitive match or training match play</p>	<p>Congratulatory touches are not permitted. No handshakes are required with officials or opposition and alternative pre-match protocols can be implemented by the officials.</p> <p>Each player should sanitise hands at each at time outs and in between each set and before eating or drinking. Players should be encouraged not to touch their face, mouth, nose or eyes. Shouting should be discouraged.</p> <p>Recommended – balls are wiped and dried in between sets. Where practicable, this should be completed by a player that has been touching the ball throughout and after wiping the balls the player should sanitise their hands.</p> <p>Officials should be kept to a minimum. One scorer should be used and no line judges unless deemed necessary.</p> <p>Recommended – Officials should wear face coverings where possible.</p> <p>Officials should use a handheld or electronic whistle only (and not whistle with their fingers or use a mouth whistle). Officials should avoid all contact with the ball after checking the pressure (and should sanitise their hands after these checks are completed).</p> <p>The official should remind players before each match to adhere to social distancing when the ball is not in play, to avoid handshakes and congratulatory touches and to ensure they (and any scorer) wash and sanitize their hands in-between sets.</p>
--	--

	<p>Where scoresheets are to be signed by players this should be done using the players own pen (and not that used by the scorer). Where no separate pen is available the official may authorise that the scoresheet remains unsigned.</p> <p>Match competitions should only take place in private venues and without spectators.</p> <p>Officials may sanction or expel a player who deliberately spits on the ground or at another player or engages in any other conduct unnecessarily which may, in the official's reasonable opinion, increase the spread of transmission.</p> <p>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 Welsh Government's guidance for first responders.</p>
--	---

After volleyball activity	<p>All participants should sanitise their hands after the completion of activity. Participants should leave the venue whilst maintaining social distancing.</p> <p>One representative of the organiser should be responsible for collecting and disinfecting all balls in accordance with the ball manufacturer's.</p> <p>Organisers should encourage all participants to report any infection of their household to the NHS Test and Trace system following participation to limit the spread of the virus.</p>
Additional advice for children's activity	<p>For children maximum group sizes of 30 should include at least one qualified coach and comply with Volleyball Wales safeguarding requirements. All groups must be self-sufficient.</p> <p>Parents should drop off and collect participants via a protocol that maintains social distancing.</p> <p>Parents should be encouraged not to stay and spectate. Where they do they must maintain social distancing.</p>
Additional advice for organisers	<p>These measures cannot cover every eventuality and organisers must conduct a risk assessment, ensuring appropriate measures and put in place to keep all participants safe.</p> <p>Playing and coaching volleyball in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID- 19, organisers and coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching beach volleyball which continue to apply and must be complied with (DBS, safeguarding, first aid etc). Organisers and coaches should ensure all participants are aware of these guidelines and adhere to them for the safety and wellbeing of all participants.</p>

Appendix 2

COVID-19 Code of Behaviour

This code applies to everyone who takes part in volleyball activity in Wales as well as those who represent Wales as volleyball players.

Minimum standards of behaviour and conduct:

- Indoor volleyball can return so long as an event or activity does not exceed 30 participants (including players, coaches, officials, volunteers and event organisers).
- All participants must maintain social distancing while entering the site, preparing their own equipment and leaving the site.
- All participants should sanitise their hands prior to the start of activity.
- Volleyballs can be shared but the sharing of other equipment should be limited where possible.
- Where equipment such as volleyballs are shared, participants must practice strict hand hygiene before and after use and the equipment must be cleared before use by another person.
- 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.
- Congratulatory touches are not permitted.
- Hand sanitiser should be used during all breaks in activity and prior to consuming any food or drink.

If a participant continually breaks this code of behaviour, they will be asked to leave the activity.