**Procedure and Risk Assessments for Indoor Volleyball Training and Matches During COVID- 19 Controls**





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9. **Participation**

* Numbers for training sessions and match days will be kept to a maximum of 30 people. This includes players, coaches, a scorer and match officials.
* Spectators are not permitted at this time.
* Coaches/Referees will use electronic or hand pressured handheld whistles until further notice and not whistle with their fingers or use a mouth whistle.
* All those wishing to take part in volleyball training and/or match play must have acknowledged reading the risk assessment and abiding by the control measures outlined within it.

1. **Self-Isolation**

Anyone who meets one of the following criteria must not attend training sessions or matches either as a participant, 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](https://www.gov.uk/coronavirus).
* 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.
  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 participating, 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](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) and not return to training until their period of self-isolation has been completed.

1. **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>

1. **Hand Washing**

* Regular hand washing or sanitising should be carried out before, during and after all training sessions
* Participants should provide their own hand sanitiser, although there is some available in the Sports Centre.

1. **Changing Rooms and Showers**

* There is currently no access to changing and shower facilities. Players should arrive changed and shower at home.
* 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 possible to do so.
* Toilet facilities are available if needed. Correct hygiene procedures should be maintained when using the facility.

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1. **NHS Track and Trace**

* The club will be keeping a temporary record of participants at each session for 21 days. This will be recorded electronically to assist NHS Test and Trace with requests for that data if needed.

1. **Public Relations**

* Players and coaches to have copy of Risk Assessment and council agreement with them during sessions.
* The risk assessment has been passed onto and approved by The Ridgeway Academy Sports Centre Manager
* A Covid-19 officer will be responsible for ensuring that the risk assessment is followed during all training and match situations.

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| **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.** |

1. **6v6 training and matches risk assessment**

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| **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 |
| **LIKLIHOOD (L)** | 1 | Very 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** |

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| **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  Participants  Public | 3 | 4 | 12 | * Participants not to enter sports centre before designated start time of session and to maintain social distancing when entering and exiting the centre. * Cleaning and wiping down all equipment with sanitiser before and after sessions. * Having a limited number of balls to reduce overall risk of transfer. * Balls to be cleaned every 30 minutes/after 15 points/end of set * Only use essential equipment * Team benches to be sanitised between sets or not shared * Sports hall to be cleaned between sessions * Fresh air system in operation within the sports hall and additional doors open to encourage ventilation of the area. | 2 | 3 | 6 |

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| **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 participants, coaches and staff and even public. | Participants, Coaches and Wider Staff | 3 | 4 | 12 | * Limit number of people in training sessions. Maximum 30 in a training session (including coaches). No other staff members to be present. * Participants and coaches to maintain two metre social distancing **at all times** during session, other than specified technical training phases (see below). * Conduct drills that will remain purposeful but can be performed at an appropriate social distance. * Participants and coaches to avoid all unnecessary contact such as handshakes or hand slaps. * Participants and coaches to hand sanitize during breaks. * Participants to avoid sharing all personal equipment (drinking bottles, towels etc.) * Participants and coaches should keep their belongings at least two metres apart. * Maintain the same ‘bubble’ of participants involved in training sessions to minimise risk of transfer. * Travel to sessions under government guidelines with social distancing. * Participants not to enter sports centre before designated start time of session and to maintain social distancing when entering and exiting the centre. | 2 | 3 | 6 |
| **Sport Specific Activity**  **Defining Specific Incidents in Indoor Volleyball**  The main incidences where contact may occur and result in intrusion into the two metre social distance radius:   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.   The risks associated with points 3 and 4 can be easily controlled by avoiding these drills.  If participants 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. | Players  Coaches | 3 | 4 | 12 | * ALL OF THE ABOVE CONTROLS * Badminton courts to be used to reduce amount of people in close contact. * Conduct drills that will remain purposeful but can be performed at an appropriate social distance * 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 * Having a limited number of balls to reduce overall risk of transfer. * Maintain two metre social distancing at all times and in all other drills when not involved in the incidences outlined above. * Participants and coaches to hand sanitize during breaks and every 30 mins as a minimum. | 2 | 3 | 6 |
| All indoor volleyball matches | Players  Coaches  Officials  Spectators  Other sports centre users | 3 | 4 | 12 | * Officials to brief team captains before the start of matches regarding the controls in place. * Travel under government guidelines with social distancing. * 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 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 indoor 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 |

**ALL COACHES AND PARTICIPANTS MUST READ AND COMPLY WITH THIS RISK ASSESSMENT.**