



Wessex Volleyball Club 'Return to Indoor Volleyball' members guidance during the COVID 19 pandemic (issue No 1 - September 2020)

In order for us to restart our indoor volleyball activity the club has been required to carry out a risk assessment in relation to the COVID 19 pandemic and issue guidance to players, coaches and officials on the mitigating measures which are to be taken. After reading this, everyone should understand the guidelines and what is expected of them for a safe return to play. This guidance is based on the [Volleyball England Return to Indoor Volleyball Action Plan](#) action plan, which complies with the Department for Digital, Culture, Media and Sport [Return to recreational team sport framework](#)

Please take time to read the following and if you are the parent of a junior player (U18) please ensure they have also read and understand this guidance. All players, parents, coaches, and volunteers will be required to confirm they understand and agree to follow this guidance as part of this seasons (2020-21) membership process. Despite the mitigating measures, you are aware and accept the increased transmission risk associated for you, your son/daughter during the volleyball activity.

To assist with the implementation of these guidelines the club will be appointing a number of COVID-19 Officers, who will be assisting coaches and club officials in the implementation of these guidelines – directions and advice of COVID-19 Officers should be followed by all club members/parents.

Should any player, parent or official wilfully and repeatedly disregard these rules then they or their child will be asked not to attend training and the matter will be dealt with by the club disciplinary procedures.

The following explains what is required of members/parents.

Am I allowed to train?

Yes, provided **none** of the following apply to you.

- I have symptoms of COVID 19 or am living in a household with a possible COVID 19 infection
- I have been asked to self-isolate by NHS trace and trace or other Government agency
- I have not returned from a quarantine listed country within the last 14 days

In addition; individuals should consider whether Government guidance on shielding [here](#) applies to them and based on that information decide whether or not they should attend training.

Prior to training

- Any personal Hygiene measures should be carried out at home before travelling to the training venue
- You have a filled water bottle, which is distinctively marked – no sharing of water bottles is allowed, and we strongly suggest you do not use venue water fountains.
- Any other personal equipment, such as, resistance bands, foam rollers etc. should also be marked
- Where possible you should arrive at the venue changed ready to train

- You should bring a bag in which to keep all your personal belonging
- You should provide your own hand sanitiser, which should be marked with your name
- You should ensure you have a suitable face covering and make yourself familiar with the Government guidance on when to wear a face covering [here](#) . As we will be in an indoor space where maintaining social distancing may be difficult, we will require face covering to be worn until a training session starts and straight after it finishes. There will be no requirement to wear a face covering during a training session, however individuals may do so if they wish.

Travel to training

Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing [here](#)

Access to Sports Hall

Whilst these guidelines are in force unfortunately no parents or spectators will be permitted within the venue. If parents need to discuss any issues with members of the coaching team or club officials could you please contact them by e-mail or ask to meet outside the venue.

If you are a parent of a mini volleyball player, you must stay in your car for the duration of the session. If required to stay with your son/daughter, you can come into the sports hall but you must wear a face covering at all times, remain a 2 metre social distance and adhere to all of the guidance provided in this document.

On Arrival

I will:

- Ensure I have all my personal training kit in a bag and I'm wearing a face covering
- Report to the COVID 19 officers (who will be based outside the main entrance of the venue) and confirm I am 'able to train' (see above guidelines). Your attendance will be registered and if required provided to Government Agencies for Track and Trace purposes at a later date
- Sanitise my hands before entering the building
- Go straight to your training court after entering, maintaining social distancing at all time and not congregate in the entrance way or narrow corridors
- Place all my kit together and at least 2 metres from other people's belongings
- Not start any form of training or warm-up until given the go ahead by my coach

During Training

Coaches will be required to modify training sessions and have been provided with further COVID-19 guidance notes to comply with. These will aim to minimise close contact, avoid physical contact and to minimise face to face contact. Activities may therefore be different to 'normal', with some 'regular' activities not taking place at all. Please assist the coaches and understand they are having to adapt sessions and activities.

I will:

- Avoid touching your mouth, eyes and nose
- Avoid shouting
- Not congratulatory touch anyone (high-fives etc)

- Sanitise my hands during breaks
- Not share water bottles
- Help (when required) sanitise all balls (and carts/other equipment) at the beginning, during or end of the session
- Maintain a social distance whenever possible, however, understand that this may not be possible within a 'game' play scenario

After Training

I will:

- Sanitise my hands at the end of the activity
- Put on my face covering before leaving the training area
- Leave the venue, maintaining social distancing and not congregate, meet in groups etc.
- Carry out personal hygiene and wash all personal items such as clothing, water bottles etc.

Should you have any questions or queries about this guidance please contact a club board member, your coach or COVID-19 Officer. If you are unsure who these people are, email info@wessexvolleyball.com

Wessex Volleyball Club Board