

# ORGANISING COVID-SECURE VOLLEYBALL

*Recommended* guidance on reasonable steps to take to minimise the risk of transmitting Covid-19 between participants during organised and recreational volleyball, beach volleyball and sitting volleyball.

July 2021



## Introduction

England proceeded to Step 4 of the lockdown roadmap on 19<sup>th</sup> July 2021. In summary, this means that:

- There are no set restrictions on how many people can take part in indoor or outdoor volleyball, beach volleyball or sitting volleyball activity.
- All forms of activity can take place without set restrictions.
- All sports facilities can open. There are no indoor capacity limits, however venues may put in place restrictions and guidance for enclosed areas.
- Organised sport participation events can take place outdoors with no capacity caps for participants or spectators.
- Guidance for elite athletes remains the same as before.

We are delighted the volleyball community has returned to play over these last few months. However, Covid-19 has not gone away, and the virus presents a risk to many of our friends and teammates. We know that many have concerns about Covid-19 and feel uncomfortable with removing all restrictions at once.

Moving ahead, we have produced this *recommended* guidance that we encourage the community to follow. Circumstances will differ throughout the country, and we ask organisers to look at local factors, such as the rate of Covid-19 in their area and how vulnerable their members are, when assessing appropriate measures to put in place.

If you have any questions or require help, please visit our Covid-19 support page, which is listed at the bottom of this page, or email [info@volleyballengland.org](mailto:info@volleyballengland.org).

**BEFORE ACTIVITY, we recommend that:**

Outside of volleyball settings, **Government** and venue-specific guidance is followed.

Additional Covid mitigations are considered in activity risk assessments.

Clubs maintain one Covid-19 Officer for all their activity.

All participants self-assess for Covid-19 symptoms: a high temperature; a new, continuous cough; and a loss of your sense of smell or taste.

**DURING ACTIVITY, we recommend that:**

Participants maximise a playing space's ventilation when indoors.

Face masks are worn in crowded spaces.

Sitting volleyball activity continues to use the **impermeable nets**.

Participants regularly sanitise their hands.

Equipment, such as bottles or resistance bands, are not shared.

Clubs and event organisers consult members or participants on the regularity of ball cleaning. For context, at Volleyball England competitions we intend to clean volleyballs between games.

Training and warm-up activities are designed to limit face to face-to-face proximity of less than one-metre for more than three seconds at a time.

There are no congratulatory touches or handshakes. Participants are encouraged to touch elbows or bow instead.

Officials continue using electronic whistles.

**AFTER ACTIVITY, we recommend that:**

Clubs and event organisers continue to collect details of all participants at an event for 21 days after the activity to facilitate **Test and Trace**. This must be done in compliance with data protection legislation.