

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.

March 2022



Introduction

We are delighted the volleyball community has returned to play. However, Covid-19 has not gone away. The virus presents a risk to many of our friends and teammates. We know that many also have concerns about Covid-19 and feel uncomfortable with the removal of restrictions.

Moving ahead, we have produced this *recommended* guidance that we encourage the community to follow. Circumstances will differ throughout the country, so 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.

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. The number of cases in the local area or participants with underlying health problems are key considerations.

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

All participants self-assess for Covid-19 symptoms. Please visit [the NHS website](#) for a comprehensive list of potential symptoms.

Those who have Covid-19 symptoms should take a lateral flow test immediately (or as close as possible) before a competition or training session – and to not attend if the result is positive

DURING ACTIVITY, we recommend that:

Participants maximise a playing space's ventilation when indoors – even if, during adverse weather conditions, for a short duration.

Sitting volleyball activity continues to use the [impermeable nets](#).

The number of people in attendance is limited.

Participants regularly sanitise their hands.

Equipment, such as bottles, are not shared.

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.