

# **Covid - 19**

## **Lockdown Exit Strategy**

### **Playing it Safe**

#### *Phase 1 Guidance*

May 2020

*Scottish*  
**Volleyball**

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## Introduction – ‘Playing it Safe’

*The Scottish Volleyball Association’s (SVA) priority at this time is to safeguard the health and wellbeing of the volleyball community and our surrounding local communities during the COVID-19 pandemic.*

*We know how important it is for people to be active, and the role volleyball can play in the physical and mental wellbeing of those that play it. To date, outdoor exercise has been one key activity preserved for society during lockdown to help people keep on top of their physical and mental wellbeing.*

*The Scottish Government has recently announced a four-phase approach to cautiously easing lockdown restrictions. Aligned to this phased approach, and based on our discussions with **sportscotland** and the Scottish Government, the SVA has developed a guidance document for you to follow during Phase 1, so that **outdoor volleyball** can start to be played safely in Scotland, **with members of your own household**.*

*Volleyball is a family-oriented sport. Traditionally, the summer is a time for people to enjoy playing outdoors in the park and on the beach so this document will guide you to do this in a safe way outdoors, whilst following Scottish Government guidelines of Phase 1 and helping to prevent the spread of COVID-19.*

*The following guidance has been created in partnership with **sportscotland** and has been endorsed by the Scottish Government. We are confident that we have set the standards for us to support families and households to play our sport safely in Phase 1 as an extension to exercise.*

*This document is provided for guidance only and is not to act as a replacement of Scottish Government guidelines but rather complement it. This is a working document subject to change with the SVA adjusting these guidelines appropriately on an ‘as known basis’ following any Scottish Government announcements and adjustments in current restrictions.*

*Alongside this guidance, people should also visit the **sportscotland** website and read all relevant [COVID-19 information](#).*

**Phase 1 guidance is relevant from Friday 29<sup>th</sup> May 2020 and can be found below.**

*This guidance is responsive and adaptable to any changes at Scottish Government level and will evolve as we move through the recovery phases of the Route Map. The SVA and **sportscotland** remains in discussions with Scottish Government and so we recommend you check the [SVA website sportscotland](#) and Scottish [Government websites](#) on a regular basis to stay abreast of the latest recommendations.*

*Please be aware that the SVA have prepared comprehensive Phase 2 guidance for clubs, players and coaches and are currently waiting for confirmation from **sportscotland** and Scottish Government before we can share this with you.*

*Additionally, a supporting **SVA Framework for a 4-phase return to volleyball** is currently under construction and will provide further direction and guidance for clubs, players and coaches on future recovery phases to work within as lockdown restrictions ease further. We will share this with you when it has been approved by **sportscotland** and Scottish Government.*

# Phase 1 *Playing it Safe*

## **STOP THE SPREAD**

The best defence against the spread of the virus is to follow Government advice on good hand hygiene and respiratory etiquette 

## **OUTDOOR ACTIVITY ONLY**

This phase only allows for outdoor activity as an extension to daily exercise. No club or coached sessions are permitted. Ensure you follow local guidance with regards to access and use



## **KEEP YOUR DISTANCE**

When sharing an outside space with people from outwith your own household keep 2 metres social distancing in place at all times



**2 metres**

## **FOLLOW ALL GOVERNMENT GUIDELINES**

Make sure you have read and understand the Scottish Government guidelines and "Playing it Safe" framework posted on SVA website



## **DO NOT SHARE EQUIPMENT**

Do not share equipment with anyone outwith your household. This includes volleyballs and netting. Equipment should be cleaned before and after use.



## **LIMITED COOPERATIVE PLAY**

Cooperative play, i.e. passing, peppering, serve and receive, is strictly limited to members of the same household and should be carried out only in a safe manner socially distanced from others



## **PLAYING IT SAFE**

If you or any of your household have been unwell or are showing any COVID symptoms, seek and follow medical advice. Adhere to NHS Test and Protect.



This information should be read in conjunction with Scottish Government guidelines. It is being constantly reviewed and as such is subject to change. Please check [scottishvolleyball.org](http://scottishvolleyball.org) for the most update guidance

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## Phase 1: Further Guidance

Following the Scottish Government update on the 28<sup>th</sup> May 2020, the SVA present Phase 1 guidance for our sport to allow safe practice of **outdoor** volleyball as a means of taking part in physical activity with **people from the same household**.

**Please note that no organised volleyball activity should be undertaken at the present time, although people who wish to informally practice outdoors with members of their own household should follow Scottish Government guidance on health, physical distancing and hygiene. You will also need to make sure you can adapt to changes in guidance at short notice.**

Safety should be a primary consideration, particularly minimising the risk of infection/transmission.

Please take into consideration that no local facilities such as hand washing facilities or toilets will be open or available during Phase 1.

You should **not** play any form of volleyball in cooperation with people from out with your own household during Phase 1. Due to the nature of our sport and the regular contact of a shared surface i.e. a volleyball, shared equipment with people out with your household is not permitted during Phase 1.

Scottish Government guidance also outlines that people should **stay local** to take part in outdoor exercise.

Permanent outdoor courts are to remain closed, but clubs with outdoor courts are permitted to carry out routine maintenance. It is essential that social distancing rules are followed whilst carrying out this maintenance and that the primary consideration must be to ensure the safety of staff and volunteers at all times.

Physical distancing guidelines and hand/respiratory hygiene guidance must be followed at all times. Please follow this [link](#) to the Health Protection Scotland website for more information.

Information on Scottish Governments approach to managing covid-19 is available [HERE](#).

People who are shielding should not visit venues or undertake any activities. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per information on [NHS guidance](#). No one who is self-isolating should attend an outdoor sports facility/activity.

**IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.**

Please read below for more information on our approach as a Scottish Governing Body to safely supporting you back to outdoor sport and physical activity.

## Playing it Safe - Understanding our Approach

The Scottish Volleyball Association (SVA) are intent in positioning our sport as a leader in the process of coming out of lockdown. As a sport we believe we have a responsibility to prepare people for fundamental change both in our sport and in society and help people to cope with coming out of lockdown.

The SVA want to use **outdoor** volleyball as a platform to help rebuild local clubs and communities; contributing to the repair of the damage caused by COVID-19. We want volleyball to be a sport that comes out of this situation in a strong position, in collaboration with the rest of the sporting sector, providing a safe environment for local clubs and local people to participate in sport and physical activity.

Our purpose is to help facilitate the return to a recreational and social level of outdoor participation with Phase 1 focussing on an extension to exercise for those in the same household.

### Our Strengths

We are a sport with a history of operating safely and effectively outdoors in all weathers; we want to capitalise on this to re-integrate both existing members and new audiences to our sport.

The guidance we set as we move through the Scottish Government Route Map, will help us position ourselves as a leading sport and activity within communities and will be a sport that people have confidence in, and a sport that has compassion to support people out of this situation.

### Managing Public Perception

Our aspiration is to be a model of best practice and a sport that is endorsed by **sportscotland** and the Scottish Government as safe and a sport that local people look to as a safe haven to exercise and return to some sort of normality after lockdown lifts. A huge aspect of the return to sport will be around public perception of what is safe to do.

Perception is everything. No matter how safe we believe our practice is, it does not matter if no one has confidence in it. Our role is to show empathy to build that confidence, showing a state of readiness, and reassure people by raising awareness of our approach to key partners including **sportscotland** and the Scottish Government to get their support with the release of our guidance for future Phases as we have done with Phase 1.

We want to involve local communities and clubs going forward, in a collaborative approach to getting people back playing. This will boost people's confidence in us as a sport with more people likely to take part.

Ultimately, we want to take away the fear of being around people by ensuring we have everything in place to play our sport safely.

## **Reshaping our Sport and our Purpose**

It is our responsibility to acknowledge and accept that our sport cannot go immediately back to the way things were before lockdown. Therefore, as a priority, we must change our game and reshape our sport to allow people to take part safely and continue to have a positive impact on our members and local communities.

Our sport will look very different to the way it was before lockdown began and for now, getting people back playing as a safe extension to exercise option, must be a priority. This can only help us in the longer term to rebuild to a full return to volleyball and beach volleyball.

## **Events/Competition**

Until further notice, there will be no competitions, events, or large gatherings for the purpose of volleyball.

When the time is right, our plan will be to ease people back into competitive environments, starting with inclusive and accessible opportunities to compete.

## **Schools and Education**

Although school sport is not being considered in phase 1 of the Scottish Government Route Map, going forward, our aim will be to collaborate with this key priority area. Achieving a safe environment to play our sport will help us support schools and communities to provide a platform for outdoor education.

Our *Sand for Schools* project could offer the opportunity to partner with local authorities to install facilities within school grounds to support schools with outdoor activity and outdoor education, with sessions delivered safely by club coaches and courts managed by local clubs who will maintain the site and keep it safe.

## Useful information

For Frequently Asked Questions, please see SVA Website  
[www.scottishvolleyball.org](http://www.scottishvolleyball.org)

## Sources

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Sport Scotland. (2020). Coronavirus (COVID-19) update. Retrieved from <https://sportscotland.org.uk/covid-19/>

Please direct any questions you may have to our COVID Lead for Clubs:

Andy Fleming [coaching@scottishvolleyball.org](mailto:coaching@scottishvolleyball.org)

Or you can check out our Frequently Asked Questions [www.scottishvolleyball.org](http://www.scottishvolleyball.org)

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