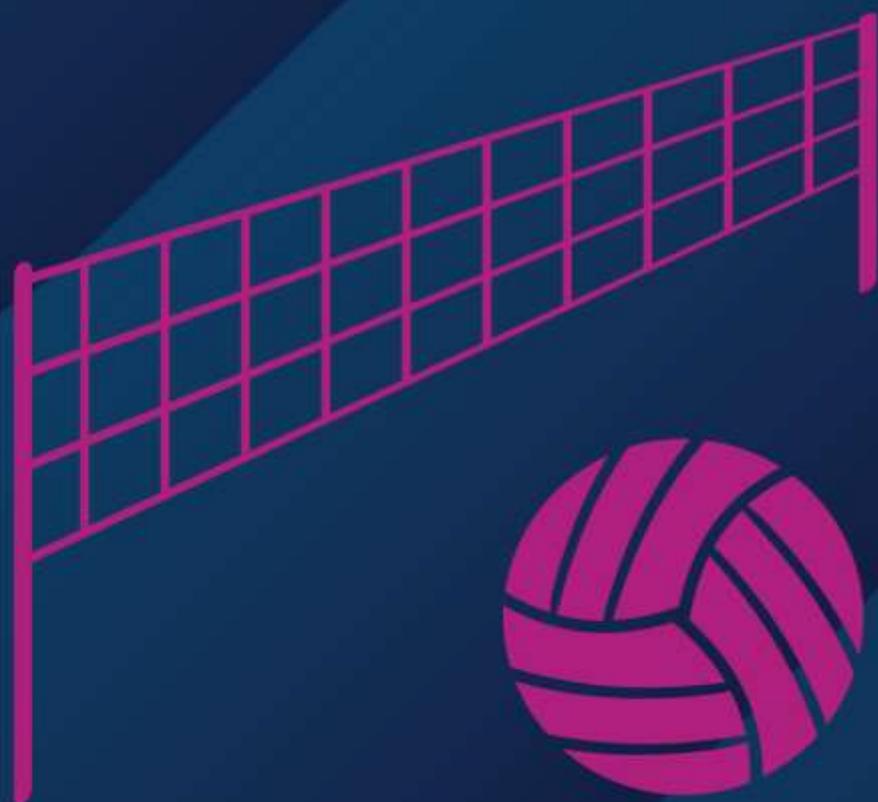


Pop Up and Play

'How To' Guide
Volleyball



Scottish
Volleyball

POP UP AND PLAY

‘HOW TO’ - GUIDANCE PACK FOR CLUBS

The following guidelines have been created in line with Scottish Government guidance and refers to **outdoor activity only**. As with the rest of the guidance for this phase, this is very much subject to change on an as known basis.

Definitions:

Contact sport or activity is defined as “a sport or activity in which the participants necessarily come into bodily contact with one another”.

Non-contact sport or activity is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during the course of an activity. Examples include Volleyball, Tennis, Cricket, Bowls and Curling.

Our sport of Volleyball is by nature non-contact with a net to act as a natural barrier, therefore close person to person contact can be avoided to allow compliance with Scottish Government physical distance guidelines.

This guidance supports the safe practice of cooperative organised outdoor volleyball by clubs only, to ensure play is delivered in a controlled manner.

From the 24th August 2020, the maximum number of people per group for organised activity should be 30, creating a field of play bubble, which in effect, suspends the requirement for physical distancing for the duration of the organised activity only.

The maximum of 30 people refers to organised activity only to ensure that our sport is able to support and follow NHS Test and Protect procedures.

Where activity is not organised, participants should follow general public guidance for meeting outdoors which includes:

- meeting and taking part in outdoor recreation with people from **up to 4 other households** at a time.
- You should meet in small numbers – **no more than 15 people** in total at a time.
- You should **stay at least 2 metres apart** from people from other households at all times

For organised activity:

From 24th August 2020, players of all ages will no longer have to physically distance during organised play.

Participants under the age of 11, are no longer required to physically distance at any time. Players aged 12 and over (including adults), will not be required to physical distance during play, but must observe 2m Physical distance before and after play.

For training and recreation purposes, the maximum number of players per court is 8 (4v4 format) at one time, as long as specific conditions and public health and hygiene standards can be met.

For competition purposes, a maximum of 2v2 (4 people per court) is permitted to reduce to risk of players coming into contact in a competitive environment. For all players **over the age of 11, **physical distancing must be maintained before and after play.****

During training and competition **physical contact between participants should always be avoided** and competition risk assessments should consider mitigating actions to limit the risk of participants coming into contact with each other.

From the 24th August 2020 coaches can take **organised** outdoor group training sessions with a maximum of 30 people involved at any one time.

For coaching groups **of all ages**, group sizes must not exceed 30 people (including the coach).

When coaching participants under the age of 18 during Phase 3, we recommend at least 2 coaches are present to support efficient implementation of COVID-related protocols.

Coaches and other adults supporting organised children's activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club '[COVID Officer](#)' should consider appropriate mitigating actions as part of the risk assessment.

The following guidelines should be read in conjunction with the guidelines for players and coaches below and all elements of the guidelines should be considered to ensure the activity is delivered safely.

STAY UP TO DATE

- Scottish Government information around social distancing is available in the [Scottish Government - Stay alert and stay safe](#) guidance and should be read in full and checked on a regular basis.
- Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found on the [SVA website](#) and [Scottish Government website](#).

- All club activity should be consistent with the Scottish Government guidance regarding health, travel, social distancing, and hygiene at all times.
- The ‘stay local’ (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in sport and recreational activities – except where any specific restrictions apply as a result of local outbreaks.
- Travel guidance outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe & Protecting Others: Getting Around](#).
- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government: Covid-19 Framework for decision making](#).
- As a measure of good practice, clubs should seek to appoint a ‘Play it Safe’ Ambassador ([COVID OFFICER](#)) to lead the regular review and implementation of safe practice procedures, and connect with members and your local community in line with the most recent Scottish Government guidance.
- This person should complete the [sportscotland e-learning module](#) for COVID Officers in sport.
- Once appointed, please inform the SVA of your ‘Play it Safe’ Ambassador. A role description for the ‘Play it Safe’ Ambassador can be found in the **SVA ‘COVID-19 Resource Library for Clubs’**.

ORGANISE YOUR CLUB ‘POP UP AND PLAY’ STATION



- You can POP UP and PLAY as part of an organised session outdoors on sand or grass.
- Don’t have equipment for outdoor play? See image for an example of a portable net system you can look to purchase for your activity.

ASSEMBLING YOUR OUTDOOR COURT

- Source written approval from the landowner e.g. local authority consent may be needed before you set up your net– Clubs are not permitted to use venues other than those already agreed in advance of the session.
- Your outdoor activity site should be on as flat a surface as possible in a location that can be separated easily from passers-by.
- One key person should be allocated to assemble your net system and court lines to minimise common touch points between people.
- Assembly can be done in around 10 minutes with most portable net systems.

SITE MANAGEMENT

- All clubs/groups should have means of clearly defining your outdoor activity space and separating from public use. Examples could be temporary boundary barriers that help keep non-participants clear of the space and prevent volleyballs from rolling too far from the activity space.
- Clubs must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff volunteers and the public are protected. A risk assessment template is available from the [SVA 'COVID-19 Resource Library for Clubs'](#).
- Any measures that clubs put in place to enable volleyball activity to resume need to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.
- Clubs should check with their current insurance provider to ensure they are covered for the planned adapted activity.

OUTDOOR FACILITIES

- All generic club equipment should be thoroughly cleaned before and after using cleaning products that conform to EN14476 standard.

- Equipment used to set up the net should be removed from the court and stored safely until the end of the session when it should be cleaned thoroughly according to guidance.
- Spectating by family members and passers-by should be actively discouraged. Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it should be limited to one per player where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose). *Please see [SVA 'COVID-19 Resource Library for Clubs'](#) for ideas of how to connect families to your club to allow them to participate together.*
- A one-way system in and out of your outdoor activity space should be considered as well as a one-way system around your court. Movement from participants under the net should be actively discouraged to ensure social distance (2 metres) is maintained at all times and to minimise touch of common surface points and equipment.
- Clear signage should be in place to support all the above measures.

HEALTH SAFETY AND HYGIENE

- Clubs should produce their own bespoke **COVID-19 cleaning procedures document**, and this should be referred to at all times. A template for this can be found in the [SVA 'COVID-19 Resource Library for Clubs'](#).
- Ensure that any person who attends a session who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry.
- Anyone who develops symptoms during a club session should follow the reporting illness procedures for guidance on how to terminate a session if this happens. The Reporting Illness Procedures can be found in the [SVA 'COVID-19 Resource Library for Clubs'](#).
- Hand sanitiser should be provided for use at entry/exit points and around the activity space for regular use by all. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on.
- We discourage use of wipes where possible for environmental reasons, particularly at beach sites, but where necessary for wipes to

be used, please ensure correct disposal of all used materials. Where possible, use environmentally friendly cleaning products to avoid any harm to local coastal wildlife.

- Disposable gloves should be provided on site for use when following **COVID-19 Club Cleaning Procedures**. For information on the safe disposal of gloves and used items such as tissues, please see the following link: [Scottish Government: Cleaning and Disposal of Waste](#).
- All common touch surface points and equipment should be cleaned regularly whilst wearing disposable gloves (as per club COVID-19 Cleaning procedures).
- Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant.
- First Aid kits should now contain a face mask/covering in the case that social distancing has to be breached in order to administer first aid treatment. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#).
- Ensure usual access to First Aid equipment on site. Consider the purchase of additional First Aid Kits for those delivering sessions to avoid using shared equipment where possible. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- Prominent signage should be displayed around the court encouraging participants and coaches to follow club hygiene protocols. This signage can be found in the [SVA 'COVID-19 Resource Library for Clubs'](#).

OUTDOOR VOLLEYBALL ACTIVITY

- Cooperative outdoor volleyball can take place in an organised manner with a maximum of 30 people, creating a field of play bubble, in effect suspending the requirement for physical distancing for participants of all ages, for the duration of the organised activity only. For all players **over the age of 11, physical distancing must be**

maintained before and after play.

- **The maximum of 30 people refers to organised activity only** to ensure that our sport is able to support and follow NHS Test and Protect procedures.
- For training and recreation purposes, the maximum number of players per court is 8 (4v4 format) at any one time, as long as specific conditions and public health and hygiene standards can be met.
- **For competition purposes, a maximum of 2v2** (4 players per court at any time) is permitted to reduce the risk of players coming into close physical contact in a competitive environment. For all players **over the age of 11, physical distancing must be maintained before and after play.**
- During training and competition **physical contact between participants should always be avoided** and competition risk assessments should consider mitigating actions to limit the risk of participants coming into contact with each other.
- Coaching activity is permitted during phase 3 to a group of up to 30 people outdoors.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- All activity should be organised by the club for members only to ensure play is organised and delivered in a controlled manner.
- A register of all participants and their relevant contact details must be recorded by the club for every booking to ensure that NHS Test and Protect procedures can be adhered to. **A club register template can be found in the SVA 'COVID-19 Resource Library for Clubs'.**
- Before the first face to face session, all participants must sign and complete **the club Participant Agreement form** (see **SVA' COVID-19 Resource Library for Clubs'**) and return to their club 'Play it Safe' Ambassador to confirm they are agreeing to adhere to the guidance outlined in this document.
- If any generic club equipment is used, e.g. volleyballs, it should be thoroughly cleaned with EN14476 standard products **as per the Club**

Cleaning Procedures before and after use.

- Unnecessary equipment (cones, agility ladders etc.) should be avoided to minimise touch of common surface points between participants and reduce the number of items needing cleaned at the end of each session.
- See **SVA 'COVID-19 Resource Library for Clubs'** for the suggested adapted formats of play at various levels of restrictions to allow for social distancing guidelines to continue to be followed.

BOOKINGS AND PAYMENT

- All registrations and payments for small group participation must be made in advance of the activity (at least 24 hours to allow for consent/registration forms to be completed and returned).
- Payments should be online only, and cash payments should be avoided until further notice.
- A short transition period (15 minutes) should be implemented between sessions to allow for cleaning procedures to be completed and to allow for players to leave before the next players arrive, ultimately minimising social interactions that could occur as sessions overlap.

COMMUNICATION

- Communicate with your members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your club, and guidelines they are being asked to follow. See [SVA 'COVID-19 Resource library for clubs'](#) for email templates and ideas for communication to your club members.
- You may also want to inform your local community to ensure that public perception of your activity is managed, and they are confident that what you are delivering is safe.
- Ensure signage on guidelines for playing volleyball safely and promoting hygiene measures is clearly displayed and up to date as restrictions change).
- Posters and signs that can be used to aid communication will be available from the [SVA 'COVID-19 Resource Library for Clubs'](#).

COACHING

- Please refer to the SVA 'Playing it Safe' Guidelines for Coaches.
- Additional resources for coaches is available at [Getting your coaches ready for sport](#)
- Clubs should liaise with their coach(es) to ensure an approach to activity is agreed that is feasible to deliver safely, and how coaches can be supported to deliver lessons.
- Revised Codes of Conduct should be understood and signed by each coach during a process of re-induction for coaches to learn about the new way of working at the club and their role within that.

COMPETITIONS

- Organised **non-contact** outdoor sports competition for adults can now take place **with a maximum of 30 people** where the appropriate guidance is followed.
- **The maximum of 30 people refers to organised activity only** to ensure that our sport is able to support and follow NHS Test and Protect procedures.
- Organised non-contact competitive outdoor sports for all ages are now permitted by creating a 'field of play' bubble, in effect suspending the requirement for physical distancing for the duration of organised play. For all players **over the age of 11, physical distancing must be maintained before and after play.**
- For training and recreation purposes, a maximum of 8 people per court is permitted for people of all ages (4v4 volleyball, including blocking).
- **For competition purposes, a maximum of 2v2** (4 people per court at one time) is permitted to reduce the risk of players coming into close physical contact, in a competitive environment. For all players **over the age of 11, physical distancing must be maintained before and after play.**
- During organised competition **physical contact between participants should always be avoided** and competition risk assessments should consider mitigating actions to limit the risk of this happening.
- Coaches, officials and others involved in the running of the competition should physically distance at all times.

- No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed in this case.
- Travel out-with your local area is now permitted for the purpose of non-contact outdoor competitive sport for all ages.

DISMANTLING NET SYSTEM

- The person dedicated to assembling the net should also be responsible for taking it down.
- All parts should be cleaned thoroughly before returning to the storage bag. Gloves should be worn to clean the net system and then disposed of appropriately.