Phase 3
Version 1 (indoor) - September 2020

Playing it Safe
Indoor Guidance

STOP THE SPREAD
Wear a face covering indoors when not taking part in an activity. Wash hands before and after, keep your distance and play your part!

FOLLOW VENUE RULES
Please note that each local authority may have a different approach to returning to indoor sport. Please familiarise yourself with local procedures and follow the restrictions in place.

Follow any local lock down restrictions.

PLAYER NUMBERS
The maximum numbers will be venue specific but should allow players to maintain physical distancing.

See Scottish Volleyball "Play It Safe" guidance for our recommendations on maximum numbers according to the hall size.

MINIMISE RISK
- Wear a face covering when not playing
- Cover exposed skin where possible
- Towel off any excess sweat
- Don't share drinks bottles
- Ease back into training, take in to consideration lost fitness levels
- Ensure details of all attendees are taken and stored in accordance to GDPR

KEEP IT CLEAN
Ensure players hands and arms are cleaned before during and after play.

Ensure equipment is cleaned before and after using an approved disinfectant. (See Scottish Volleyball guidance online)

MINIMISE CONTACT
In this first phase we are urging as much single player ball contact as possible. Although play between two players is permitted its should be kept to a minimum to avoid any cross contamination.

Where possible each player should have a ball that they use throughout the session

PLAYING IT SAFE
If you or any of your household have been unwell or are showing any COVID symptoms, do not attend any volleyball activity and seek and follow medical advice.

Adhere to NHS Test and Protect protocols.

CLUB ACTIVITY
Clubs should follow our Scottish Volleyball State of Readiness guidance for clubs, and appoint their Play it Safe Ambassador/COVID Officer before commencing any club organised activity indoors. Read and understand the Scottish Government guidelines and Scottish Volleyball "Playing it Safe" document.

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 for the most up to date guidance

Scottish Volleyball