

Playing it Safe

Phase 3

Version 2 - August 2020

OUTDOOR GUIDANCE

Scottish
Volleyball

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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 in the initial phases of coming out of lockdown 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, **Playing Our Part**, in providing a safe environment for local clubs and local people to participate in sport and physical activity.

In order to do this, we must innovate and find new ways to function. With some sporting activities now able to be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene –clubs, facilities, coaches and participants must be made aware of and be able to adapt to changes in guidance at short notice.

Our purpose in the initial phases is to help facilitate the return to a recreational and social level of outdoor participation. Following on from our Phase 1 & Phase 2 guidance which focussed on an extension to exercise and limited outdoor activity only, we have now entered Phase 3 which continues this idea and presents an opportunity for people to play **organised outdoor volleyball with up to 30 people from the 24th August**, both in a training environment and competitively, as long as guidance is being followed.

The following guidance and supporting education tools that can be found on our website form a cohesive package of support aimed at helping clubs to achieve a safe environment for local people and members, whilst adhering to Scottish Government guidelines at all times.

We will support clubs to achieve these standards but we must be clear that unless clubs can achieve all standards and conditions set by the SVA for our sport, alongside the Scottish Government guidance, we ask that clubs do not deliver any volleyball to members or the public.

Our Strengths

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

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.

The guidance we have set 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.

This is not only about sport or re-engaging our existing membership, because we have continued to engage throughout this journey. This is about changing our game to support communities in this journey through lockdown and out the other side safely.

Managing Public Perception

Our aspiration is to be a model of best practice and a sport that is endorsed by **sport**scotland 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.

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 **sport**scotland and Scottish Government to get their support.

We want to involve local communities and clubs going forward, in a collaborative approach to getting people back playing. This will ultimately 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, reshape our sport and build a person-centred approach to way we deliver 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 safely outdoors, must be a priority. This can only help us in the longer term to rebuild to a full return to volleyball, beach volleyball and sitting volleyball.

Events/Competitions

From 24th August 2020, non-contact competitive outdoor volleyball will be permitted for all ages as long as the appropriate mitigation measures are in place and all Scottish Government guidance on group numbers is followed.

All disciplines of Volleyball are considered a non-contact 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.

Our plan will be to ease people back into competitive environments, starting with inclusive and accessible opportunities to compete at a local level.

Schools and Education

We are currently consulting with schools and local authorities regarding a safe return to volleyball within the school environment. Achieving a safe environment to play our sport in schools, will help us support schools and communities to provide a platform for outdoor education and health and wellbeing. Our aspiration is to have **Play it Safe guidance for Schools** available from September 2020 and we will support schools with the implementation of this.

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. Sessions can be re-designed to be delivered safely by club coaches and courts managed by local clubs who will maintain the site and keep it safe.



Scottish Government Guidance – Phase 3

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise updated and published on Thursday 20th August 2020 which can be viewed on the [Scottish Government Framework for Decision Making Route Map](#).

The SVA Phase 3 guidelines below **are relevant from Monday 24th August 2020** and have been created in partnership with **sportscotland** and the Scottish Government and apply to outdoor sand and grass volleyball. The conditions outlined in this document must be met by the **SVA, Clubs, players, coaches, parents, and members of the public** in order for safe practice of outdoor volleyball to take place during **Scottish Government Phase 3 restrictions** to limit the spread of COVID-19.

Our supporting **SVA Framework for a 4-phase return to volleyball** will continue to adapt and evolve as we move through the phases of the Scottish Government Route Map, and will provide further direction and guidance on potential future recovery phases to work within as lockdown restrictions ease further and will help clubs plan for future phases. The Phase 4 guidance within this Framework has not yet been approved by **sportscotland** or the Scottish Government, it outlines potential future changes to guidance only.

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. 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 Scottish Government Route Map.

Information on the Scottish Governments approach to managing COVID-19 is available at the [Scottish Government website](#).

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

General Guidance for Sport

Sporting activities (indoor and outdoor) can now be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility or activity.

To manage a safe return to sport and leisure activities it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect.](#)

Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland.](#)

SGBs, clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

Facility operators, clubs and participants should be aware of and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland Guidance.](#)

It's everyone's responsibility

During Phase 3, the various changes that are due to come into effect will result in larger numbers of people moving around and coming together across a variety of settings and sectors, both indoors and outdoors. This will give the virus more opportunities to spread. There is a risk of outbreaks and while we should strive to avoid them, we must also prepare for them and our Test & Protect system will help us to contain them. Staying safe and keeping others safe is as important as ever which is why, for example, we have made face coverings mandatory on public transport and in shops. And it is especially important to be considerate of people whose health conditions mean that they haven't been able to enjoy the easing of restrictions that the rest of the population has benefited from.

To prevent spread of the virus we should all follow the FACTS. It is the sum of our individual actions, our collective endeavour, that is suppressing the virus.

FACTS:

Face coverings.

Avoid crowded places.

Clean hands regularly.

Two metre distance.

Self isolate and book a test if you have symptoms.

Remember FACTS for a safer Scotland



nhsinform.scot/coronavirus
#WeAreScotland



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.

Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

Organised sporting or leisure activity – for the purpose of this guidance, refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sport**scotland guidance. All organised activity should be overseen by a COVID Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.

Travel

Travel restrictions outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe & Protecting Others: Getting Around](#). Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

People can now travel out with their local area to take part in volleyball activities – except where any specific restrictions apply as a result of local outbreaks.

When travelling to and from an activity/sports facility, please follow the following generic guidance:

- Participants should check before they leave that toilet facilities will be available at the sports facility.
- Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#).
- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.

[Scottish Government: Covid-19 Framework for decision making.](#)

- Arrive as close as possible to when you need to be at the venue/sports facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of any entrances or exits.
- Take your own hand sanitiser to the sports facility and use regularly throughout the activity.
- If driving, park your car in such a way as to facilitate physical distancing.
- Avoid touching fixed equipment unnecessarily, including gates, fences or benches.
- After completing your exercise/activity return directly to your car (if appropriate) and leave.

Facilities

From the 24 August 2020 additional sport and leisure activities will be permitted if appropriate guidance and risk assessments are implemented.

- Adult **outdoor contact** sports training and competition in an **organised setting** can resume ideally with a **maximum of 30 people** taking part in any one session. Maximum numbers must be agreed by Scottish Governing Body of sport (SGB) and **sportscotland**.
 - SGBs and clubs should consider introducing a period of contact training to familiarise participants with guidelines before undertaking competition.
 - Outdoor group coaching for organised sports and leisure activities including aerobics and fitness classes can take place for a maximum of 30 people at any one time.
- **From the 31 August 2020 indoor sport and leisure facilities** are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented:
 - this includes the provision of indoor non-contact and contact sport training and competition activities for children up to and including 11 years of age and;
 - **indoor non-contact** sport training and competition for those 12 years of age and over where **physical distancing** can be

maintained.

- Outdoor sporting events or activities involving more than 30 people should not take place at this time unless following SGB specific guidance which has been approved by **sportscotland**.
- An **indicative date of 5th October 2020** has been identified by Scottish Government for further changes to sport and leisure activity including;
 - Limited spectator access to sports stadia. Planned test events will go ahead and further test events may take place before 5 October.
 - Resumption of indoor contact sports and competition for those 12 years of age and older.

Scottish Volleyball are working hard behind the scenes on a return to Indoor volleyball. Further information will be available in due course.

Outdoor Sports Courts

Outdoor group training or play is not permitted other than where it meets specific [Scottish Government and SGB Sport Resumption Guidance](#).

Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place (see below).

This includes a maximum 30 people, in any one day, for the purpose of **organised** sports activity, with 2m physical distancing in place **before and after play** (with the exception of those aged 11 and under).

The information in this guidance document refers to **organised activity only** to ensure that our sport is able to support and follow NHS Test and Protect procedures.

Organised sporting or leisure activity – for the purpose of this guidance, refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and **sportscotland** guidance.

All organised activity should be overseen by a COVID Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.

When outdoor sports facilities open consideration must be taken as to whether this is feasible, with only limited opening of auxiliary facilities, for

example toilets and hand washing facilities, for those who can ensure physical distancing and good hygiene.

Where balls are used in sports areas, courts and pitches (after 29 June 2020) a risk assessment should be undertaken to ensure measures are put in place to minimise uncovered body contact. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

Test and Protect

Test and Protect, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.

Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

Participants using indoor or outdoor sports facilities for volleyball activity should be prepared to have their data recorded for this purpose upon arrival at the venue.

Clubs should also keep their own register of all participants and their relevant contact details must be recorded by the club for every booking/session to ensure Test and Protect measures are adhered to by your club as well as the venue. **A club register template can be found in the SVA 'COVID-19 Resource Library for Clubs'.**

Protect Scotland App

NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.

Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.

Further information on the Protect Scotland app is available at www.protect.scot.

Registration with the Information Commissioner's Office

- In order to gather and store customer information securely, clubs may need to be registered with the Information Commissioner's Office

(ICO). This will be the case if you are using an electronic system to gather and store data.

- If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit [Information Commissioner's Office \(ICO\)](#)

Maintaining customer records

It is a mandatory requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.

Sports facility operators will store your information for **21 days** and share it when requested to do so by public health officers.

A leaflet providing information on the Test and Protect service from NHS Scotland is also available at [Scottish Government COVID-19 Test and Protect Coronavirus Service](#).

Competitions

Sports competition refers to where participants or teams compete against different opponents as part of an organised league or competition.

Organised **non-contact and contact** outdoor sports competition for adults and children can now take place with a **maximum number of 30 people**, where the appropriate guidance is followed.

Non-Contact **organised** 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 players of all ages during play. For all players **over the age of 11, physical distancing must be maintained before and after play.**

For competition purposes, a maximum of 2v2 (4 players per court at any time) is permitted to reduce the risk of coming into close contact during play in a competitive environment.

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

Outdoor sporting events or activities involving more than 30 people should not take place at this time unless following SGB specific guidance which has been approved by **sportscotland**.

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.

No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time.

Coaching

Guidance for coaches, leaders, personal trainers, and instructors (herein referred to as coaches) is available at [Getting your coaches ready for sport](#).

Coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time or indoors as agreed through approved [Scottish Governing Body of Sport Guidance](#) or Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).

All sessions should be risk assessed with physical distancing and hygiene measures put in place to protect participants and coaches.

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

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 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 two coaches minimum are present to support safe and efficient implementation of COVID-related protocols.

Coaches and other adults supporting organised **children's activity** should attempt to keep physically distant, 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.

Venues, Clubs and Community Organisations

It is the responsibility of each venue, club and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission.

Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

Safety should be a primary consideration, particularly minimising the risk of infection/transmission. Appropriate hygiene and social distancing measures must be put in place to ensure participants, staff and volunteers are protected.

Clubs, deliverers, and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

Before any activity can take place in Phase 3, clubs must assess their own environment to decide whether they can facilitate safe play. We have provided some tools to help clubs with these assessments when the time comes. These tools can be found in our **SVA 'COVID-19 Resource Library for Clubs' on the SVA website.**

Where clubs remain inactive, please respect this. It may take some clubs longer than others to prepare for and achieve the standards set for these new ways of working, and the SVA will endeavour to support clubs to achieve the conditions required.

If you or your club are unable to meet the conditions outlined during each phase, **YOU MUST NOT PARTICIPATE IN ANY FORM OF VOLLEYBALL** in a public place (outdoors or indoors) until these conditions can be fully met.

Equality & Inclusion

Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:

- **Older people**
- **Disabled people**
- **Ethnic minorities**
- **Women**
- **People from deprived communities**

It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.

The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

- **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.
- **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
- **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
- **Confidence** – Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

What should someone do if they have coronavirus symptoms?

If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at [www.NHSinform.scot/test-and-protect](https://www.nhs.uk/inform-scot/test-and-protect) or by calling **0800 028 2816** if they cannot get online.

The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

Local Outbreaks or Clusters of Coronavirus Cases

Scottish Government travel advice and guidance relating to local outbreaks or clusters of coronavirus cases is available at [Coronavirus \(COVID-19\): local advice and measures](#).

Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include; suspending activity, enhancing hygiene and physical distancing measures or introducing additional activity restrictions.

Additional Sport & Leisure Activity Considerations

Specific consideration should be given to supervision of children **under the age of 5 years** as it is not appropriate for young children to maintain physical distancing, either practically or in terms of child development. You may, for instance, ask a parent or carer to be present.

In general, **young people find it harder than adults to stick to physical distancing rules**. Special attention should be given to how you communicate physical distancing rules to young people.

Where a **disabled participant requires functional support** to help them participate coaches or carers can provide this without maintaining physical distancing. In such circumstance the responsible 'COVID Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

Summary

At all times, venues and clubs should ensure participants adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others **before and after** the activity or when taking breaks. **The only exception to this is for participants aged 11 and under, who are no longer required to socially distance before during or after play from Monday 13th July 2020.**

Guidelines will be updated as we progress through the different phases of the Scottish Government Covid-19 route map. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#)

Further guidance is available at:

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

All members of the public should adhere to the [Scottish Government Test and Protect programme](#) and follow associated guidance.

This guidance has been created in partnership with **sportscotland** and through extensive research of a variety of sources including scientific research, Scottish Government guidelines, other sports governing bodies and other countries, and we are confident that we have set the standards for us to deliver our sport safely in Phase 3, with more information to follow for Phase 4.

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.

Guidelines will be updated as we progress through the different phases of Scottish Government measures - 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.

As a priority we have provided specific 'How to' guidance for:

- ❖ Volleyball **Clubs with** a permanent outdoor venue
- ❖ Volleyball **Clubs without** a permanent outdoor venue
- ❖ Volleyball **Players** (include local people playing alone outdoors in a public place)
 - Before, During and After play
- ❖ Volleyball **Coaches**

Phase 3 'How to play safe'- Guidance for Participants

Phase 3

Version 2 - August 2020

Playing it Safe

OUTDOOR GUIDANCE

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

Updated Government Guidance allows outdoor volleyball in groups up to **30 people** including coaches. The limit on the number of households no longer applies to organised field of play bubbles. Social distancing guidance should be followed as normal before and after play.

NET PLAY - SOCIAL DISTANCING

A field of play bubble can now be created to allow **FULL** 2v2 play for all ages (including blocking), as long as physical distancing (**2m**) is observed where possible, this includes **no physical contact during play** e.g. handshaking or high fives.



KEY PLAY IT SAFE CHANGES

- No **time limit** on play
- No restriction on **travel to play**
- **Competitive** play permitted for all but limited to 2 v 2 for 18 and over
- 5 household restriction has been removed
- Coaching contact rules amended see main document for full details

KEEP IT CLEAN

Limit cooperative play, 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**)



PLAYER NUMBERS

There should be no more than 8 players per court (4v4) (over 18's) to reduce the risk of encroaching on the 2m physical distance during play.



Competitive 2v2 is now permitted for all ages

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

Can take place if the guidance is closely followed. 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 outdoors. 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**

Phase 3

Version 2 - August 2020

Playing it Safe

OUTDOOR GUIDANCE

Further to the Scottish government announcement on Thursday 20th August please find below additional guidance around outdoor play which is effective from Monday 24th August

ACTIVITY BUBBLE

Club training sessions can now take place with a group of up to 30. A 'field of play bubble' can be created for the duration of the session, in effect suspending physical distancing guidelines and household rule for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place. The session should follow all Play it Safe and Scottish government guidance.



TRAINING GAMES

A maximum of 8 players per court (4v4) can now take part in recreational / training games whilst still following social distancing where possible. No player contact is permitted i.e Hand shaking or high fives.

COMPETITIONS

Competitive play in 2 v 2 format can return for all ages. We are working with the beach commission to release information with regards to plans for both senior and junior events in the coming days.



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
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Phase 3 - Guidance for Clubs (with permanent outdoor facility)

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.

This guidance aims to help clubs safely deliver cooperative outdoor volleyball with small groups only, to ensure play is organised and 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 health guidance](#) for meeting outdoors.

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).

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](#). Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
- 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’**.

Outdoor Facility Management

- Ensure your club committee along with your 'Play it Safe' Ambassador oversees and maintains the implementation of appropriate social distancing, safety and hygiene measures outlined below. Facilities are advised to take time to ensure they reopen safely, rather than rushing.
- 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 use using approved cleaning products. Cleaning products should conform to EN14476 standard. **Please see SVA 'COVID-19 Resource Library' for guidance on cleaning your club equipment with approved disinfectant solution.**
- Nets and court lines should be set up and taken down by the same person and should not be adjusted or touched by anyone else throughout the session.
- 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.
- If you are a sand facility and courts require to be raked following the session, one person only should be nominated to do this with all equipment being cleaned thoroughly before and after use.
- 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 physical 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 facility/activity space should be considered as well as a one-way system around your courts. Movement from participants under the net should be actively discouraged to ensure social distance (2 metres) is maintained where possible and to minimise touch of common surface points and equipment.
- Clear signage should be in place to support all the above measures. You can find example templates in the **SVA 'COVID-19 Resource Library for Clubs'**.

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 training 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 at each court 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.
- Cleaning products should conform to EN14476 standard.
- 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 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 and wipes, please

see the following [Scottish Government guidance: Waste Disposal](#).

- All common touch surface points and equipment should be cleaned regularly whilst wearing disposable gloves (as per **COVID-19 Club Cleaning procedures**).
- 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.
- 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's 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 Test and Protect measures are 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 bookings and payments for court hire and 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 and cash payments should be avoided until further notice.
- A short transition period (15 minutes) should be implemented between bookings 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 venue, 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 see specific guidance below for coaches.
- Clubs should liaise with their coach(es) to ensure an approach to activity is agreed that is feasible to deliver safely and consult 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.

Phase 3 Guidance for Clubs (without a permanent outdoor facility)

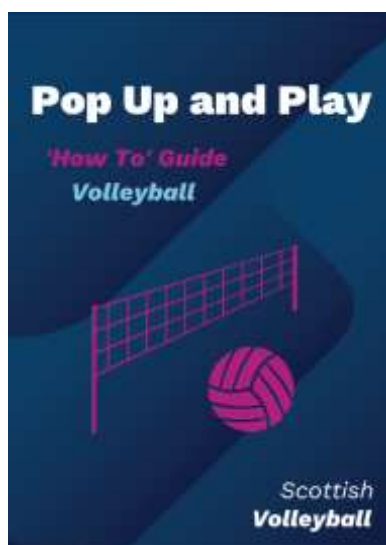
The following guidance is for clubs who wish to facilitate **organised** volleyball activity in a public outdoor space, but who have no permanent equipment. Two scenarios are considered in this section:

- (1) **Clubs or groups wishing to set up temporary/portable net systems to facilitate organised volleyball in a public place.**
- (2) **Clubs or groups wishing to set up organised activity in a public place without a net system.**

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

The following guidelines have been created in partnership with **sportscotland**.

- (1) For all clubs/groups wishing to set up temporary/portable net systems in a public place, please see our **SVA 'POP UP AND PLAY' Pack**.



- (2) For all clubs/groups wishing to set up organised activity in a public place **without a portable net system**, see below for guidance for organising volleyball activity in a public space, including beaches, parks and greenspace or hardcourt space.

An example of this situation might be a club who wants to start delivering organised sessions for small groups working on individual skills or fitness but with no net/court.

Phase 3 – Guidance for Club sessions without a portable net

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 organised 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](#). Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).
- 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’**.

Site Management

- Clubs/Groups 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 and volunteers are protected. A risk assessment template is available from the **SVA 'COVID-19 Resource Library'**.
- All clubs/groups should have means of clearly defining your activity space and separating from public use. Examples could be temporary boundary barriers that help keep non-participants clear of the space and prevent balls from rolling too far from the activity space.
- Any measures 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 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, 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. **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.
- 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 Test and Protect measures are 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.
- The size of your activity space should always be carefully considered to allow for social distancing. A one-way system in and out of your activity space should be considered.

- Activity space should be set up and taken down by the same person and should not be adjusted or touched by anyone else throughout the session.
- Spectating should be actively discouraged by family members and passers-by. 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.*
- Clear signage should be in place to support all the above measures. See **SVA 'COVID-19 Resource Library for Clubs'** for templates.
- 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.

Health Safety and Hygiene

- Clubs should produce their own bespoke **COVID-19 cleaning procedures document**, and this should be referred to at all times.
- Ensure that any person who attends training 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.
- 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 and wipes, please

see [Scottish Government Guidance: Waste Disposal](#).

- All common touch surface points, should be cleaned regularly whilst wearing disposable gloves (as per **COVID-19 Cleaning procedures document**).
- Cleaning products should conform to EN14476 standard.
- Ensure usual access to First Aid equipment. Consider the purchase of additional First Aid Kits for those delivering sessions to avoid using shared equipment where possible.
- Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.
- 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](#).
- Prominent signage should be displayed around the venue encouraging participants and coaches to follow the hygiene protocols.

Bookings and Payment

- All registrations and payments for participation in organised club sessions 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.

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 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 ensure these remain up to date as restrictions change).
- Posters that can be used to aid communication will be available from the **SVA 'COVID-19 Resource Library for clubs**.

Coaching

- Please see specific guidance below for coaches.
- 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.

Phase 3 - Guidance for Players

The following guidelines for players aim to outline what you should do **before during and after** play to help keep yourself and other people safe.

Non-Club Activity

In the situation where **players want to play cooperatively outdoors with a volleyball and no net equipment**, this is permitted as long as all government guidance is followed (see *guidance for players* in the next section of this document). Outdoor group training or play is not permitted other than where it meets specific [Scottish Government and SGB Sport Resumption Guidance](#).

Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

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

- meeting and taking part in outdoor recreation with people from **up to 1 other household** at a time.

- You should meet in small numbers – **no more than 6 people** in total at a time.
- You should **stay at least 2 metres apart** from people from other households at all times

Organised Club Activity:

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.

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 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.

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).

Section 1: Before Play

Stay Up To Date

- [Government Information around social distancing](#) is available and should be read in full.

Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found on the [SVA website](#).

- If you have any questions about your club's safe practice during phase 3, please first refer to your club 'Play it Safe' Ambassador.

Before Leaving Home

- Wash your hands with soap and water for at least 20 seconds before leaving home (or use alcohol gel if washing hands is not possible). Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#).
- You can find more information from the World Health Organisation on our **SVA 'COVID-19 Resource Library for Clubs'** on how to wash your hands.
- You must not attend training if in the past 14 days you:
 - Have been unwell or had any flu-like symptoms.
 - Have been in contact with a known or suspected case of COVID-19;
 - Have had any respiratory symptoms (even if mild); or
 - Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- Those with even mild symptoms are strongly encouraged to get tested. For more information on getting tested in Scotland, click [Scottish Government: COVID-19 Getting Tested](#).
- 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'**.
- Please be mindful that if you have not played volleyball in a few months, then your body may take time to get used to the movements and surfaces of outdoor volleyball, so take care to return to volleyball

gradually and cautiously to reduce the risk of injury.

- Use toilets at home before you leave.

Travelling To And From The Court

- Travel restrictions outlined by the Scottish Government should always be adhered to by participants.
- 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 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](#).
- Try to avoid using public transport to travel to and from your volleyball activity.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.
- Allow others to leave before you enter the court or activity space – if you need to wait then do so away from the courts and clear of the entrance.
- Ensure you leave the court at the end of your allotted time so that it is empty for the next players.
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing area.
- Do not congregate for social reasons or otherwise after the session.

Equipment And Facilities

- If you are involved in a session not organised by the club and you must set up the net before play, dedicate one person to set up and set down the equipment to minimise common touch surface contacts.

- Make sure this dedicated person washes their hands before and after setting up the net. See your clubs **COVID-19 Club Cleaning Procedures**.

What To Bring With You?

- Although your club should provide hand sanitiser, it is good practice for participants to bring their own. Hand sanitiser should be at least 60% alcohol based.
- **Always wash your hands and forearms thoroughly before taking part in your activity**, even if you recently washed them at home.
- Always bring your own water bottle with you and refrain from sharing bottles with anyone else. Your bottle should be clearly labelled to avoid cross-contamination.
- You should avoid on this occasion sneezing into your elbow as this is a part of the body that can contact the ball during play. You should bring your own tissues and follow [NHS guidance](#) on what to do when you sneeze or cough.
- Plastic bags should be brought with players and coaches for any used tissues and disposable gloves to be taken away with them and disposed of appropriately. For information on the safe disposal of gloves and used items such as tissues and wipes, please see the following [Scottish Government Guidance: Waste Disposal](#)

Bookings and Payment

- All bookings and payments for court hire and 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 and cash payments should be avoided until further notice.
- A short transition period (15 minutes) should be implemented between bookings 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.

Section 2: During Play

Maintain Social Distancing

- **From Monday 24th August 2020, organised activity can take place outdoors with up to 30 people, creating a ‘field of play bubble’ which allows open volleyball play (including blocking), in effect suspending physical distancing for the duration of the activity for people of all ages.**
- **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.
- **Normal physical distance guidelines will however apply to people aged 12 and over before and after the activity takes place.**
- 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.
- **For the purpose of training and recreational play, the maximum number of players per court is 8 (4v4 format)**, 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 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.**
- For players of any age, please avoid non-essential physical contact with other players (such as shaking hands or high five).
- Stay on your side of court and avoid changing ends or agree to change ends at opposite sides of the net and follow the one-way system as outlined by your club procedures and signage. Do not under any circumstances change ends by going under the net.
- Avoid chasing the ball down to another court if other players are using it. Volleyballs should be easily identifiable and can be collected using your feet after the session.

Equipment & Facilities

- If you are using your own ball and not a club ball, make sure they are clearly marked to be able to see without using your hands to check.
- Avoid using your hands to pick up volleyballs that are not yours - use your foot to return them to another court. In some cases, clubs can allocate a different brand of ball to different courts to allow them to be easily identified and avoid cross contamination e.g. court 1 – Mikasa; court 2 – Wilson.
- Be aware that public toilet facilities may not be open at this stage.

Hygiene and Cleaning

- Upon entering activity site all players must sanitise hands and forearms before play. Hand sanitiser will be provided by each organising club, but you can also bring your own. Hand sanitiser should be at least 60% alcohol based.
- At regular moments throughout a session, all players should sanitise their hands and forearms.
- Disposable gloves will also be available to wear during play and for cleaning purposes.
- Avoid touching your face throughout the session.
- There is a strict no spitting policy at all times.

Section 3: After Play

Hygiene and Cleaning

- Volleyballs must be brought to a cleaning station using your feet.
- Please wear disposable gloves when cleaning your ball.
- Store your ball in the correct place (according to your coach or your club) and dispose of your gloves appropriately. 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](#).

- Clean your hands and arms thoroughly before you leave the court using hand sanitiser that has at least 60% alcohol content.

After the Session

- Ensure that you follow club access protocols to leave the court. e.g. if your club has introduced a one-way system into and out of the courts.
- You must leave the venue immediately once training has concluded - no social activity is to occur.
- Wash any clothing that may have come into contact with the balls or common touch points.

Child Wellbeing And Protection In Sport – During Phase 3 Restrictions

- Coaches must have the permission/agreement of the parent or guardian of a player/participant who is under the age of 18 to coach that player/participant.
- 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).
- For further information about Child Wellbeing and Protection in Sport please see SVA [child wellbeing & protection policy](#).
- For more information, please refer to **sport**scotland guidance on a [safe return to sport for children and young people](#).

Phase 3 – Guidance for Coaches

If you are a coach, personal trainer or instructor you can now work outdoors, providing all activity is consistent with current [Scottish Government guidance](#) on health, physical distancing and hygiene – you will also need to make sure that you can adapt to changes in guidance at short notice.

Resources for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#) .

Coaches, personal trainers, instructors, and clubs should ensure the following guidance is followed.

General Coaching Guidance

- **From the 24th August 2020** coaches can take organised outdoor group training sessions with a maximum of 30 people involved at any one time.
- **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 coaching groups **of all ages**, group sizes must not exceed 30 people (including the coach).
- Public health and hygiene measures must be fully implemented and maintained for all participants.
- **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.**
- At all times, coaches, should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from participants of all ages. More information can be found in the [Scottish Government guidelines](#).
- Coaches and other adults supporting organised volleyball activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible, especially when working with children. In such circumstances the club 'COVID Officer' should consider appropriate mitigating actions as part of the risk assessment.
- Consult the Scottish Governing Body guidance for the relevant sport or activity being delivered. This can be found on the [sportscotland website](#).
- Risk assessments are carried out and documented at all sites. A template for your sessions can be found in the [Getting your coaches ready for sport](#) document. Consider safety first, particularly

minimising the risk of infection/transmission.

- Appropriate physical distancing and hygiene measures must be put in place to ensure participants, staff and volunteers are always protected.
- Appropriate insurance policies should be in place for all coached activities and checked for validity with the relevant insurance provider before undertaking work with clients.
- When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- Coaches should plan appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session.
- Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Note that toilets and other washing facilities may not be available. Detailed guidance is available at;
 - www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/
 - www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
- Bookings and payment should, where possible, be operated online or by phone with buffer periods between all sessions to allow time for participants to leave before the next arrives.
- Venue operators and clubs must ensure that relevant workplace guidance is followed for contractors and staff and that existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
- All coaches should be familiar with and agree to delivering sessions under these conditions and must have signed the revised code of conduct prior to coaching face to face.
- Communication with participants is important and should be planned for:

- Coaches should ensure they have an approach to activity that is feasible to deliver safely.
- Participants should know what to do before/during/after attending their coached session.

Further guidance to help coaches is available at;

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[Health and Safety Executive: First aid during the coronavirus \(COVID-19\) outbreak](#)

[St. John's Ambulance: Covid-19 advice for first aiders](#)

[HSE: First Aid during the coronavirus](#)

Coaching Outdoor Volleyball Activity

- Coaches should not attend a session if experiencing symptoms or have been in contact with anyone who has had symptoms in the past 14 days.
- **From the 24th August 2020** coaches can take organised outdoor group training sessions with a **maximum of 30 people** involved at any one time.
- **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 coaching groups **of all ages**, group sizes must not exceed 30 people (including the coach).
- For participants (aged 12 or over) from **Monday 24th August 2020**, **organised activity can take place outdoors with up to 30 people, creating a 'field of play bubble' which allows open volleyball play (including blocking), in effect suspending physical distancing for the duration of the activity for people of all ages.**

- **Normal physical distance guidelines will however apply to people aged 12 and over before and after the activity takes place.**
- **For the purpose of training and recreational play, the maximum number of players per court is 8 (4v4 format)**, to reduce the risk of encroaching on the 2m physical distance, and 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 at one time) is permitted as there is less control of physical distance 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.
- All activity planned and delivered should be consistent with the Scottish Government guidance regarding health, travel, social distancing, and hygiene at all times.
- Travel restrictions outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe & Protecting Others: Getting Around](#).
- 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 coached activities – except where any specific restrictions apply as a result of local outbreaks. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#)
- Where possible coaches should avoid using public transport. Coaches should adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).
- Coaches must consider safety first, particularly minimising the risk of infection/transmission.
- Guidelines will be updated as we progress through the different phases of the Scottish Government Route Map - the SVA remains in discussions with **sportscotland** and the Scottish Government and so we recommend you check the official channels on a regular basis to

stay abreast of the latest recommendations.

- Any measures coaches 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.
- Coaches may have to rethink their approach to coaching during this time, focussing on a Coaching for Wellbeing, person centred approach rather than skill acquisition or tactics.
- For support for coaches returning to deliver, tune in to the following [Confident Coaches webinar](#). Find out more in the **SVA 'COVID Resource Library for Clubs'** in relation to coaching practice.
- If you have any questions about your club's safe practice during phase 3, please first refer to your Club 'Play it Safe' Ambassador.

Maintaining Social Distancing

- Coaches should position themselves around the court/activity space so they can maintain social distancing from the players of all ages at all times.
- Adaptations to drills and how you provide feedback/instruction may be needed to ensure social distancing guidelines can be safely adhered to.

Equipment

- Use of coaching equipment (e.g. clipboards) should be limited, with any equipment used being cleaned and wiped down afterwards as per **Club Cleaning Procedures**.
- If any generic club equipment is used, e.g. balls, it should be thoroughly cleaned as per the **Club Cleaning Procedures document** before and after use. In some cases, clubs can allocate a different brand of ball to different courts to allow them to be easily identified and avoid cross contamination e.g. court 1 – Mikasa; court 2 – Wilson
- 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.

Health, Safety & Hygiene

- Consider investing in your own First Aid Kit and bring it with you for each session.
- 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. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#).
- Avoid touching your face throughout the session.
- At regular moments throughout a session, coaches should sanitise their hands and should also help remind players to do so. Time for this should be built into the session plan.

Child wellbeing and protection in sport – during phase 3 restrictions

- Coaches must have the permission/agreement of the parent or guardian of a player/participant who is under the age of 18 to coach that player/participant.
- 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).
- For further information about Child Wellbeing and Protection in Sport please see SVA [child wellbeing & protection policy](#).
- For more information, please refer to sportscotland guidance on a [safe return to sport for children and young people](#).

Useful information

Frequently Asked Questions for [website](#)

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

Or you can check out our [Frequently Asked Questions](#)

Playing it Safe



Scottish
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