

Playing it Safe

INDOOR GUIDANCE

December 2020



**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 have used 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 have always aspired for 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 are continuing to innovate and find new ways to function. With our sport now up and running safely outdoors whilst adhering to current Scottish Government guidance on health, physical distancing and hygiene – we are now in a position to establish guidance for us to be able to operate safely indoors.

The purpose of our initial guidance for a return to **indoor** play is to help facilitate the safe return to indoor **training and recreational play** for our clubs. Guidance to support clubs back to an indoor competitive environment will be available in due course.

Alongside this guidance clubs will need to be aware of venue guidance for any facilities they are booking for a return to indoor club activity.

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 members, volunteers and the general public, whilst adhering to Scottish Government guidelines at all times.

We will support clubs to achieve these standards in an indoor environment, 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 have shown in the last few months our ability as a sport to adapt and innovate to enable us to return to play safely outdoors; we want to capitalise on this and learn from this process in order to effectively re-introduce our indoor discipline to our members and clubs in a gradual, systematic and most importantly a safe way.

The guidance we have set for a safe return to indoor play, 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 clubs and 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 indoor 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 indoors. 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 indoors.

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 indoors, with a focus on training and recreational play, 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

Scottish Volleyball are not yet in a position to present options for a return to national indoor competition, but further information will follow regarding other possible competitive options.

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 (indoors and outdoors). 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.

Please see our [Play it Safe information for Schools](#). We are keen to work with schools to support them with the implementation of this.

Our *Sand for Schools* project could offer the opportunity for schools to partner with Scottish Volleyball and 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

Organised sporting activities can 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](#).

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 and [Protection Levels Framework](#).

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](#).

The facility [Operational Checklist](#) will also help you and your club get back up and running indoors. This guidance should be used in conjunction with Scottish Government and all [Sport and Leisure guidance](#).

General Guidance for Sport

Please note that where Scottish Government local measures have been put in place, these measures will supersede the guidance within this document. Please our Scottish Volleyball [Playing it Safe – Protection Levels Framework](#) for a summary of restrictions to be followed at each Protection Level.

Be aware that the Scottish Government may update or change Levels and restrictions at any time, including the local areas subject to them. Therefore, COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

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

- F** Face coverings
- A** Avoid crowded places
- C** Clean your hands regularly
- T** Two metre distance
- S** Self isolate and book a test if you have symptoms

#stayersouttogether
#WeAreScotland

Head for Scotland
STAY SAFE
PROTECT OTHERS
SAVE LIVES

NHS
111

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 **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.

Travel

Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

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

Travel for Sport & Physical Activity Participation

Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A within the sportscotland Return to Sport and Physical Activity guidance](#). Such activity is subject to exemption from household rules as detailed within this guidance.

When a participant travels out with their home local government area they should follow the travel guidance detailed below. Travel regulations are now legally enforceable.

Participants should, where possible, avoid any unnecessary travel out of area and keep journeys within area to an absolute minimum.

Travel - Children & Young People (17 years or under)

Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.

- Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in [Playing it Safe – Protection Levels Framework](#). Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts

and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Travel - Adults (18 years or over)

Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in [Playing it Safe – Protection Levels Framework](#).

Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity.

- Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance](#).

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

Indoor Sport and Physical Activity

- Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
- Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.

- The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
- Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in [Playing it Safe – Protection Levels Framework](#).
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities 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.

sportscotland has produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening and to help participants with preparing for what to expect when they arrive. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.

Non-contact sports where participants would normally encroach within 2m can resume if mitigating measures are introduced to limit this risk. For instance, the implementation of physically distanced training or competition with amended rules which support physical distancing. Any proposed changes must be included in [SGB guidance](#) and approved by Scottish Government or **sportscotland**:

The focus should be on **delivering the organised activity with as few participants as possible interacting with each other** and for the minimum amount of time, whilst still allowing the activity to be run effectively.

Maximum Numbers and Duration of Activity – Indoor Volleyball

Limits on the number of participants accessing indoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained. This should take into consideration Scottish Government guidance on physical distancing and any exceptions highlighted within this document where sporting ‘bubbles’ are created for the duration of an activity.

Where local area Protection Level restrictions allow, Scottish Volleyball recommends the following maximum numbers **per indoor court**.

Please note that guidance within our [Playing it Safe – Protection Levels Framework](#), will supersede the information below which takes court size and age of participant into consideration:

Court size (badminton/6v6 volleyball)	Maximum number of people aged 17 and under, per court	Maximum number of people aged 18 and over, per court
Badminton court (long net)	8 (4v4)	6 (3v3)
6v6 volleyball - 9x18m court	12 (6v6)	12 (6v6)

More information can be found in our [Playing it Safe – Protection Levels Framework](#), for specific formats of competition permitted in each level.

Scottish Volleyball recommends the following maximum number of people **per indoor hall/session**, taking hall size (per number of badminton courts) and age of participant into consideration:

Hall Size (per badminton courts)	Maximum number of people aged 17 and under , taking part (including coaches)	Maximum number of people aged 18 and over , taking part (including coaches)
4	35 (incl. 3 coaches)	26 (incl. 2 coaches)
5	44 (incl. 4 coaches)	32 incl. 2 coaches)

Scottish Volleyball also recommend a **maximum duration** of activity of indoor activity as:

Age group of participants	Maximum Duration of Activity
Aged 17 and under	90 minutes (1.5 hours)
Ages 18 and over	120 minutes (2 hours)

These numbers are subject to change depending on Scottish Government guidance.

Coaches and others supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the responsible ‘COVID Officer’ should consider appropriate mitigating actions as part of the risk assessment.

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 the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.

No spectating should take place other than where a parent is supervising a child or vulnerable adult. Physical distancing guidance should always be followed.

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.

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.

Return to Indoor Volleyball Activity

This guidance aims to support clubs, players and coaches back to volleyball training in an indoor environment.

This guidance does not provide detailed guidance on a return to a national level of indoor competition at this stage, but we are working hard behind the scenes to prepare this for the coming weeks and months.

Volleyball Club's in Scotland do not own their own indoor facilities with volleyball being played in hired third-party facilities. Therefore, our return to Indoor guidance does not include detailed facilities guidance. This will be the responsibility of each relevant leisure centre/venue that our sport uses and such venues would already be complying with such Scottish Government guidance.

Clubs should ensure that the facility/venue they are using, complies with all Scottish Government guidance.

We therefore advise that participation should be in line with (in order of priority) firstly Scottish Government guidance, followed by venue guidance and then our **volleyball specific guidance as outlined below**.

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 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

(aged 11 and over) 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](#).

Toilets, Changing and Locker Rooms

Use of changing rooms and showering facilities should be avoided where possible, although they may be made available for participants who require additional support such as disabled people or those with special needs.

Sports facility operators may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).

Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. The sports facility operator

should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit [Getting Your Facilities Fit for Sport](#).

Meeting Rooms

Although we appreciate gym and leisure facilities are able to reopen on 31 August, we would encourage clubs to consider whether face to face meetings need to be in person. If it is essential that club meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed.

Indoor and outdoor hospitality, including clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance which is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

Face Coverings

Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas. This is a **mandatory** requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.

Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.

A face covering must be worn by all coaches at all times when indoors, including whilst coaching, except where an exemption applies (for instance, if you have a health condition or you are disabled, including hidden disabilities, for example, autism, dementia or a learning disability – for further info see here), or where there is a reasonable excuse not to wear a face covering such as being physically active or exercising as part of a coached session.

The priority should at all times be on ensuring the safety of the coach and participants and minimising the risk of virus transmission as much as possible. This should be considered as part of your risk assessment.

Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).

The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others, face coverings](#) provides guidance on general use and exemptions.

Links to supporting guidance;

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

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

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

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

Competitions

Scottish Volleyball are not yet in a position to present options for a return to a national level of indoor competition but are working hard with the relevant partners to ensure we can return at the earliest possible opportunity.

For information on what protection levels allow for competitive volleyball to take place, please see our [Playing it Safe – Protection Levels Framework](#).

Where indoor competition is permitted, 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](#).

A face covering must be worn by all coaches at all times when indoors, including whilst coaching, except where an exemption applies (for instance, if you have a health condition or you are disabled, including hidden disabilities, for example, autism, dementia or a learning disability – for further info see here), or where there is a reasonable excuse not to wear a face covering such as being physically active or exercising as part of a coached session.

The priority should at all times be on ensuring the safety of the coach and participants and minimising the risk of virus transmission as much as possible. This should be considered as part of your risk assessment.

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

Safeguarding and Protecting Children

Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#)

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 where possible, but it is recognised that this will not always be possible. In such circumstances the club 'COVID Officer' should consider appropriate mitigating actions as part of the risk assessment.

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 physical 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](#).

All adults involved in coaching / actively engaging with children or vulnerable adults in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.

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 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.

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 physical 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 indoors, clubs must assess their own environment to decide whether they can facilitate safe play indoors. 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.

Summary

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, indoors.

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.

We recommend you regularly check the [SVA website](#) [sportscotland](#) and Scottish [Government websites](#) on a regular basis to stay abreast of the latest recommendations.

Further guidance is available at:

[sportscotland: Getting Your Facilities Fit for Sport](#)

[Scottish Government; Guidance on sport and leisure facilities](#)

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

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

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

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

- ❖ Volleyball **Clubs operating sessions Indoors**
- ❖ Volleyball **Players**
 - Before, During and After play
- ❖ Volleyball **Coaches operating Indoors**
- ❖ Volleyball **Competition**

Phase 3 'How to play safe'-Return to Training Guidance (Indoor)

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



Phase 3 - Guidance for Clubs operating Indoors

This guidance aims to help clubs safely deliver organised indoor volleyball whilst following Scottish Government and Venue guidance. This document will outline some sport specific guidance which aims to complement Scottish Government and venue guidance, although each venue will be different.

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

Stay Up To Date

- Scottish Government information around physical 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 in our [Playing it Safe – Protection Levels Framework.](#), [Scottish Government website](#) and [sportscotland: Getting Your Facilities Fit for Sport.](#)
- All club activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing, and hygiene at all times.
- People from certain local authorities can now travel out with their local area to take part in sport and recreational activities. Please see our [Playing it Safe – Protection Levels Framework.](#) for more information.
- 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’**.

Managing your Indoor Court Space

- Ensure your club committee along with your ‘Play it Safe’ Ambassador are familiar with the [sportscotland: Getting Your Facilities Fit for Sport guidance](#).
- These people should oversee and maintain the implementation of appropriate physical distancing, safety and hygiene measures outlined below. Facilities will have their own, so your club’s protocols should complement these. Clubs are advised to take time to ensure they are able to offer a safe training environment, 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 indoor volleyball activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical 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.

Indoor Equipment

- All generic club equipment (including volleyballs) 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.**
- [sportscotland: Getting Your Facilities Fit for Sport guidance](#) will help clubs with this.
- If your club is responsible for setting up your volleyball equipment, then nets and posts should be set up and taken down by the same

people 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.
- Spectators are not permitted at this stage. 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 physical distance (2 metres) is maintained and to minimise touch of common surface points and equipment.
- Clear volleyball specific 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'**.
- 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.
- Where any equipment is shared, participants must practice strict hand hygiene before and after use and the equipment must be cleared before use by another person.

Health Safety And Hygiene

- Clubs should ensure participants and visitors **wear face coverings**, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. **This is a mandatory requirement for all indoor sports facilities.**
- **A face covering must be worn by all coaches at all times when indoors, including whilst coaching**, except where an exemption applies (for instance, if you have a health condition or you are disabled, including hidden disabilities, for example, autism, dementia or a learning disability – for further info see here), or where there is a reasonable excuse not to wear a face covering such as being

physically active or exercising as part of a coached session.

- Clubs should ensure **the space is well ventilated**, opening windows and doors where possible.
- 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 by the club 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, 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 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 physical 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**.
- Always refer to [sportscotland: Getting Your Facilities Fit for Sport](#) guidance to help with any health, safety and hygiene information in relation to indoor sport.

Indoor Volleyball Activity

- Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
- Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
- The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
- Information relating to indoor sport and physical activity that can be undertaken in each protection level and age group is available in [Playing it Safe – Protection Levels Framework](#).
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities 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.

- **sportscotland** has produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening and to help participants with preparing for what to expect when they arrive. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.
- Non-contact sports where participants would normally encroach within 2m can resume if mitigating measures are introduced to limit this risk. For instance, the implementation of physically distanced training or competition with amended rules which support physical distancing. Any proposed changes must be included in [SGB guidance](#) and approved by Scottish Government or **sportscotland**.
- The focus should be on **delivering the organised activity with as few participants as possible interacting with each other** and for the minimum amount of time, whilst still allowing the activity to be run effectively.

Maximum Numbers and Duration of Activity

- Clubs should consider the size of their hall when determining maximum numbers per session to allow for physical distancing during play. Limits on the number of participants accessing indoor facilities should be risk assessed to ensure appropriate physical distancing can be maintained.
- Clubs must be sensible in their approach to group numbers which includes coaches and any essential visitors e.g. parents of vulnerable children.
- This maximum number may be dictated to you by the venue guidance, but if not, clubs must follow the recommended participant numbers and duration of activity as outlined by Scottish Volleyball below.

Where local area Protection Level restrictions allow, Scottish Volleyball recommends the following maximum numbers **per indoor court**; please note that guidance within our [Playing it Safe – Protection Levels Framework](#) will supersede the information below which takes court size and age of participant into consideration:

Court size (badminton/6v6 volleyball)	Maximum number of people aged 17 and under, per court	Maximum number of people aged 18 and over, per court
Badminton court (long net)	8 (4v4)	6 (3v3)
6v6 volleyball - 9x18m court	12 (6v6)	12 (6v6)

More information can be found in our [Playing it Safe – Protection Levels Framework](#), for specific formats of competition permitted in each level.

Scottish Volleyball recommends the following maximum numbers **per indoor hall/session**, taking hall size (per number of badminton courts) and age of participant into consideration:

Hall Size (per badminton courts)	Maximum number of people aged 17 and under , taking part (including coaches)	Maximum number of people aged 18 and over , taking part (including coaches)
4	35 (incl. 3 coaches)	26 (incl. 2 coaches)
5	44 (incl. 4 coaches)	33 incl. 2 coaches)

Scottish Volleyball also recommend a **maximum duration** of activity of indoor activity as:

Age group of participants	Maximum Duration of Activity
Aged 17 and under	90 minutes (1.5 hours)
Ages 18 and over	120 minutes (2 hours)

These numbers are subject to change depending on Scottish Government guidance.

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

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 [NHS Test and Protect Service](#).
- 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’.**
- All participants are made aware of the increase in transmission risk associated with partaking even in accordance with this sport specific action plan and ensure that all participants are clear that they are opting to participate in volleyball activity.
- 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.

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.

Bookings and Payment

- Most venues will outline their terms and conditions for booking procedures and payment. Please follow all venue guidance in relation to bookings and payment.
- For any pay as you go sessions or options that your club delivers, all payments should be online with cash payments being avoided until further notice.
- A short transition period (15 minutes) should be implemented between groups 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/parents clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and any venue guidelines your club are being asked to follow. **See SVA 'COVID-19 Resource library for clubs' for email templates and ideas for communication to your club members.**
- Consider positive messaging on your website or social media channels around your club safety procedures. This will help promote your safe club environment and hopefully reassure any members who don't feel confident to return to play.
- 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

- For information on when competitive volleyball will be permitted, please see our [Playing it Safe – Protection Levels Framework](#).
- Scottish Volleyball are not yet in a position to present options for a return to national indoor competition, but local opportunities are possible at some levels.
- Scottish Volleyball are working hard with the relevant partners to ensure we can return to a national level of competition at the earliest possible opportunity.
- 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.
- Please see table below for a summary of **formats of competition** permitted in each level:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	Competition ✓ Badminton Court (4v4) Full sized Court* (6v6)	Competition ✓ Badminton Court (4v4) Full Sized Court* (6v6)	Competition ✓ Badminton Court (4v4) Full Sized Court* (4v4)	Competition ✓ Badminton Court (4v4) Full Sized Court* (4v4)	Indoor Volleyball not permitted
18 and Over (adults)	Competition ✓ Badminton Court (4v4) Full sized Court* (6v6)	Competition ✓ Badminton Court (3v3) Full Sized Court* (4v4)	Competition X Not permitted	Competition X Not permitted	

*Full size court = 9 x 18m

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.

Indoor Volleyball Restrictions

- Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
- Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
- The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).

- Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in [Playing it Safe – Protection Levels Framework](#).
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities 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.
- **sportscotland** has produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening and to help participants with preparing for what to expect when they arrive. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.
- Non-contact sports where participants would normally encroach within 2m can resume if mitigating measures are introduced to limit this risk. For instance, the implementation of physically distanced training or competition with amended rules which support physical distancing. Any proposed changes must be included in [SGB guidance](#) and approved by Scottish Government or **sportscotland**:
- The focus should be on **delivering the organised activity with as few participants as possible interacting with each other** and for the minimum amount of time, whilst still allowing the activity to be run effectively.

Section 1: Before Play

Stay Up To Date

- Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#)
- [Government Information around physical 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 in the Scottish Volleyball [Playing it Safe – Protection Levels Framework](#), [Scottish Government website](#) and [sportscotland: Getting Your Facilities Fit for Sport](#).

- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities 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.
- 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

- Make sure you have read and understood any new procedures that your club has put in place for your session.
- All participants are made aware of the increase in transmission risk associated with partaking even in accordance with this sport specific action plan and ensure that all participants are clear that they are opting to participate in volleyball activity.
- Complete any documentation that the club has asked of you prior to your participation, e.g. Participant Agreement Forms.
- 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.
- 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.

What do I do if I have coronavirus symptoms?

- If you have a continuous cough, high temperature, or loss or change in taste or smell, self-isolate and request a coronavirus test right away. You can do this online at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if you cannot get online.

- If you develop symptoms, you should self-isolate immediately and stay home for 10 days. Others in your household should stay home for 14 days in case they also develop symptoms.
- If symptoms worsen or last for more than 10 days, call **111**. If you have a fever for more than 10 days, continue isolating for 48 hours after it ends.
- The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.
- 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'**.

Travelling To And From The Court

- Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).
- Information for each local government area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.
- [Specific information on car sharing is available from Transport Scotland: advice on how to travel safely](#).
- Participants can take part in organised sport and physical activity within their own local government area based on Level as detailed in [Table A within the sportscotland Return to Sport and Physical Activity guidance](#). Such activity is subject to exemption from household rules as detailed within this guidance.
- When a participant travels out with their home local government area, they should follow the travel guidance detailed below. **Travel regulations are now legally enforceable.**
- 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.

Travel - Children & Young People (17 years or under)

Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, physical activity, training and competition.

- Children and young people living in a Level 4 area should only travel locally (within their local government area) to take part in organised sport as outlined in [Playing it Safe – Protection Levels Framework.](#)
- Children and young people living in a Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, running or cycling which starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance.](#)

Travel - Adults (18 years or over)

Participants aged **18 years or over** can travel to and from Level 0, 1 and 2 areas (but not Level 3 or 4) to take part in organised sport, physical activity, training and competition as outlined in [Playing it Safe – Protection Levels Framework.](#)

- Adults living in a Level 3 or Level 4 area should only travel locally (within their own local government area) to take part in organised sport or physical activity.
- Adults living in a Level 3 or Level 4 area should only travel out with their local government area (up to 5 miles) to take part in informal exercise such as walking, cycling or running that starts and finishes at the same place. Such activity should follow [Scottish Government 'meeting others outdoors' guidance.](#)

Table B: Travel Summary

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

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](#)

Face Coverings

- It is mandatory for participants and visitors to indoor sports facilities to wear **face coverings** before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas unless there is a reasonable excuse not to do so. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.

- **A face covering must be worn by all coaches at all times when indoors, including whilst coaching**, except where an exemption applies (for instance, if you have a health condition or you are disabled, including hidden disabilities, for example, autism, dementia or a learning disability – for further info see here), or where there is a reasonable excuse not to wear a face covering such as being physically active or exercising as part of a coached session.
- If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
- Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
- Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times.
- The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions.

Bookings and Payment

- All bookings and payments for 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) might be introduced by your club 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.

Section 2: During Play

Maintain Physical Distancing

- For players of any age, please avoid non-essential physical contact with other players (such as shaking hands or high five).
- For further information on whether you need to stay physical distanced during volleyball activity, please see our Physical Distancing

section within our [Playing it Safe – Protection Levels Framework](#).

- Players should follow one-way systems around the court and the hall as implemented by your club/venue. Do not under any circumstances change ends by going under the net.
- Congratulatory touches are not permitted, e.g. no handshakes and high fives.

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.
- If you lose control of your ball, try to collect it yourself. Avoid using your hands to pick up volleyballs that are not yours. If you come across someone else's ball, you can redirect it back to them softly using your feet, if required.
- 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.
- Where any equipment is shared, participants must practice strict hand hygiene before and after use and the equipment must be cleared before use by another person.

Hygiene and Cleaning

- Upon entering a venue, 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.
- Players should be encouraged not to touch their face, mouth, nose or eyes. Shouting should be discouraged.
- 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' (as per organised by your club) 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 or venue 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 physical 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](#).

Phase 3 - Guidance for Coaches

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

Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#).

Staying Up To Date

- Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found in our [Playing it Safe – Protection Levels Framework](#)., [Scottish Government website](#) and [sportscotland: Getting Your Facilities Fit for Sport](#).
- All activity planned and delivered should be consistent with the Scottish Government guidance regarding health, travel, physical distancing, and hygiene at all times.
- Consult the Scottish Governing Body guidance for the relevant sport or activity being delivered. This can be found on the [sportscotland website](#).

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](#).
- Coaches from certain local authorities can now travel out with their local area to coach volleyball activities. Please check what Level your local authority is in by using the Scottish Government Postcode Checker [Coronavirus \(COVID-19\): local protection levels](#)
- Where possible coaches should avoid using public transport to travel to training sessions. Coaches should adhere to Scottish Government

physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).

Indoor Volleyball Restrictions

- Indoor sport and leisure facilities can open if Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
- Appropriate risk assessments and mitigating measures must be put in place to reduce risk and protect participants. For instance, consider physically distanced training, reducing numbers taking part and changing game formats or rules.
- Participants should not congregate before or after an activity. Operators must ensure comprehensive mitigating actions are put in place and documented in their risk assessment to stop this happening. Consider staggering start/arrival times and any other relevant additional measures.
- The number of participants allowed to take part in indoor sport or physical activity must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
- Information relating to indoor sport and physical activity that can be undertaken by protection level and age group is available in [Playing it Safe – Protection Levels Framework](#).
- Clubs and participants should be aware that the easing of restrictions does not mean that all facilities will open immediately. Clubs, owners and operators will require time to consider all the implications of opening facilities 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.
- **sport**scotland has produced [Getting your Facilities Fit for Sport](#) resource to help sport facility operators prepare for reopening and to help participants with preparing for what to expect when they arrive. The resource supports Scottish Government guidance by providing further detailed checklists for the reopening of a range of sport specific facilities.
- Non-contact sports where participants would normally encroach within 2m can resume if mitigating measures are introduced to limit this risk. For instance, the implementation of physically distanced training or competition with amended rules which support physical distancing. Any proposed changes must be included in [SGB guidance](#) and approved by Scottish Government or **sport**scotland:

- The focus should be on **delivering the organised activity with as few participants as possible interacting with each other** and for the minimum amount of time, whilst still allowing the activity to be run effectively.
- Where required, coaches must be able to facilitate and deliver sessions that enable players to maintain physical distancing throughout the session.
- Shared volleyballs are permitted, but hand and arm hygiene protocols must be carried out at regular intervals throughout the session.
- Coaches should incorporate these protocols into their session plans.

Coaching Indoor 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.
- Coaches must consider safety first, particularly minimising the risk of infection/transmission. Public health and hygiene measures must be fully implemented and maintained for all participants.
- **A face covering must be worn by all coaches at all times when indoors, including whilst coaching**, except where an exemption applies (for instance, if you have a health condition or you are disabled, including hidden disabilities, for example, autism, dementia or a learning disability – for further info see here), or where there is a reasonable excuse not to wear a face covering such as being physically active or exercising as part of a coached session.
- 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/physical 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](#).
- If you have any questions about your club's safe practice during phase 3 or within any Protection Level, please first refer to your Club

‘Play it Safe’ Ambassador.

- 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/
- 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.

Maintaining Physical Distancing

- 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](#).
- It is recognised that staying physically distanced from all participants 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.
- Coaches should position themselves around the court/activity space so they can maintain physical distancing from the players of all ages at all times.
- Adaptations to drills and how you provide feedback/instruction may be needed to ensure physical distancing guidelines can be safely adhered to.
- For information about the Physical Distancing restrictions in each protection level, please see the Physical Distance section of our [Playing it Safe – Protection Levels Framework](#).

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.
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.

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](#).
- Where possible, **ensure the activity space is well ventilated** by opening windows and doors.
- Players should be encouraged not to touch their face, mouth, nose or eyes. Shouting should be discouraged
- 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.

Safeguarding and Protecting Children

- All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate SGB safeguarding and, where available, Covid-19 training.
- **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.
- 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, with physical 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](#).

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](#)

Sitting Volleyball

Further guidance will be issued in due course on sitting volleyball. Until this is issued this activity is not approved to restart.

Phase 3 - Guidance for Indoor Competition

Return To Competition

- For information on what levels allow for competitive indoor volleyball to take place, please see our [Playing it Safe – Protection Levels Framework](#).
- Scottish Volleyball are not yet in a position to present options for a return to national indoor competition, but local opportunities are possible at some protection levels for some age groups.

- Scottish Volleyball are working hard with the relevant partners to ensure we can return to a national level of competition at the earliest possible opportunity.
- 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.
- Please see table below for a summary of **formats of competition** permitted in each level:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	Competition ✓ Badminton Court (4v4) Full sized Court* (6v6)	Competition ✓ Badminton Court (4v4) Full Sized Court* (6v6)	Competition ✓ Badminton Court (4v4) Full Sized Court* (4v4)	Competition ✓ Badminton Court (4v4) Full Sized Court* (4v4)	Indoor Volleyball not permitted
18 and Over (adults)	Competition ✓ Badminton Court (4v4) Full sized Court* (6v6)	Competition ✓ Badminton Court (3v3) Full Sized Court* (4v4)	Competition X Not permitted	Competition X Not permitted	

*Full sized court = 9 x 18m

Useful information

[Frequently Asked Questions](#) can be found on our [website](#).

Sources

sportscotland: Getting Your Facilities Fit for Sport
https://sportscotland.org.uk/media/6012/getting_your_facilities_fit_for_sport_aug_2020.pdf

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<https://sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/>

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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](#)



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