

Playing it Safe



Scottish
Volleyball

Protection Levels Framework

September 2021

Version 5

Scottish Volleyball – Play it Safe Guidance

COVID -19 Protection Levels Framework

Updated 1/9/21

Following the implementation of the Scottish Government’s COVID-19 protection levels, which set out measures that can be applied nationally or locally depending on prevalence of the virus across Scotland, Scottish Volleyball has developed an aligned framework for its clubs and members in relation to indoor and outdoor volleyball.

The revised 5-level system that now includes ‘Beyond Level 0’, follows the [Scottish Government’s Strategic Framework](#) and will help you to understand and prepare for protection measures that might be introduced, as well as showing how and when they may change.

It allows clubs to prepare for whatever level their part of the country is in and will help manage any changes in level at any point. Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

This new system was introduced on the 2 November 2020 and has now been revised following the First Minister’s latest COVID update on **3 August 2021**. Levels will be reviewed on a regular basis aligned with changes to Scottish Government guidance.

For our general Play it Safe Covid-19 guidance for indoor and outdoor volleyball, please visit:

<https://www.scottishvolleyball.org/covid-19-updates-and-guidance/>

Please note that information within our Protection Levels Framework below supersedes the associated information within our general Play it Safe guidance document.

Below is a breakdown of the restrictions that will affect indoor and outdoor volleyball at each protection level (0-4).

OUTDOOR VOLLEYBALL

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
Outdoor Training	Overview	<p>No field of play bubble restrictions apply beyond Level 0, although limits on participation numbers at competition and events are applicable.</p> <p>For Levels 0-4 outdoor sporting ‘field of play bubbles’ apply for organised sport as noted below. At Levels 0-2 figures exclude coaches and support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance.</p>					<p>Local training/competition only.</p> <p>U12s: max 30 including coaches.</p> <p>Over 12s/adults max 15 including coaches.</p>
		<p>No bubble restrictions</p> <p>Total Daily Limit:</p> <p>As agreed by Local Authority</p>	<p>Maximum bubble size: 500 participants*</p> <p>Total Daily Limit: 5000 participants</p>	<p>Maximum bubble size: 100 participants*</p> <p>Total Daily Limit: 1000 participants</p>	<p>Maximum bubble size: 50 participants*</p> <p>Total Daily Limit: 500 participants</p>	<p>Maximum bubble size: 30 participants</p> <p>Total Daily Limit: 200 participants</p>	
Organised Volleyball training	Children & Young people (u18 years)	<p>Contact & non-contact sport & PA permitted</p>	<p>Organised outdoor group volleyball training permitted.</p> <p>No Physical Distance</p>	<p>Organised outdoor group volleyball training permitted.</p> <p>No Physical Distance required during play.</p>	<p>Organised outdoor group volleyball training permitted.</p> <p>No Physical Distance required during play.</p>	<p>Organised outdoor group volleyball training permitted.</p> <p>No Physical Distance required during play.</p>	<p>U12s: Outdoor group volleyball training permitted without physical distance.</p> <p>12-17 years: Modified outdoor group volleyball</p>

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			required during play.				training only – net play (e.g., blocking) not permitted.
	Adults (18+ years)	Contact & non-contact sport & PA permitted	Organised outdoor group volleyball training permitted. No Physical Distance required during play.	Organised outdoor group volleyball training permitted. No Physical Distance required during play.	Organised outdoor group volleyball training permitted. No Physical Distance required during play.	Modified outdoor group volleyball training only – net play (e.g., blocking) <u>not permitted</u> Players must maintain physical distance during play.	Modified outdoor group volleyball training only – net play (e.g., blocking) <u>not permitted</u> Players must maintain physical distance during play.
Outdoor Competition	Overview	Organised outdoor volleyball competition can take place for people of <u>all ages at all levels</u> but please see relevant formats and group sizes for each age group below.					
	Organised Volleyball Competition (8 x 16 m court)	Children & Young people (u18 years)	Organised outdoor volleyball competition permitted. No restrictions on numbers of people per court.	Organised outdoor volleyball competition permitted. Maximum 12 people per court (6v6)	Organised outdoor volleyball competition permitted. Maximum 12 people per court (6v6)	Organised outdoor volleyball competition permitted. Maximum 8 people per court (4v4)	Organised outdoor volleyball competition permitted. Maximum 8 people per court (4v4)

	Adults (18+ years)	Organised outdoor volleyball competition permitted. No restrictions on numbers of people per court.	Organised outdoor volleyball competition permitted. Maximum 8 people per court (4v4)	Organised outdoor volleyball competition permitted. Maximum 8 people per court (4v4)	Organised outdoor volleyball competition permitted. Maximum 8 people per court (4v4)	Organised outdoor volleyball competition NOT permitted – due to physical distance requirement on the field of play.	Organised outdoor volleyball competition NOT permitted – due to physical distance requirement on the field of play.
Travelling for outdoor volleyball	Overview	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.					
	Training and competition	There are no domestic travel restrictions for local areas in ‘Beyond Level 0’ for people of all ages.	Under 18’s: Can travel freely for outdoor volleyball training and competition between level 0-3. Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.	Under 18’s: Can travel freely for outdoor volleyball training and competition between level 0-3 Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.	Under 18’s: Can travel freely for outdoor volleyball training and competition between level 0-3 Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.	Under 18’s: Can travel freely for outdoor volleyball training and competition between level 0-3 Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.	Under 18’s: Can travel to and from a Level 4 area for training or competition if their normal place of play is outside their own local authority area.

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			<p>Adults (18+): Can travel for outdoor volleyball training or competition between level 0-2 but should minimise travel between areas where possible.</p> <p>Should not travel to level 3 or level 4 areas for organised training</p>	<p>Adults (18+): Can travel for outdoor volleyball training or competition between level 0-2 but should minimise travel between areas where possible.</p> <p>Should not travel to level 3 or level 4 areas for organised training</p>	<p>Adults (18+): Can travel for outdoor volleyball training or competition between level 0-2 but should minimise travel between areas where possible.</p> <p>Should not travel to level 3 or level 4 areas for organised training</p>	<p>Adults (18+): Should stay local for outdoor volleyball training.</p> <p>Competition for players aged 18 and over is not permitted.</p>	<p>Adults (18+): Should stay local for outdoor volleyball training.</p> <p>Competition for players aged 18 and over is not permitted.</p>
<p>Coaching Volleyball Outdoors</p>	<p>Overview</p>	<p>Coaches should be aware of local restrictions and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom.</p> <p>Coaches can deliver organised outdoor group training sessions at all protection levels but should risk assess the session depending on the Protection Level they are operating within.</p> <p>Getting Coaches Ready for Sport provides a 4-stage approach/checklist to support coaches to plan and deliver safe sessions.</p> <p>Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants.</p> <p>Coaches can continue to travel across local authority boundaries for paid work or voluntary coaching roles.</p>					

	Indoor & Outdoor coaching	The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area. See indoor / outdoor guidance for further information. Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.					
Outdoor Training Groups sizes (8 x 16 m court)	Children & Young people (u18 years)	No restrictions per court in Beyond Level 0.	Maximum number of 12 players per court at any one time.	Maximum number of 12 players per court at any one time.	Maximum number of 12 players per court at any one time.	Maximum number of 8 players per court at any one time.	Maximum number of 8 players per court at any one time.
	Adults (18+ years)	No restrictions per court in Beyond Level 0.	Maximum number of 8 players per court at any one time.	Maximum number of 8 players per court at any one time.	Maximum number of 8 players per court at any one time.	Maximum number of 4 players per court at any one time.	Maximum number of 4 players per court at any one time.
Physical Distancing	Children & Young People (U18 years)	Not required during play	Not required during play	Not required during play	Not required during play	Not required during play	Not required during play
	Adults (18+ years)	Not required during play	Not required during play	Not required during play	Not required during play	Physical distance required during play.	Physical distance required during play.
Schools Volleyball Outdoors	See Education Scotland guidance for further detail on a return to sport and physical activity in a school environment.						

INDOOR VOLLEYBALL

Summary of restrictions for indoor facilities to include **Beyond Level 0:**

INDOOR FACILITIES (can open up to Level 3)	Overview	Specific information relating to indoor sports facility guidance is available at Getting Your Facilities Fit for Sport . Below is a summary of overarching guidance for operators regarding occupancy limits, physical distancing, and appropriate ventilation / CO2 levels (ppm) which should be monitored. Test & Protect procedures should continue in all indoor settings.		
	Beyond Level 0	Level 0	Levels 1 – 3	
	Return to normal facility occupancy levels but focus on good ventilation and ‘ Give people space ’ messaging. <u>Ventilation:</u> Monitor to maintain levels at 800-1000ppm. No physical distancing required. Face coverings must be worn out with activity. Maintain hygiene and surface cleaning measures.	Restrict <u>maximum occupancy in buildings to 7sqm per person</u> to achieve enhanced ventilation (equivalent to 15 l/s/p). <u>Ventilation:</u> Monitor to maintain levels at 800-1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.	Restrict <u>maximum occupancy in buildings to 9sqm per person</u> to achieve enhanced ventilation (equivalent to 20 l/s/p). <u>Ventilation:</u> Monitor to maintain levels at <1000ppm. 1m physical distancing out with activity. Face coverings must be worn out with activity.	

Updated Scottish Volleyball Protection Levels Framework for **Indoor Volleyball** including Beyond Level 0:

		Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
Indoor Training Organised Volleyball training	Overview	The number of participants allowed to take part in organised indoor sport or physical activity should follow Scottish Government Coronavirus (Covid-19): Guidance on the opening of sport and leisure facilities and sport specific SGB Guidance . 'Group' activity refers to adults, who take part in organised sport or physical activity, where the number of participants is larger than allowed under normal household rules. 'Individual exercise' refers to organised sport or physical activity which takes place within household rules i.e. 1:1 coaching. For further information see definitions within this guidance.					
	Children & Young people (u18 years)	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor volleyball group training not permitted for all age groups. Indoor sports facilities closed.
	Adults (18+ years)	Indoor volleyball group training permitted. No need for physical	Indoor volleyball group training permitted. No need for physical distance during play.	Indoor group volleyball training not permitted. (Individual exercise only).	Indoor group volleyball training not permitted. (Individual exercise only).	Indoor group volleyball training not permitted. (Individual exercise only).	Indoor volleyball group training not permitted for all age groups. Indoor sports

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		distance during play.					facilities closed.
Indoor Competition Organised Volleyball Competition (9 x 18 m court)	Overview	Indoor competition is permitted for the following groups: Under 18's: Levels 0-3 Adults (18+): Level 0 See below for the formats permitted in each level. Please also refer to Play it Safe Indoor guidance for formats permitted on a badminton sized court.					
	Children & Young people (u18 years)	Indoor 6v6 competition for U18's is permitted.	Indoor 6v6 competition for U18's is permitted.	Indoor 6v6 competition for U18's is permitted.	Indoor 6v6 competition for U18's is permitted.	Indoor 6v6 competition for U18's is permitted.	Indoor volleyball competition not permitted for all age groups. Indoor sports facilities closed.
	Adults (18+ years)	Indoor 6v6 competition for Adults is permitted.	Indoor 6v6 competition for Adults is permitted.	Indoor competition for adults is NOT permitted.	Indoor competition for adults is NOT permitted.	Indoor competition for adults is NOT permitted	
Travelling	Overview	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 any applicable level, is available at Coronavirus: local protection levels including a post code checker.					

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for indoor volleyball	<p>You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow Transport Scotland: advice on how to travel safely and put in place appropriate risk assessment and mitigations.</p> <p>When a participant travels out with their local government area, they should follow the travel guidance detailed below. No domestic travel restrictions apply to local areas 'Beyond Level 0'.</p>						
	Travelling for Training	<p>No domestic travel restrictions apply to local areas in 'Beyond Level 0'.</p>	<p>Under 18's: Can travel freely for outdoor volleyball training and competition between level 0-3.</p> <p>Travel to a Level 4 area should only take place if, for example, they belong to a club which is outside their own local government area.</p> <p>Adults (18+): Can travel for indoor volleyball training and competition in Level 0 but should minimise travel between</p>	<p>Under 18's: Can travel freely for outdoor volleyball training and competition between level 0-3.</p> <p>Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.</p> <p>Adults (18+): Indoor group volleyball for adults NOT permitted in Level 1.</p>	<p>Under 18's: Can travel freely for outdoor volleyball training and competition between level 0-3.</p> <p>Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.</p> <p>Adults (18+): Indoor group volleyball for adults NOT permitted in Level 2.</p>	<p>Under 18's: Can travel freely for outdoor volleyball training and competition between level 0-3.</p> <p>Travel to a Level 4 area should only take place if for example, they belong to a club which is outside their own local government area.</p> <p>Adults (18+): Indoor group volleyball for adults NOT permitted in Level 3.</p>	<p>Under 18's and Adults: Indoor volleyball not permitted for all age groups.</p> <p>Indoor sports facilities closed.</p>

			areas where possible.				
Coaching Volleyball Indoors	Overview	<p>Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.</p> <p>The local protection Level in place for sport and physical activity will dictate what activity can be coached, indoors and outdoors and to whom in that area.</p> <p>Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place. Coaches should be aware of local restrictions, and this should be considered as part of risk assessment planning and will dictate what activity can be coached, indoors and outdoors and to whom.</p>					

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		Coaches should wear a face covering out with activity , except where exemptions apply; whilst coaching indoor volleyball or competition at all levels.					
		Coaches and others supporting organised sporting or physical activity should attempt to keep physically distant , but it is recognised that this will not always be possible to ensure the safety of participants.					
Indoor Training Groups sizes (9 x 18 m court)	Overview	See our Scottish Volleyball Play it Safe indoor guidance for maximum number of players per session depending on the size of sports hall you are operating within.					
		Below you can find our recommended number of players per 9 x 18 m court at any one time.					
		In areas where ‘Beyond Level 0’ restrictions apply, a return to ‘ normal facility occupancy levels ’ is permitted with a focus on good ventilation and a ‘ give people space ’ messaging					
	Children & Young people (u18 years) <i>*This number refers to the number of players on a full size (9x18m) court</i> <i>**This number refers to the number of badminton</i>	Recommended maximum number of 12 players per 9x18m court at any one time but no restrictions on number of people per hall at one time. Clubs should follow ‘ normal facility capacity ’ and the principle of ‘giving people space’.	Maximum number of 12 players per court* at any one time Maximum number of people per hall: 4 courts** - 32 5 courts** - 40 This number does not include coaches but please risk assess the space to allow coaches to be Physically distanced from players.	Maximum number of 12 players per court* at any one time. Maximum number of people per hall: 4 courts** - 32 5 courts** - 40 This number does not include coaches but please risk assess the space to allow coaches to be Physically	Maximum number of 12 players per court* at any one time. Maximum number of people per hall: 4 courts** - 32 5 courts** - 40 This number does not include coaches but please risk assess the space to allow coaches to be Physically	Maximum number of 12 players per court* at any one time. Maximum number of people per hall: 4 courts** - 32 5 courts** - 40 This number does not include coaches but please risk assess the space to allow coaches to be Physically distanced from players.	Indoor group training for U18’s not permitted. Indoor facilities closed.

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	<p><i>courts per hall</i></p> <p>Adults (18+ years)</p> <p><i>*This number refers to the number of players on a full size (9x18m) court</i></p> <p><i>**This number refers to the number of badminton courts per hall</i></p>	<p>Please always risk assess your space and determine what is right for your sessions with a focus on the principle of ‘give people space’.</p>	<p>Maximum number of 12 players per court* at any one time.</p> <p>Maximum number of people per hall:</p> <p>4 courts** - 16 5 courts** - 20</p> <p>This number does not include coaches but please risk assess the space to allow coaches to be Physically distanced from players.</p>	<p>distanced from players.</p> <p>Indoor group training for adults not permitted.</p> <p>Individual exercise only.</p>	<p>distanced from players.</p> <p>Indoor group training for adults not permitted.</p> <p>Individual exercise only.</p>	<p>Indoor group training for adults not permitted.</p> <p>Individual exercise only.</p>	<p>Indoor group training for adults not permitted.</p> <p>Indoor facilities closed.</p>
<p>Physical Distancing</p>	<p>Children & Young people (u18 years)</p>	<p>No physical distance required on or off court.</p> <p>‘Give people space’</p>	<p>For players of all ages, physical distancing is suspended for the duration of activity within a field of play bubble.</p>	<p>For players of all ages, physical distancing is suspended for the duration of activity within a field of play bubble.</p>	<p>For u18’s physical distancing is suspended for the duration of activity within a field of play bubble.</p>	<p>For u18’s physical distancing is suspended for the duration of activity within a field of play bubble.</p>	<p>For players of all ages, Indoor volleyball group training not permitted.</p>
		<p>No physical distance</p>	<p>For players of all ages, physical distancing is</p>	<p>Indoor group training for adults not permitted.</p>	<p>Indoor group training for adults not permitted.</p>	<p>Indoor group training for adults not permitted.</p>	

	Adults (18+ years)	required on or off court. 'Give people space'	suspended for the duration of activity within a field of play bubble.	Individual exercise only.	Individual exercise only.	Individual exercise only.	
Schools Volleyball – Indoors		See Education Scotland guidance for further detail on a return to sport and physical activity in a school environment.					