

Covid - 19

Lockdown Exit Strategy

Playing it Safe

Phase 3 Guidance

July 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 want to use **outdoor** volleyball in the initial phases of coming out of lockdown as a platform to help rebuild local clubs and communities; contributing to the repair of the damage caused by COVID-19. We want volleyball to be a sport that comes out of this situation in a strong position, in collaboration with the rest of the sporting sector, **Playing Our Part**, in providing a safe environment for local clubs and local people to participate in sport and physical activity.

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

Our purpose in these initial phases is to help facilitate the return to a recreational and social level of outdoor participation. Following on from our Phase 1 & Phase 2 guidance which focussed on an extension to exercise and limited outdoor activity only, we have now entered Phase 3 which continues this idea and presents an opportunity for people to play cooperative outdoor volleyball with people from a maximum of four other households and up to 15 people maximum. Please see guidance below for further details.

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

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

Our Strengths

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

Our sport is by nature non-contact with a net to act as a natural barrier, therefore close person to person contact can be avoided in adapted

formats of the game to allow compliance with Scottish Government social distancing guidelines.

The guidance we have set will help us position ourselves as a leading sport and activity within communities and will be a sport that people have confidence in, and a sport that has compassion to support people out of this situation.

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

Managing Public Perception

Our aspiration is to be a model of best practice and a sport that is endorsed by **sportscotland** and the Scottish Government as safe and a sport that local people look to as a safe haven to exercise and return to some sort of normality after lockdown lifts. A huge aspect of the return to sport will be around public perception of what is safe to do.

No matter how safe we believe our practice is, it does not matter if no one has confidence in it. Our role is to show empathy to build that confidence, showing a state of readiness, and reassure people by raising awareness of our approach to **sportscotland** and Scottish Government to get their support.

We want to involve local communities and clubs going forward, in a collaborative approach to getting people back playing. This will ultimately boost people's confidence in us as a sport with more people likely to take part. Ultimately, we want to take away the fear of being around people by ensuring we have everything in place to play our sport safely.

Reshaping our Sport and our purpose

It is our responsibility to acknowledge and accept that our sport cannot go immediately back to the way things were before lockdown. Therefore, as a priority, we must change our game, reshape our sport and build a person-centred approach to way we deliver our sport, to allow people to take part safely and continue to have a positive impact on our members and local communities.

Our sport will look very different to the way it was before lockdown began and for now, getting people back playing safely outdoors, must be a priority. This can only help us in the longer term to rebuild to a full return to volleyball, beach volleyball and sitting volleyball.

Events/Competitions

Until further notice, there will be no competitions, events, or large gatherings for the purpose of volleyball.

When the time is right, 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

Although school sport is not being considered in phase 3 of the Scottish Government Route Map, going forward, our aim will be to collaborate with this key priority area. Achieving a safe environment to play our sport will help us support schools and communities to provide a platform for outdoor education.

Our *Sand for Schools* project could offer the opportunity to partner with local authorities to install facilities within school grounds to support schools with outdoor activity and outdoor education. Sessions can be re-designed to be delivered safely by club coaches and courts managed by local clubs who will maintain the site and keep it safe.

Scottish Government Guidance – Phase 3

Volleyball is a family-oriented sport. Traditionally, the summer is a time for people to enjoy playing outdoors in the park and on the beach so this document will guide you to do this in a safe way outdoors, whilst following Scottish Government Phase 3 guidelines.

These guidelines apply to Scotland only, and have been produced in line with the Government guidance on public spaces, outdoor activity and exercise published on 9 July 2020 which can be viewed [here](#).

The SVA Phase 3 guidelines below **are relevant from Friday 10th July 2020** and have been created in partnership with **sportscotland** and the Scottish Government and apply to outdoor sand and grass volleyball. The conditions outlined in this document must be met by the **SVA, Clubs, players, coaches, parents, and members of the public** in order for safe practice of outdoor volleyball to take place during **Scottish Government Phase 3 restrictions** to limit the spread of COVID-19.

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

These guidelines should be read in conjunction with any updated Scottish Government guidance on health, physical distancing and hygiene. This guidance is responsive and adaptable to any changes at Scottish Government level and will evolve as we move through the recovery phases of the Scottish Government Route Map.

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

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

General Guidance

Some sporting activities can now be undertaken outdoors, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice.

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

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to.

People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

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](#).

At all times, adult participants (aged 18 or over) and venue operators should adhere to the Scottish Government's physical distancing guidelines of staying at least 2m away from others.

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

nhsinform.scot/coronavirus
#WeAreScotland

HEALTHIER SCOTLAND
SCOTTISH GOVERNMENT

CORONAVIRUS
STAY SAFE
PROTECT OTHERS
SAVE LIVES

NHS
SCOTLAND

Travel

Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the 'stay local' (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities.

Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government: Covid-19 Framework for decision making](#).

Facilities

Indoor sports facilities remain closed and there is no community access to the school estate during this phase and no extra-curricular activities permitted in schools. The SVA are working hard behind the scenes on a return to Indoor volleyball. Further information will be available in due course.

sportscotland has produced the [Getting your Facilities Fit for Sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. This includes consideration on keeping physical distance.

The guidance is applicable to all phases of the Scottish Government Covid-19 Route Map and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.

Limits on the number of participants accessing outdoor facilities should be risk assessed to ensure appropriate social distancing can be maintained.

This should take into consideration that in Phase 3 you can meet with up to 4 other households (or extended households) at a time outdoors, and no more than 15 people in total at a time.

For all ages, the maximum number of people per session should be 15 (including any coaches) and the duration of a session should not exceed 90 minutes.

For sessions involving adults (18 years and over), the maximum number of households involved should be 5 (including any coaches) and the maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.

From Monday 13th July 2020, for participants under the age of 18, there is no longer a requirement for them to stay physically distanced **during play**:

- Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- For older children aged 12-17 a ‘field of play bubble’ can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity only. **Normal physical distancing guidelines will however apply before and after the activity takes place for this age group.**

Outdoor Sports Courts

Venues and clubs may re-open all outdoor sports areas, courts and pitches from the **29 June 2020** if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers. Indoor areas remain closed.

Outdoor group training or play is not permitted other than where it meets specific [Professional & Performance Sport Resumption Guidance](#) .

Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing and travel guidance with appropriate hygiene and safety measures also in place (see below). This includes a maximum of five households (or extended households) and a maximum 15 people, meeting in any one day, with 2m physical distancing in place at all times (with the exception of organised children’s activity).

When outdoor sports facilities open consideration must be taken as to whether this is feasible, with only limited opening of auxiliary facilities, for example toilets and hand washing facilities, for those who can ensure physical distancing and good hygiene.

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

Competitions

Competitions or events where groups of more than five households (or extended households) with a maximum of 15 people congregating at any one time, are not permitted.

Competitions should only be undertaken locally and informally at your own club where household, physical distancing and hygiene measures are in place.

Travel to a competition out with your normal club/venue of play is not permitted.

Coaching

Coaching activity is permitted during Phase 3 but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day. **An exception to this would be when coaching organised children's activity from Monday 13th July 2020. In this situation, the 4-household rule does not apply to coaches.**

For participants **of all ages**, group sizes must not exceed 15 people (including the coach) and the duration of activity organised should be no longer than 90 minutes maximum.

When coaching participants under the age of 18 during Phase 3, we recommend at least two coaches 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.

Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.

Venues, Clubs and Community Organisations

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

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

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

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

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

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

Please also be aware that we have not included any guidance for event organisers, as we still have no information about when or how we will be able to introduce competition.

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

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

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

Further guidance is available at:

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

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

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

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

This guidance has been created in partnership with **sportscotland** and through extensive research of a variety of sources including scientific research, Scottish Government guidelines, other sports governing bodies and other countries, and we are confident that we have set the standards

for us to deliver our sport safely in Phase 3, with more information to follow for Phase 4.

This document is provided for guidance only and is not to act as a replacement of Scottish Government guidelines but rather complement it. This is a working document subject to change with the SVA adjusting these guidelines appropriately on an 'as known basis' following any Scottish Government announcements and adjustments in current restrictions.

Guidelines will be updated as we progress through the different phases of Scottish Government measures - the SVA and **sportscotland** remains in discussions with Scottish Government and so we recommend you check the [SVA website](#) [sportscotland](#) and Scottish [Government websites](#) on a regular basis to stay abreast of the latest recommendations.

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

- ❖ Volleyball Clubs **with** a permanent outdoor venue
- ❖ Volleyball Clubs **without** a permanent outdoor venue
- ❖ Volleyball Players (include local people playing alone outdoors in a public place)

Before, During and After play

- ❖ Volleyball Coaches

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



Phase 3 *Playing it Safe*

STOP THE SPREAD



The best defence against the spread of the virus is to follow Government advice on good hand hygiene and respiratory etiquette




OUTDOOR ACTIVITY ONLY

This phase only allows for outdoor activity in small groups as an extension to daily exercise. Check and follow **2 metres**  **Pop Up & Play** guidance. 18 and over keep 2 metres social distancing in place at all times and play with a **maximum of 4**  players per court.


NET PLAY - SOCIAL DISTANCING

This phase allows for those under 18 to play without **Social Distancing** for the duration of the **organised activity only** this allows **Net Play**. For those 18 and over the restriction preventing **Net Play** remains in place as does the **2 metre** social distancing rule.  


FOLLOW ALL GOVERNMENT GUIDELINES

Read and understand the Scottish Government guidelines and SVA "**Playing it Safe**" document. Clubs should use the SVA resource library, complete risk assessment and appoint **Play It Safe** ambassador. 


KEEP IT CLEAN

Limit cooperative play, ensure players hands and arms are cleaned before during and after play. Ensure equipment is **cleaned before and after** using an approved disinfectant. (See **SVA guidance online**) 

LIMITED COOPERATIVE PLAY

Cooperative play is permitted in small groups of no more than **15 people** from five **households** in one day. When playing over a net, a max of **four players** per court **with no close net play** i.e blocking is not allowed for those 18 and over. **All sessions should last no longer than 90 mins** 

PLAYING IT SAFE

If you or any of your household have been unwell or are showing any COVID symptoms, do not attend any volleyball activity and seek and follow medical advice. Adhere to NHS Test and Protect protocols. 

CLUB ACTIVITY

Can take place if the guidance is closely followed. Check insurance, complete risk assessments, participant agreement forms, appoint club ambassador and then contact SVA to confirm **BEFORE** organised club activity.

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 (with permanent outdoor facility)

From Monday 29th June 2020, outdoor sports courts were able to open subject to the appropriate measures being in place.

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

This guidance aims to help clubs safely deliver cooperative outdoor volleyball with small groups only, to ensure play is organised and delivered in a controlled manner.

The maximum number of people per group should be 15 from a maximum of 5 households only. The maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.

From Monday 13th July 2020, the only exception to the physical distance guidance is for participants under the age of 11, who are no longer required to physically distance at any time. From Monday 13th July 2020, players aged 12-17, will not be required to physical distance during play, but must be maintained before and after play.

Coaching activity is permitted during phase 3, but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day, except where coaching involves organised children's activity from Monday 13th July.

Stay Up To Date

- Scottish Government information around social distancing is available [here](#) and should be read in full and checked on a regular basis.
- Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found on the [SVA website](#) and [Scottish Government website](#).
- All club activity should be consistent with the Scottish Government guidance regarding health, travel, social distancing, and hygiene at all times.
- Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the 'stay local' (5

mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#)

- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).
- As a measure of good practice, clubs should seek to appoint a 'Play it Safe' Ambassador 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.
- Once appointed, please inform the SVA of your 'Play it Safe' Ambassador. A role description for the 'Play it Safe' Ambassador can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.

Outdoor Facility Management

- During Phase 3, outdoor sports courts and areas are permitted to open, subject to health, hygiene and safety measures implemented by your club.
- Ensure your club committee along with your 'Play it Safe' Ambassador oversees and maintains the implementation of appropriate social distancing, safety and hygiene measures outlined below. Facilities are advised to take time to ensure they reopen safely, rather than rushing.
- Clubs must consider safety first, particularly minimising the risk of infection/ transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff, volunteers and the public are protected. A risk assessment template is available from the **SVA 'COVID-19 Resource Library for Clubs'**.
- Any measures that clubs put in place to enable volleyball activity to resume need to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.
- Clubs should check with their current insurance provider to ensure they are covered for the planned adapted activity.

Outdoor Facilities

- All generic club equipment should be thoroughly cleaned before and after use using approved cleaning products. Cleaning products should conform to EN14476 standard. **Please see SVA 'COVID-19 Resource Library' for guidance on cleaning your club equipment with approved disinfectant solution.**
- Nets and court lines should be set up and taken down by the same person and should not be adjusted or touched by anyone else throughout the session.
- Equipment used to set up the net should be removed from the court and stored safely until the end of the session when it should be cleaned thoroughly according to guidance.
- If you are a sand facility and courts require to be raked following the session, one person only should be nominated to do this with all equipment being cleaned thoroughly before and after use.
- Spectating by family members and passers-by should be actively discouraged. Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it should be limited to one per player where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose). *Please see **SVA 'COVID-19 Resource Library for Clubs'** for ideas of how to connect families to your club to allow them to participate together.*
- A one-way system in and out of your facility/activity space should be considered as well as a one-way system around your courts. Movement from participants under the net should be actively discouraged to ensure social distance (2 metres) is maintained at all times and to minimise touch of common surface points and equipment.
- Clear signage should be in place to support all the above measures. You can find example templates in the **SVA 'COVID-19 Resource Library for Clubs'**.

Health Safety And Hygiene

- Clubs should produce their own bespoke COVID-19 cleaning procedures document, and this should be referred to at all times.

A template for this can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.

- Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry.
- Anyone who develops symptoms during a club session should follow the 'Reporting Illness' procedures for guidance on how to terminate a session if this happens. The 'Reporting Illness' procedures can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.
- Hand sanitiser should be provided for use at entry/exit points and at each court for regular use by all. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on.
- Cleaning products should conform to EN14476 standard.
- We discourage use of wipes where possible for environmental reasons, particularly at beach sites, but where necessary for wipes to be used, please ensure correct disposal of all used materials. Where possible, use environmentally friendly cleaning products to avoid any harm to local wildlife.
- Disposable gloves should be provided on site for use when following **COVID-19 Club Cleaning Procedures**. For information on the safe disposal of gloves and used items such as tissues and wipes, please see the following [link](#).
- 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.
- First Aid Kits should now contain a face mask/covering in the case that social distancing has to be breached in order to administer first aid treatment. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John's Ambulance website](#)

- Prominent signage should be displayed around the court encouraging participants and coaches to follow club hygiene protocols. This signage can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.

Outdoor Volleyball Activity

- Cooperative outdoor volleyball will be limited in Phase 3 to court rental or small group activity (maximum of 15 people from 5 households) only to ensure play is organised and delivered in a controlled manner.
- The maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.
- **From Monday 13th July 2020, the only exception to the physical distance guidance is for participants under the age of 11, who will no longer be required to physically distance at any time. For players aged 12-17, physical distancing will not be required during play, but must be maintained before and after play.**
- Coaching activity is permitted during phase 3, but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day, unless coaching children under the age of 18. In this situation, the household rule does not apply to the coach.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- The maximum duration for organised outdoor activity should be 90 minutes.
- All activity should be organised by the club for members only to ensure play is organised and delivered in a controlled manner and follows social distancing rules at all time. (Government guidelines must be followed for maximum numbers per court and household rules).

- A register of all participants and their relevant contact details must be recorded by the club for every booking. **A club register template can be found in the SVA 'COVID-19 Resource Library for Clubs'.**
- Before the first face to face session, all participants must sign and complete **the club Participant Agreement form** (see **SVA' COVID-19 Resource Library for Clubs'**) and return to their club 'Play it Safe' Ambassador to confirm they are agreeing to adhere to the guidance outlined in this document.
- If any generic club equipment is used, e.g. volleyballs, it should be thoroughly cleaned with EN14476 standard products **as per the Club Cleaning Procedures** before and after use.
- Unnecessary equipment (cones, agility ladders etc.) should be avoided to minimise touch of common surface points between participants and reduce the number of items needing cleaned at the end of each session.
- See **SVA 'COVID-19 Resource Library for Clubs'** for the suggested adapted formats of play at various levels of restrictions to allow for social distancing guidelines to continue to be followed.

Bookings and Payment

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

Communication

- Communicate with your members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are being asked to follow. **See SVA 'COVID-19 Resource library for clubs' for email templates**

and ideas for communication to your club members.

- You may also want to inform your local community to ensure that public perception of your activity is managed, and they are confident that what you are delivering is safe.
- Ensure signage on guidelines for playing volleyball safely and promoting hygiene measures is clearly displayed and up to date as restrictions change.
- Posters and signs that can be used to aid communication will be available from the **SVA 'COVID-19 Resource Library for Clubs'**.

Coaching

- Please see specific guidance below for coaches.
- Clubs should liaise with their coach(es) to ensure an approach to activity is agreed that is feasible to deliver safely and consult how coaches can be supported to deliver lessons.
- Revised Codes of Conduct should be understood and signed by each coach during a process of re-induction for coaches to learn about the new way of working at the club and their role within that.

Competitions

- The initial focus of this phase should be to facilitate recreational and social play, allowing players to spend time practising.
- The SVA will provide guidance for the resumption of competitive activity in due course.
- Travel to a competition out with your normal club/venue of play is not permitted.

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

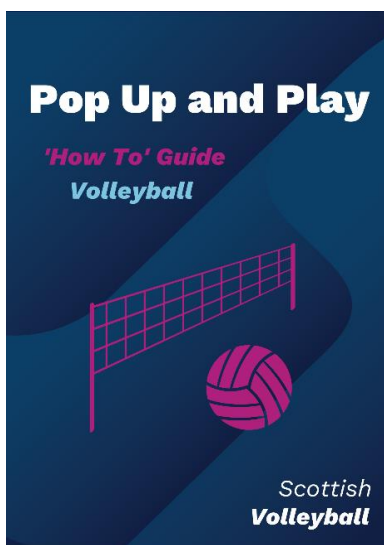
The following guidance is for clubs who wish to facilitate volleyball activity in a public outdoor space, but who have no permanent equipment. Two scenarios are considered in this section:

- (1) **Clubs or groups wishing to set up temporary/portable net systems in a public place (permitted from Monday 29th June 2020).**
- (2) **Clubs or groups wishing to set up activity in a public place without a net system.**

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

The following guidelines have been created in partnership with **sport**scotland.

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



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

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

Phase 3 – Guidance for Club sessions without a portable net system

Stay Up To Date

- Government information around social distancing is available [here](#) and should be read in full and checked on a regular basis.
- Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found on the [SVA website](#).
- All club activity should be consistent with the government guidance regarding health, travel, social distancing, and hygiene at all times.
- Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the ‘stay local’ (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#)
- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).

As a measure of good practice, clubs should seek to appoint a ‘Play it Safe’ Ambassador 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. Once appointed, please inform the SVA of your ‘Play it Safe’ Ambassador. The role description of the ‘Play it Safe’ Ambassador can be found in the **SVA ‘COVID-19 Resource Library for Clubs’**.

Site Management

- Clubs/Groups must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected. A risk assessment

template is available from the **SVA 'COVID-19 Resource Library'**.

- All clubs/groups should have means of clearly defining your activity space and separating from public use. Examples could be temporary boundary barriers that help keep non-participants clear of the space and prevent balls from rolling too far from the activity space.
- Any measures clubs put in place to enable volleyball activity to resume need to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.
- Clubs should check with their current insurance provider to ensure they are covered for the planned adapted activity.

Outdoor Volleyball Activity

- Cooperative outdoor volleyball will be limited in Phase 3 to court rental or small group activity (maximum 15 people from 5 households) only to ensure play is organised and delivered in a controlled manner.
- The maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.
- **From Monday 13th July 2020, the only exception to the physical distance guidance is for participants under the age of 11, who will no longer be required to physically distance at any time. For players aged 12-17, physical distancing will not be required during play, but must be maintained before and after play.**
- Coaching activity is permitted during phase 3, but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day, unless coaching children under the age of 18. In this situation, the household rule does not apply to the coach.
- Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of

parents from different households should not congregate before, during or after the activity.

- The maximum duration for organised outdoor activity should be 90 minutes.
- The size of your activity space should always be carefully considered to allow for social distancing. A one-way system in and out of your activity space should be considered.
- A register of all participants and their relevant contact details must be kept by the club for every session. All participants must sign and complete the club consent form to confirm they are agreeing to the guidance outlined in this document.
- If any generic club equipment is used, e.g. balls, it should be thoroughly cleaned as per the **Club Cleaning Procedures** (See Health, Safety and Hygiene section) before and after use.
- Unnecessary equipment (cones, agility ladders etc.) should be avoided to minimise touch of common surface points between participants and reduce the number of items needing cleaned at the end of each session.
- Activity space should be set up and taken down by the same person and should not be adjusted or touched by anyone else throughout the session.
- Spectating should be actively discouraged by family members and passers-by. Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it should be limited to one per player where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose). *Please see **SVA 'COVID-19 Resource Library for Clubs'** for ideas of how to connect families to your club to allow them to participate together.*
- Clear signage should be in place to support all the above measures. See **SVA 'COVID-19 Resource Library for Clubs'** for templates.
- A short transition period (15 minutes) should be implemented between sessions to allow for cleaning procedures to be completed and to allow for players to leave before the next players arrive, ultimately minimising social interactions that could occur as sessions overlap.

Health Safety and Hygiene

- Clubs should produce their own bespoke **COVID-19 cleaning procedures document**, and this should be referred to at all times.
- Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry.
- Anyone who develops symptoms during a club session should follow the 'Reporting Illness' procedures for guidance on how to terminate a session if this happens. The 'Reporting Illness' procedures can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.
- Hand sanitiser should be provided for use at entry/exit points and around the activity space for regular use by all. Hand sanitiser should be at least 60% alcohol based and detergent wipes are appropriate for the surface they are being used on.
- We discourage use of wipes where possible for environmental reasons, particularly at beach sites, but where necessary for wipes to be used, please ensure correct disposal of all used materials.
- Disposable gloves should be provided on site for use when following **COVID-19 Club Cleaning Procedures** . For information on the safe disposal of gloves and used items such as tissues and wipes, please see the following [link](#).
- All common touch surface points, should be cleaned regularly whilst wearing disposable gloves (as per **COVID-19 Cleaning procedures document**).
- Cleaning products should conform to EN14476 standard.
- Ensure usual access to First Aid equipment. Consider the purchase of additional First Aid Kits for those delivering sessions to avoid using shared equipment where possible.
- Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.
- First Aid kits should now contain a face mask/covering in the case that social distancing has to be breached in order to administer first aid treatment. Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#).

- Prominent signage should be displayed around the venue encouraging participants and coaches to follow the hygiene protocols.

Bookings and Payment

- All registrations and payments for participation in organised club sessions must be made in advance of the activity (at least 24 hours to allow for consent/registration forms to be completed and returned).
- Payments should be online only and cash payments should be avoided until further notice.

Communication

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

Coaching

- Please see specific guidance below for coaches.
- Clubs should liaise with their coach(es) to ensure an approach to activity is agreed that is feasible to deliver safely, and how coaches can be supported to deliver lessons.
- Revised Codes of Conduct should be understood and signed by each coach during a process of re-induction for coaches to learn about the new way of working at the club and their role within that.

Competitions

- The initial focus of this phase should be to facilitate recreational and social play, allowing players to spend time practicing.
- The SVA will provide guidance for the resumption of competition activity in due course.
- Travel to a competition out with your normal club/venue of play is not permitted.

Phase 3 - Guidance for Players

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

Non-Club Activity

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

- Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.
- Physical distancing should be maintained at all times (2 metres) for participants aged 18 and over.
- No more than 5 households should take part in the activity and no more than 15 people should take part at one time.

Club Activity

Where club organised activity is concerned; **cooperative outdoor volleyball will be limited in Phase 3 to court rental or small group activity only** to ensure play is organised and delivered in a controlled manner.

The maximum number of people per group should be 15 from a maximum of 5 households only. The maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.

From Monday 13th July 2020, the only exception to the physical distance guidance is for participants under the age of 11, who will no longer be required to physically distance at any time. For players aged 12-17, physical distancing will not be required during play, but must be maintained before and after play.

Coaching activity is permitted during Phase 3, but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day unless involved in coaching organised children's activity.

The information below is provided for guidance only and is not an exhaustive list or to be viewed as a replacement of Government guidelines. **Please remember any players do so at their own risk.**

Section 1: Before Play

Stay Up To Date

- Government information around social distancing is available [here](#) and should be read in full.
- Be aware that guidance can change, and restrictions may be reintroduced – The most up to date guidance can be found on the [SVA website](#).
- Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the 'stay local' (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#)
- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).
- If you have any questions about your club's safe practice during phase 3, please first refer to your club 'Play it Safe' Ambassador.

Before Leaving Home

- Wash your hands with soap and water for at least 20 seconds before leaving home to go to play (or use an alcohol gel if washing hands is not possible). You can find more information from the World Health Organisation on our **SVA 'COVID-19 Resource Library for Clubs'** on how to wash your hands.
- You must not attend training if in the past 14 days you:
 - Have been unwell or had any flu-like symptoms.
 - Have been in contact with a known or suspected case of COVID-19;
 - Have had any respiratory symptoms (even if mild); or
 - Are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- Those with even mild symptoms are strongly encouraged to get tested. For more information on getting tested in Scotland, click [here](#).
- Anyone who develops symptoms during a club session should follow the 'Reporting Illness' procedures for guidance on how to terminate a session if this happens. The 'Reporting Illness' procedures can be found in the **SVA 'COVID-19 Resource Library for Clubs'**.
- Please be mindful that if you have not played volleyball in a few months, then your body may take time to get used to the movements and surfaces of outdoor volleyball, so take care to return to volleyball gradually and cautiously to reduce the risk of injury.
- Use toilets at home before you leave.

Travelling To And From The Court

- Travel restrictions outlined by the Scottish Government should always be adhered to by participants.
- Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the 'stay local' (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities.

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

Equipment And Facilities

- If you are involved in a session not organised by the club and you must set up the net before play, dedicate one person to set up and set down the equipment to minimise common touch surface contacts.
- Make sure this dedicated person washes their hands before and after setting up the net. See your clubs **COVID-19 Club Cleaning Procedures**.

What To Bring With You?

- Although your club should provide hand sanitiser, it is good practice for participants to bring their own. Hand sanitiser should be at least 60% alcohol based.
- **Always wash your hands and forearms thoroughly before taking part in your activity**, even if you recently washed them at home.
- Always bring your own water bottle with you and refrain from sharing bottles with anyone else. Your bottle should be clearly labelled to avoid cross-contamination.
- You should avoid on this occasion sneezing into your elbow as this is a part of the body that can contact the ball during play. You should bring your own tissues and follow NHS guidance on what to do when

you sneeze or cough [here](#).

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 [link](#).

Bookings and Payment

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

Section 2: During Play

Maintain Social Distancing

- Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play). Please see **SVA 'COVID-19 Resource Library for Clubs'** for suggestions on how to play with 4 people on one court whilst maintaining social distance.
- For sessions involving adults (18 years and over), the maximum number of households involved should be 5 and the maximum number of adults (aged 18 or over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.
- **From Monday 13th July 2020**, players under the age of 18 are no longer required to physically distance during play.

- Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- For older children aged 12-17 a ‘field of play bubble’ can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity only.
Normal physical distancing guidelines will however apply before and after the activity takes place for this age group.
- For players of any age, please avoid non-essential physical contact with other players (such as shaking hands or high five).
- Stay on your side of court and avoid changing ends or agree to change ends at opposite sides of the net and follow the one-way system as outlined by your club procedures and signage. Do not under any circumstances change ends by going under the net.
- Avoid chasing the ball down to another court if other players are using it. Volleyballs should be easily identifiable and can be collected using your feet after the session.

Equipment & Facilities

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

Hygiene and Cleaning

- Upon entering activity site all players must sanitise hands and forearms before play. Hand sanitiser will be provided by each organising club, but you can also bring your own. Hand sanitiser should be at least 60% alcohol based.
- At regular moments throughout a session, all players should sanitise their hands and forearms.

- Disposable gloves will also be available to wear during play and for cleaning purposes.
- Avoid touching your face throughout the session.

There is a strict no spitting policy at all times.

Section 3: After Play

Hygiene and Cleaning

- Volleyballs must be brought to a cleaning station using your feet.
- Please wear disposable gloves when cleaning your ball.
- Store your ball in the correct place (according to your coach or your club) and dispose of your gloves appropriately. For information on the safe disposal of gloves and used items such as tissues, please see the following [link](#).
- Clean your hands and arms thoroughly before you leave the court using hand sanitiser that has at least 60% alcohol content.

After the Session

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

Child Wellbeing And Protection In Sport – During Phase 3 Restrictions

- Coaches must have the permission/agreement of the parent or guardian of a player/participant who is under the age of 18 to coach

that player/participant.

- Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it should be limited to one per player where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).
- For further information about Child Wellbeing and Protection in Sport please see SVA [child wellbeing & protection policy](#).
- For more information, please refer to **sportscotland** guidance on a [safe return to sport for children and young people](#).

Phase 3 - Guidance for Coaches

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

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

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

General Coaching Guidance

- Coaching activity is permitted during Phase 3 but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day. **An exception to this would be when coaching organised children’s activity from Monday 13th July 2020. In this situation, the 4 household rule does not apply to coaches.**
- For participants **of all ages**, group sizes must not exceed 15 people (including the coach) and the duration of activity organised should be no longer than 90 minutes maximum.
- Physical distancing and hygiene measures must be fully implemented and maintained for participants aged 18 and over.

- **When coaching participants under the age of 18 during Phase 3, we recommend at least 2 coaches are present to support efficient implementation of COVID-related protocols.**
- Coaches and other adults supporting organised children’s activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club ‘COVID Officer’ should consider appropriate mitigating actions as part of the risk assessment.
- Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
- At all times, coaches, personal trainers, instructors, and participants should adhere to the Scottish Government’s physical distancing guidelines of staying at least 2m away from participants of all ages. Scottish Government guidelines are available [here](#).
- Consult the Scottish Governing Body guidance for the relevant sport or activity being delivered. This can be found on the [sportscotland website](#).
- Risk assessments are carried out and documented at all sites. A template for your sessions can be found in the [Getting your coaches ready for sport](#) document. Consider safety first, particularly minimising the risk of infection/transmission.
- Appropriate physical distancing and hygiene measures must be put in place to ensure participants, staff and volunteers are always protected.
- Appropriate insurance policies should be in place for all coached activities and checked for validity with the relevant insurance provider before undertaking work with clients.
- When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.
- Coaches, personal trainers, and instructors 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 will not be available. Detailed guidance is available at;

- www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/
- www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/
- Personal equipment should not be shared, and measures must be put in place to reduce the risk of contamination.
- Bookings and payment should, where possible, be operated online or by phone with buffer periods between all sessions to allow time for participants to leave before the next arrives.
- Venue operators and clubs must ensure that relevant workplace guidance is followed for contractors and staff and that existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
- All coaches should be familiar with and agree to delivering sessions under these conditions and must have signed the revised code of conduct prior to coaching face to face.
- Communication with participants is important and should be planned for:
 - Coaches, personal trainers, and instructors should ensure they have an approach to activity that is feasible to deliver safely.
 - Participants should know what to do before/during/after attending their coached session.

Further guidance to help coaches is available at;

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

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

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

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

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

Coaching Outdoor Volleyball Activity

- Coaches should not attend a session if experiencing symptoms or have been in contact with anyone who has had symptoms in the past 14 days.
- Cooperative outdoor volleyball will be limited in the first instance to court rental (**from the 29th June 2020**) or small group activity only to ensure play is organised and delivered in a controlled manner.
- Coaching activity is permitted during phase 3, but coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day, unless coaching children under the age of 18. In this situation, the household rule does not apply to the coach.
- The maximum number of adults (aged 18 and over) per court is 4, to allow social distance (2 metres) to be maintained at all times, and as long as specific conditions and public health and hygiene standards can be met.
- **From Monday 13th July 2020, the only exception to the physical distance guidance is for participants under the age of 11, who will no longer be required to physically distance at any time. For players aged 12-17, physical distancing will not be required during play, but must be maintained before and after play.**
- All activity planned and delivered should be consistent with the Scottish Government guidance regarding health, travel, social distancing, and hygiene at all times.
- Travel restrictions outlined by the Scottish Government should always be adhered to. As of Friday 3rd July 2020, the 'stay local' (5 mile) travel restriction has been lifted allowing people greater opportunities to take part in outdoor physical activity and exercise. As a result of this change in guidance, people can now travel out with their local area to take part in recreational activities. Up to date guidance is available at [Scottish Government Phase 3: Staying safe and protecting others](#)

- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 3: Staying safe and protecting others](#).
- Coaches must consider safety first, particularly minimising the risk of infection/transmission.
- Guidelines will be updated as we progress through the different phases of the Scottish Government Route Map - the SVA remains in discussions with **sportscotland** and the Scottish Government and so we recommend you check the official channels on a regular basis to stay abreast of the latest recommendations.
- Any measures coaches put in place to enable volleyball activity to resume need to be capable of being flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.
- Coaches may have to rethink their approach to coaching during this time, focussing on a Coaching for Wellbeing, person centred approach rather than skill acquisition or tactics. Find out more in the **SVA 'COVID Resource Library for Clubs'** in relation to coaching practice.
- If you have any questions about your club's safe practice during phase 3, please first refer to your Club 'Play it Safe' Ambassador.

Maintaining Social Distancing

- Coaches should position themselves around the court/activity space so they can maintain social distancing from the players of all ages at all times.
- Adaptations to drills and how you provide feedback/instruction may be needed to ensure social distancing guidelines can be safely adhered to. There is advice for coaches in the **SVA 'COVID-19 Resource Library for Clubs'** to help coaches adapt coaching practices to allow this.

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.
- Ensure all equipment is removed from the court at the end of the session.

Health, Safety & Hygiene

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

Child wellbeing and protection in sport – during phase 3 restrictions

- Coaches must have the permission/agreement of the parent or guardian of a player/participant who is under the age of 18 to coach that player/participant.
- Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it should be limited to one per player where possible, with social distancing strictly observed while watching the sessions (consider marking out specific boxes/areas for this purpose).
- For further information about Child Wellbeing and Protection in Sport please see SVA [child wellbeing & protection policy](#).
- For more information, please refer to sportscotland guidance on a [safe return to sport for children and young people](#).

Useful information

Frequently Asked Questions for [website](#)

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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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