

Scottish Volleyball – Play it Safe Guidance

COVID -19 Protection Levels Framework

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 the 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 5-level system 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 postcode checker.

This new system was introduced on **2nd November 2020**. Levels will be reviewed regularly 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

		Level 0	Level 1	Level 2	Level 3	Level 4
Outdoor Training Organised Volleyball training	Overview An outdoor sporting 'field of play bubble' for training can consist of a maximum of 30 people including coaches. Multiple bubbles, each with up to 30 people, can be used in training, competition, or small-scale sporting events if all guidance is followed (200 max per day unless with an exemption).					
	Children & Young people (u18 years)	Organised outdoor volleyball training permitted.	Organised outdoor volleyball training permitted.	Organised outdoor volleyball training permitted.	Organised outdoor volleyball training permitted.	Organised outdoor volleyball training permitted.
	Adults (18+ years)					
Outdoor Competition Organised Volleyball Competition (8 x 8 m court)	Overview An outdoor sporting 'field of play bubble' for competition can consist of a maximum of 30 people including coaches, officials and other support staff at any one time. Multiple bubbles, each with up to 30 people, can be used in training, competition, or small-scale sporting events if all guidance is followed (200 max per day unless with exemption). Organised outdoor volleyball competition can take place for people of all ages at all levels but please see relevant formats and group sizes for each age group below.					
	Children & Young people (u18 years)	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 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)

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	Adults (18+ years)	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 permitted. Maximum 4 people per court (2v2)	Organised outdoor volleyball competition permitted. Maximum 4 people per court (2v2)
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	<p>Under 18's: Can travel freely for outdoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for outdoor volleyball training</p> <p>Adults (18+): Can travel for outdoor volleyball training 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>Under 18's: Can travel freely for outdoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for outdoor volleyball training</p> <p>Adults (18+): Can travel for outdoor volleyball training 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>Under 18's: Can travel freely for outdoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for outdoor volleyball training</p> <p>Adults (18+): Can travel for outdoor volleyball training 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>Under 18's: Can travel freely for outdoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for outdoor volleyball training</p> <p>Adults (18+): Should stay local for outdoor volleyball training</p>	<p>Under 18's: Should stay local (within your local authority area) for outdoor volleyball training</p> <p>Adults (18+): Should stay local for outdoor volleyball training</p>

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	Competition	<p>Under 18's: Can travel freely for outdoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for outdoor volleyball competition.</p> <p>Adults (18+): Can travel for outdoor volleyball competition between level 0-2 but should stay local for competition where possible</p> <p>Should not travel to level 3 or level 4 areas of competition</p>	<p>Under 18's: Can travel freely for outdoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for outdoor volleyball competition.</p> <p>Adults (18+): Can travel for outdoor volleyball competition between level 0-2 but should stay local for competition where possible</p> <p>Should not travel to level 3 or level 4 areas of competition</p>	<p>Under 18's: Can travel freely for outdoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for outdoor volleyball competition.</p> <p>Adults (18+): Can travel for outdoor volleyball competition between level 0-2 but should stay local for competition where possible</p> <p>Should not travel to level 3 or level 4 areas of competition</p>	<p>Under 18's: Should stay local for outdoor volleyball competition.</p> <p>Adults (18+): Should stay local for outdoor volleyball competition</p>	<p>Under 18's: Should stay local for outdoor volleyball competition.</p> <p>Adults (18+): Should stay local for outdoor volleyball competition</p>
Coaching Volleyball Outdoors	Overview	<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 with a maximum of 30 people involved at any one time.</p>				

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		<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>				
Outdoor Training Groups sizes (8 x 8 m court)	Children & Young people (u18 years)	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)	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	Overview	For players of all ages, physical distancing is suspended for the duration of that activity , but we recommend that all clubs and coaches take measures to mitigate the risk of participants coming within 2 metres of each other where possible.				
Schools Volleyball Outdoors	Overview	See Education Scotland guidance for further detail on a return to sport and physical activity in a school environment.				
	Primary	Outdoor volleyball activity is permitted Please see our Scottish Volleyball Play it Safe - Schools Information for more information.				
	Secondary	Outdoor volleyball activity is permitted Please see our Scottish Volleyball Play it Safe - Schools Information for more information.				

INDOOR VOLLEYBALL

		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 guidance on the opening of sport and leisure facilities and our Scottish Volleyball Play it Safe Indoor guidance . ‘Group’ activity refers to adults, from more than 2 households (6 members) who take part in organised sport or physical activity. ‘Individual exercise’ refers to organised sport or physical activity within household rules i.e. 1:1 coaching.				
	Children & Young people (u18 years)	Indoor volleyball group training permitted.	Indoor volleyball group training permitted.	Indoor volleyball group training permitted.	Indoor volleyball group training permitted.	Indoor volleyball group training not permitted for all age groups. Indoor sports facilities closed.
	Adults (18+ years)				Indoor group volleyball training not permitted. (individual exercise only).	
Indoor Competition Organised Volleyball Competition (9 x 9 m court)	Overview	Indoor competition is permitted for the following groups: Under 18’s: Levels 0-2 Adults (18+): Level 0-1 See below for the formats permitted in each level.				

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	Children & Young people (u18 years)	Indoor 6v6 competition for U18's is permitted .	Indoor 6v6 competition for U18's is permitted .	Indoor 4v4 competition for U18's is permitted .	Indoor competition for U18's is not permitted .	Indoor volleyball competition not permitted for all age groups.
	Adults (18+ years)	Indoor 6v6 competition for Adults is permitted .	Indoor 4v4 competition for Adults is permitted .	Indoor competition for Adults is not permitted .	Indoor competition for adults is not permitted	Indoor sports facilities closed.
Travelling for indoor volleyball	Overview	<p>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.</p> <p>Players should minimise unnecessary travel out with their own local area for training and competition where possible.</p> <p>Specific information on car sharing is available from Transport Scotland: advice on how to travel safely.</p>				
	Training	<p>Under 18's: Can travel freely for indoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for indoor volleyball training</p> <p>Adults (18+): Can travel for indoor volleyball training between level 0-2 but should minimise</p>	<p>Under 18's: Can travel freely for indoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for indoor volleyball training</p> <p>Adults (18+): Can travel for indoor volleyball training between level 0-2 but should minimise</p>	<p>Under 18's: Can travel freely for indoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for indoor volleyball training</p> <p>Adults (18+): Can travel for indoor volleyball training between level 0-2 but should minimise</p>	<p>Under 18's: Can travel freely for indoor volleyball training between level 0-3</p> <p>Should not travel to level 4 areas for indoor volleyball training</p> <p>Adults (18+): Indoor group training for adults not permitted</p>	<p>Under 18's: Indoor group training for u18's not permitted.</p> <p>Adults (18+): Indoor group training for adults not permitted.</p>

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		travel between areas where possible. Should not travel to level 3 or level 4 areas for organised training	travel between areas where possible. Should not travel to level 3 or level 4 areas for organised training	travel between areas where possible. Should not travel to level 3 or level 4 areas for organised training		
	Competition	<p>Under 18's: Can travel freely for indoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for indoor volleyball competition.</p> <p>Adults (18+): Can travel for indoor volleyball competition between level 0-2, but should stay local for competition where possible</p> <p>Should not travel to level 3 or level 4 areas for competition</p>	<p>Under 18's: Can travel freely for indoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for indoor volleyball competition.</p> <p>Adults (18+): Can travel for indoor volleyball competition between level 0-2 but should stay local for competition where possible</p> <p>Should not travel to level 3 or level 4 areas for competition</p>	<p>Under 18's: Can travel freely for indoor volleyball competition between levels 0-2</p> <p>Should not travel to level 3 or level 4 areas for indoor volleyball competition.</p> <p>Adults (18+): Indoor competition is not permitted.</p>	<p>Under 18's: Should stay local (within 5 miles of your local authority area) for indoor volleyball competition.</p> <p>Adults (18+): Indoor competition not permitted.</p>	<p>Under 18's: Should stay local for indoor volleyball competition.</p> <p>Adults (18+): Indoor competition not permitted.</p>

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<p>Coaching Volleyball Indoors</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>Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.</p> <p>Coaches can continue to travel across local authority boundaries for paid work or voluntary coaching roles.</p> <p>Coaches should wear a face covering at all times whilst coaching indoor volleyball or competition at all levels.</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>Indoor Training Groups sizes (9 x 9 m court)</p>	<p>Overview</p>	<p>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.</p> <p>Below you can find our recommended number of players per 9 x 9 m court at any one time.</p>				
	<p>Children & Young people (u18 years)</p>	<p>Maximum number of 12 players per court at any one time</p>	<p>Maximum number of 12 players per court at any one time.</p>	<p>Maximum number of 12 players per court at any one time.</p>	<p>Maximum number of 8 players per court at any one time.</p>	<p>Indoor group training for U18's not permitted</p>
<p>Adults (18+ years)</p>	<p>Maximum number of 12 players per court at any one time.</p>	<p>Maximum number of 8 players per court at any one time.</p>	<p>Maximum number of 8 players per court at any one time.</p>	<p>Indoor group training for adults not permitted.</p>	<p>Indoor group training for adults not permitted</p>	
<p>Physical Distancing</p>	<p>Children & Young people (u18 years)</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>

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	Adults (18+ years)			For adult's physical distance of 2m must be maintained at all times whilst training indoors.	Indoor volleyball group training is not permitted for adults.	
Schools Volleyball – Indoors	Overview	See Education Scotland guidance for further detail on a return to sport and physical activity in a school environment. Please see our Scottish Volleyball Play it Safe - Schools Information for more information.				
	Primary	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is not permitted
	Secondary	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is permitted	Indoor volleyball activity is not permitted

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