

Playing it Safe



**Scottish
Volleyball**

Protection Framework

July 2021

Version 3

Scottish Volleyball – Play it Safe Guidance

COVID -19 Protection Levels Framework

Updated 13/7/21

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 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 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 **21 June 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).

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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' can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other 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 and approval. Any variation to these numbers must be approved by Scottish Government directly.				Local training/competition only. U12s: max 30 including coaches. Over 12s/adults max 15 including coaches.
		Maximum bubble size: 500 participants* Total Daily Limit: No limit	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants	
	Children & Young people (u18 years)	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.	Organised outdoor group volleyball training permitted. No Physical Distance required during play.	
Adults (18+ years)	Organised outdoor group volleyball training permitted.	Organised outdoor group volleyball training permitted.	Organised outdoor group volleyball training permitted.	Modified outdoor group volleyball training only – net play	Modified outdoor group volleyball training only – net play (e.g., blocking) not permitted	

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		No Physical Distance required during play.	No Physical Distance required during play.	No Physical Distance required during play.	(e.g., blocking) not permitted Players must maintain physical distance during play.	Players must maintain physical distance during play.
Outdoor Competition Organised Volleyball Competition (8 x 16 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)
	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 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.
	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.				

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Travelling for outdoor volleyball	Training and competition	<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 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>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 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>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 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>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+): Should stay local for outdoor volleyball training.</p> <p>Competition for players aged 18 and over is not permitted.</p>	<p>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.</p> <p>Adults (18+): Should stay local for outdoor volleyball training.</p> <p>Competition for players aged 18 and over is not permitted.</p>
	Overview	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.				

Coaching Volleyball Outdoors		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.				
	Indoor & Outdoor coaching	<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> <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. See indoor / outdoor guidance for further information.</p> <p>Coaches can take multiple sessions per day, however the numbers allowed in each session will depend upon the protection Level in place.</p>				
Outdoor Training Groups sizes (8 x 16 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	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
	Adults (18+ years)	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.					

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INDOOR VOLLEYBALL

		Level 0	Level 1	Level 2	Level 3	Level 4
Indoor Training	Overview	<p>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.</p> <p>‘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.</p>				

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Organised Volleyball training	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 not permitted for all age groups. Indoor sports facilities closed.
	Adults (18+ years)	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 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 volleyball competition not permitted for all age groups.
	Adults (18+ years)	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.	Indoor sports facilities closed.

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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 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 areas where possible.</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>

<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</p> <p>Groups sizes</p> <p>(9 x 18 m court)</p>	<p>Children & Young people (u18 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>Maximum number of 12 players per court* at any one time</p> <p>Maximum number of people per hall:</p> <p>4 courts** - 32 5 courts** - 40</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>Maximum number of 12 players per court* at any one time.</p> <p>Maximum number of people per hall:</p> <p>4 courts** - 32 5 courts** - 40</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>Maximum number of 12 players per court* at any one time.</p> <p>Maximum number of people per hall:</p> <p>4 courts** - 32 5 courts** - 40</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>Maximum number of 12 players per court* at any one time.</p> <p>Maximum number of people per hall:</p> <p>4 courts** - 32 5 courts** - 40</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>Indoor group training for U18's not permitted.</p> <p>Indoor facilities closed.</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 18 m court at any one time.</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>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>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>Individual exercise only.</p>	<p>Indoor group training for adults not permitted.</p> <p>Indoor facilities closed.</p>
Physical Distancing	Children & Young people (u18 years)	For players of all ages, physical distancing is suspended for the duration of activity within a field of play bubble.	For players of all ages, physical distancing is suspended for the duration of activity within a field of play bubble.	For u18's physical distancing is suspended for the duration of activity within a field of play bubble.	For u18's physical distancing is suspended for the duration of activity within a field of play bubble.	For players of all ages, Indoor volleyball group training not permitted.
	Adults (18+ years)	For players of all ages, physical distancing is suspended for the duration of activity within a field of play bubble.	Indoor group training for adults not permitted. <p>Individual exercise only.</p>	Indoor group training for adults not permitted. <p>Individual exercise only.</p>	Indoor group training for adults not permitted. <p>Individual exercise only.</p>	

Schools Volleyball – Indoors	See Education Scotland guidance for further detail on a return to sport and physical activity in a school environment.
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