

# Procedure and Risk Assessments for Volleyball Activity During COVID-19 Controls

Procedures – For activity during COVID-19

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## 1. Introduction

In order to be able to resume volleyball training during the current COVID conditions, we have considered the risks and controls required to be able to resume training in a manner to mitigate the risks associated with the virus.

## 2. General operation

Please ensure you up to date with the government's latest coronavirus guidance: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## 3. Self-isolation

If a person or someone in their household meets one of the following criteria, they must not attend volleyball activity/any activity.

- Has a high temperature, a new persistent cough and a loss of smell or taste. Follow the guidance on self-isolation.
- Is a vulnerable person because of:
  - Their age.
  - Underlying health conditions.
  - Clinical condition or the fact they are pregnant.
  - Is living with someone in self-isolation or a vulnerable person.

### 3.1 Procedure should a member of the training group become ill while attending a session:

If a member of the club develops a high temperature, a persistent cough or loses the sense of taste or smell while at a club session, they must:

- Ensure club lead present is informed.
- Avoid touching anything.
- Cough or sneeze into a tissue and put in a bin, or if they do not have tissues, cough, and sneeze into crook of their elbow.
- They must then follow the guidance on self-isolation and not return to activity until their period of self-isolation has been completed as per the government guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

## 4. Travel to training sessions or camps

Wherever possible participants should travel to training locations alone using their own transport. Public Transport should not be used where possible, to limit interface with others whilst travelling to training.

## 5. Hand washing

Regular hand washing or sanitising should be carried out before and after all training sessions.

**6. Social distancing**

Social distancing protocols must be applied to all activities. Everyone must keep 2m metres apart where practicable except for those from the same household.

**7. Agreement**

Athletes and coaches to have copy of risk assessment and facility usage agreement with them during sessions.  
Agree these procedures with the facility provider.

**8. Risk assessment:** Please refer to the next page.

## Risk assessment – Beach Volleyball activity Covid Risk Assessment/Mitigation Procedures

<b>Activity</b>	Conducting beach volleyball activities. These sessions involve volleyball for exercise/training drills and game play under mitigating measures ('one-metre-plus' approach)	<b>Phase 1</b>	Please ensure you up to date with the government's latest coronavirus guidance: <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a>	<b>Date:</b>	<b>04/08/2020</b>
<b>Assessor Name:</b>	<b>Martin Rees</b>	<b>Assessor Signature:</b>		<b>Latest update:</b>	<b>26/03/2021</b>
<b>Title:</b>	<b>Beach Division Manager</b>				
<b>COVID-19 Officer:</b>	<b>Martin Rees</b>	<b>COVID-19 Officer Email:</b>	<b>beach@richmondvolleyball.co.uk</b>		
Risk assessments should be reviewed at following any significant change to the activity, workplace, work equipment, personnel etc. by a competent person. <a href="https://www.hse.gov.uk/risk/">https://www.hse.gov.uk/risk/</a>					

Risk Rating = Likelihood (L) x Severity (S)			HAZARD SEVERITY (S)				
			1	2	3	4	5
			<b>Negligible</b> No absence from work	<b>Slight</b> Minor injury/illness	<b>Moderate</b> Injury or illness absence from work	<b>High</b> Single person suffering serious injury or illness & long-term absence from work	<b>Very High</b> Multiple persons suffering serious injury or illness & long-term absence from work
LIKELIHOOD (L)	1	Very Unlikely	LOW	LOW	LOW	LOW	LOW
	2	Unlikely	LOW	LOW	LOW	MEDIUM	MEDIUM
	3	Possible	LOW	LOW	MEDIUM	HIGH	HIGH
	4	Likely	LOW	MEDIUM	HIGH	HIGH	HIGH
	5	Very likely	LOW	MEDIUM	HIGH	HIGH	HIGH

<b>LOW RISK</b> (Score 1-6)	Acceptable
<b>MEDIUM RISK</b> (Score 8-10)	Task should only proceed with control measures
<b>HIGH RISK</b> (Score 12-25)	Task <b>must not proceed</b> . Evaluate and reduce risk.

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES – Applies to all disciplines	RESIDUAL RISK		
		L	S	R		L	S	R
<p><b>Training Facilities and Equipment</b> Transfer of virus via equipment used in session (balls, aerials, nets, carts). Transfer of virus within the location.</p>	<p>Employees at venue Coaches Players Public</p>	3	4	12	<ul style="list-style-type: none"> <li>• Cleaning and wiping down all balls and other handled equipment with sanitiser before and after sessions.</li> <li>• Provide disinfectant and wipes to clean equipment</li> <li>• Using only permanent courts, which don't need to be set up every session and reduces equipment and athlete/coach contact with that equipment.</li> <li>• Nets staying up at all times and the net height on the three courts to stay at a fixed height (mens, womens and juniors) where possible. Assigning training groups accordingly to avoid coaches having to handle the posts to adjust the height.</li> <li>• Having a limited number of balls to reduce overall risk of transfer.</li> <li>• Marking the balls with court numbers to avoid them being mixed up with other training groups.</li> <li>• Balls that come on to the court from another court should not be touched with hands but should be kicked back instead</li> <li>• Only use essential equipment.</li> <li>• Training outdoors in an open space reduces risk of transfer compared to indoors.</li> <li>• Beach courts are in a fenced off area avoiding public access.</li> <li>• Signage to be put up at the entrance to discourage the public from entering during sessions.</li> <li>• Players and coaches are advised to immediately retrieve balls that go over the perimeter fence and not to ask members of the public to throw them back.</li> <li>• Designate a queuing area away from the public footpath.</li> <li>• Gazebos (without side walls) will only be put up in very hot or wet conditions during tournaments for use of organisers only. Maximum number of people allowed to shelter at the same time will be limited to ensure social distancing.</li> <li>• Players are advised to bring their own umbrellas and/or waterproof clothing to protect them from the rain or sun.</li> </ul>	2	3	6

<p>Transfer of virus as a result of increased interaction between players, coaches, and staff, and even public.</p>	<p>Players, Coaches and Wider Staff</p>	<p>3</p>	<p>4</p>	<p>12</p>	<ul style="list-style-type: none"> <li>• Symptom check of every participant upon arrival.</li> <li>• Limit number of people in training sessions. No other staff members or spectators to be present within the fenced court area.</li> <li>• Players and coaches to maintain 2m social distancing at all times when the ball is in not in play and when the participants are off court.</li> <li>• Players and coaches to avoid all contact such as handshakes or hand slaps.</li> <li>• Players and coaches to use hand sanitisers at entrance, exit and during water breaks.</li> <li>• Players to avoid sharing all personal equipment (sunglasses, therabands, towels, suncream) or food and drink.</li> <li>• Players advised to label their water bottles and food and keep with their belongings at all times.</li> <li>• Players advised to dispose of empty water bottles and rubbish in bins or take them home with them.</li> <li>• Players and coaches to keep belongings separately and at least 2ms apart, next to the court they are playing on.</li> <li>• Players are reminded to refrain from spitting or rinsing out their mouths and should maintain respiratory etiquette if they cough or sneeze.</li> <li>• All participants are reminded to refrain from shouting</li> <li>• All participants are reminded to comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend a volleyball activity.</li> <li>• Astro turf area will be for entering and exiting the beach courts only, with signage to avoid participants or spectators gathering around the entrance area.</li> <li>• Maintain the same 'social bubble' of athletes and coaches involved in training sessions to minimise risk of transfer from outside parties.</li> <li>• Travel to sessions under government guidelines with social distance.</li> <li>• Avoid unnecessary activities associated with sporting development during training session (e.g. no group briefings, meetings, season planning, which could be conducted online or at a later date).</li> <li>• Conduct drills that will remain purposeful but can be performed at an appropriate social distance.</li> </ul>	<p>2</p>	<p>3</p>	<p>6</p>
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					<ul style="list-style-type: none"> <li>Parents advised to wait in their car when picking up children from training. If parents are not using a car, they are advised to wait in the designated queuing area and maintain social distance to the participants and the public.</li> <li>Change over time in between sessions to allow for cleaning of equipment and avoid contact between groups.</li> <li>Players/parents are advised to make their own way to and from the courts and avoid public transport where possible</li> <li>Coaches will keep attendance records for every session to be able to track them in case of infection.</li> <li>If a player or coach develops symptoms they need to contact the beach manager immediately and under no circumstances should the player attend a session.</li> <li>Sessions will be for registered members only (no turn-up and play sessions) and players need to formally agree to a revised code of conduct before joining sessions</li> <li>Training fees to be paid electronically (no cash payments)</li> <li>Safety posters and signage to be displayed throughout</li> <li>Coaches and first aiders to familiarise themselves with revised first aid guidelines (<a href="https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/">https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/</a>)</li> <li>First aid box to contain masks and gloves to protect person giving first aid.</li> <li>Coaches and managers to be informed and prepared to manage any person who becomes symptomatic at the venue as per government guidelines.</li> </ul>			
<p><b>Sport Specific Activity</b> The main incidences where contact may occur and result in intrusion into the 2m social distance radius:</p> <ol style="list-style-type: none"> <li>Blockers and hitter being in close vicinity to one another alas on opposite sides of a net, occasionally brushing hands (e.g. jousting).</li> <li>Colliding or making contact with one's team mate on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive.</li> <li>During some drills, players may find themselves within 2m of another athlete's e.g. passing and setting drills, where one person acts as a target and can find</li> </ol>	<p>Players Coaches</p>	4	4	16	<ul style="list-style-type: none"> <li>No drills in sessions where physical, hand to hand contact may occur.</li> <li>Structure drills that remove risk of unpredictability in some cases that may result in contact e.g. randomised defence.</li> <li>Maintain 2m social distance at all times and in all other drills when not involved in the incidences outlined above.</li> <li>No unnecessary hand contact between points.</li> <li>Wash the ball before and after each set/game or where possible every 30 minutes.</li> <li>Everyone follows strict hand hygiene by washing their hands and their volleyball equipment before and after the session.</li> <li>Participants must bring all personal equipment (distinctively marked water bottles, resistance bands etc) and not share such equipment.</li> <li>Avoid touching your face if you are sharing a volleyball with people outside of your household.</li> </ul>	2	3	6



<p>another athlete close to them due to an errant pass.</p> <p>4. Players making contact in breaks of play to slap hands with partner or opponents.</p> <p>5. Using a volleyball for training between people from different households.</p>					<ul style="list-style-type: none"><li>• Matches with with no more than two players per team (2v2)</li><li>• In 2v2 games only a small amount of time is spent on average within 1 metre of other players.</li><li>• For those minutes that athletes spend within one metre of another player, they are typically facing away or are actively trying to move away from each other to protect more of the court.</li><li>• Appoint a COVID-19 officer with the responsibility to ensure that all mitigating measures and guidance is followed.</li></ul>			
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# Risk assessment – Beach Volleyball activity Risk Assessment

<b>Activity</b>	Conducting beach volleyball training sessions and games.			<b>Date:</b>	
<b>Assessor Name:</b>	Martin Rees	<b>Assessor Signature:</b>		<b>Latest update:</b>	
<b>Title:</b>	Beach Division Manager				
Risk assessments should be reviewed at following any significant change to the activity, workplace, work equipment, personnel etc. by a competent person. <a href="https://www.hse.gov.uk/risk/">https://www.hse.gov.uk/risk/</a>					

			HAZARD SEVERITY (S)				
			1	2	3	4	5
<b>Risk Rating = Likelihood (L) x Severity (S)</b>			<b>Negligible</b> No absence from work	<b>Slight</b> Minor injury/illness	<b>Moderate</b> Injury or illness absence from work	<b>High</b> Single person suffering serious injury or illness & long-term absence from work	<b>Very High</b> Multiple persons suffering serious injury or illness & long-term absence from work
			<b>LIKELIHOOD (L)</b>	1	Very Unlikely	<b>LOW</b>	<b>LOW</b>
	2	Unlikely	<b>LOW</b>	<b>LOW</b>	<b>LOW</b>	<b>MEDIUM</b>	<b>MEDIUM</b>
	3	Possible	<b>LOW</b>	<b>LOW</b>	<b>MEDIUM</b>	<b>HIGH</b>	<b>HIGH</b>
	4	Likely	<b>LOW</b>	<b>MEDIUM</b>	<b>HIGH</b>	<b>HIGH</b>	<b>HIGH</b>
	5	Very likely	<b>LOW</b>	<b>MEDIUM</b>	<b>HIGH</b>	<b>HIGH</b>	<b>HIGH</b>

<b>LOW RISK (Score 1-6)</b>	Acceptable
<b>MEDIUM RISK</b>	Task should only proceed

(Score 8-10)	with control measures
HIGH RISK (Score 12-25)	Task <u>must not</u> proceed. Evaluate and reduce risk.

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<b>Hazardous objects in the sand</b> Injury to body by stepping or landing on sharp objects in the sand, skin infections from sand that has become contaminated	All Participants	2	2	4	<ul style="list-style-type: none"> <li>Courts and surrounding area checked and cleared for hazardous objects (glass, stones, sticks, sand toys etc.)</li> <li>Regular raking to aerate sand</li> <li>Regular clearing of leaves</li> <li>No glass bottles allowed on beach courts</li> <li>Facilities manager to be informed of any hazardous objects or contaminated sand</li> </ul>	1	2	2
<b>Posts, fencing and court borders</b> Injury to body by colliding with posts or fence, or landing on wooden borders	All Participants	2	2	4	<ul style="list-style-type: none"> <li>Coaches to ensure post protection is secured firmly before every session</li> <li>Alert players of court borders and fencing before activity</li> <li>No training activity to be conducted near the fences or borders</li> </ul>	1	2	2
<b>Splinters and sharp objects outside of the sand</b> Injury to feet by splinters in the wooden decking or sharp objects such as glass or stones outside of the courts	All Participants	2	2	4	<ul style="list-style-type: none"> <li>Advise players to wear shoes/sand socks/flip flops when leaving the sand area</li> <li>Facilities manager to be informed for any hazardous objects outside of the court area</li> </ul>	1	1	1
<b>Equipment management</b> Injury to body by equipment fault or misuse	All Participants	2	3	6	<ul style="list-style-type: none"> <li>All equipment to be checked regularly (bi-weekly), only adults to handle nets (tension) and posts (height).</li> <li>All movable equipment to be stored safely after use</li> <li>Facilities manager to be informed of any equipment faults and wear and tear</li> </ul>	1	2	2
<b>Physical contact between players</b> Injury to body through collision	All Participants	2	3	6	<ul style="list-style-type: none"> <li>Players trained to communicate on court (ie. calling the ball) to prevent collisions</li> <li>Players reminded to take extra care when playing with or against novice players</li> <li>Playing area should cater for the numbers involved, no more than 10 players/court or COVID gov guidance on group allowances</li> </ul>	1	3	3
<b>Physical contact between players and spectators or equipment around the court</b> Injury to body through collision	All Participants Spectators	2	3	6	<ul style="list-style-type: none"> <li>Enforce a minimum of 2 metre free space around outside of the court</li> <li>No small children allowed to play in the sand are when courts are in use</li> <li>All movable equipment to be stored safely after use</li> </ul>	1	2	2
<b>Sun and high temperatures</b> Sun burn, heat exhaustion and dehydration	All Participants	2	3	6	<ul style="list-style-type: none"> <li>Participants reminded to bring and regularly apply sun cream and wear protective clothing and sunglasses</li> </ul>	1	1	1

					<ul style="list-style-type: none"> <li>Participants reminded to drink plenty of water</li> <li>Participants informed about location of drinking water dispensers (if available)</li> <li>Participants encouraged to stay in the shade when not playing on court</li> </ul>			
<b>Continuous jumping and running</b> Injury to ankle, knees and muscles	All participants	2	3	6	<ul style="list-style-type: none"> <li>Coaches to run injury preventing warm-up exercises at the start of any session</li> <li>Coaching on how to jump and land safely at competitive level</li> </ul>	1	3	3
<b>Impact injury by (stray) balls</b> Injury to face/nose/eyes	All participants Spectators Public	2	2	4	<ul style="list-style-type: none"> <li>Players trained to protect their face from hard driven balls</li> <li>Avoid mixing novice or young players with advanced players and remind advanced player to hold back from hard spikes when playing with or against novice players</li> <li>Use maximum net height for gender and age group to prevent excessively hard spikes</li> <li>No small children allowed to play in the sand are when courts are in use</li> </ul>	1	2	2
<b>Unsuitable clothing or jewellery</b> Injury through clothing or jewellery getting caught up with equipment (net, ball, posts) or other players	All participants	2	2	4	<ul style="list-style-type: none"> <li>Players reminded to wear suitable sports gear</li> </ul>	1	1	1
<b>Tripping over court lines</b> Injury to body by tripping	All participants	2	2	4	<ul style="list-style-type: none"> <li>Elasticated court lines to be checked regularly for wear and tear</li> <li>Sand cleared regularly from court lines</li> <li>Facilities manager to be informed of any faults and wear and tear to court lines and elastics</li> </ul>	1	2	2
<b>Sand</b> Injury to eyes by sand	All participants	3	2	6	<ul style="list-style-type: none"> <li>Players advised to wear protective glasses</li> </ul>	1	2	2
<b>Traffic accidents</b> Injury to body by collision with vehicles when walking between the courts and the sports centre and when retrieving balls on the road	All participants Spectators Public	2	4	8	<ul style="list-style-type: none"> <li>Players reminded to watch out for vehicles when crossing the road</li> <li>Small children to be accompanied by an adult when walking to/from the sports centre</li> </ul>	1	4	4
<b>Anti-social behaviour</b> Cause alarm or distress	All participants Spectators Public	2	1	2	<ul style="list-style-type: none"> <li>Ensure awareness of the facility's zero tolerance policy</li> </ul>	1	1	1
<b>Photography</b> Unauthorised taking of photos or videos of the participants for any use	All participants Spectators Public	2	1	2	<ul style="list-style-type: none"> <li>Anyone taking photos/video where underage participants might be identified needs to complete the consent form and hand it in to the instructor/supervisor/volunteer present the venue.</li> </ul>	1	1	1