

Activity	Indoor (up to 6v6 play)
Prior to volleyball activity	<p>All participants should check for symptoms of COVID-19. In line with <a href="#">UK Government Guidance</a>, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case must not exercise outside their home or garden and must not attend volleyball sessions.</p> <p>Participants should follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 if it applies to them.</p> <p>Participants should 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.</p> <p>Personal hygiene measures should be carried out at home before and after volleyball activity. Participants should bring their own hand sanitiser where possible, but hand sanitiser will be available in the foyer of the Sports Hall, toilets with hand washing facilities will also be open. Strict and frequent hand hygiene measures must be maintained at all times.</p> <p>Participants should follow UK Government guidance on best practice for travel, including minimising the use of public transport and limiting car sharing.</p>
Organisers and venue	<p>GNVC will ensure that:</p> <ul style="list-style-type: none"> <li>• we appoint a COVID-19 officer for each session who has responsibility to ensure that all mitigating measures and guidance is followed.</li> <li>• the venue used is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment has been completed and risk mitigations put in place and monitored.</li> <li>• all participants are made aware of expected social distancing and hygiene measures during play and whilst at the venue.</li> </ul>

	<ul style="list-style-type: none"> <li>• venue specific requirements such as entry and exit points, use of changing rooms, showers and toilets to maintain social distancing are met and complied with by all participants.</li> <li>• all volleyballs are cleaned in line with the manufacturers' instructions before an event.</li> <li>• no time is spent congregating at the venue before activity begins. Meet up times reflect this. Participants should arrive changed and ready to begin the warm-up.</li> <li>• all participants are made aware of the increase in transmission risk associated with partaking even in accordance with this sport specific action plan and ensure that all participants are clear that they are opting to participate in volleyball activity.</li> </ul>
Event or activity requirements	<p>All participants should sanitise their hands prior to the start of the activity.</p> <p>The maximum occupancy of the sports hall is 30. A one way system will be in operation (entry through the front door, exit by the fire doors) and the room will be ventilated by means of the fire doors being opened.</p>

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	<p>Participants should enter the venue and prepare their personal equipment whilst maintaining social distancing. Each participant must bring all personal equipment (distinctively marked water bottles, resistance bands etc) and not share such equipment. Where possible, players and officials should arrive in kit.</p> <p>Where any equipment is shared participants must practice strict hand hygiene before and after use and the equipment must be cleared before use by another person.</p>
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	<p>You do not need to wear a face covering while playing volleyball, but you must wear a face covering at all other times when in the Sports Centre building, ie between the carpark and the sports hall and in all corridors, toilet facilities etc.</p> <p>Coaches (who are not playing) to wear face masks.</p> <p>Contact details of all participants will be collected on entry to the Sports Hall. All participants are required to scan into the NHS track and trace app at the front entrance to facilitate <a href="#">UK Test and Trace</a>. Additionally, our normal registration system will continue to be operative for club administration purposes.</p>
During training activity	<p>No exercises or drills can be completed which involve physical contact between one or more participants (including coaches).</p> <p>Congratulatory touches are not permitted.</p> <p>Training and warm up activities should be designed as far as possible in order to limit face to face to face proximity of less than one metre for more than three seconds at any time. This should be considered in each individual action and also the number of repetitions of the action completed in the warm-up/training activity.</p> <p>Players should not touch their face, mouth, nose or eyes. Shouting is not permitted.</p> <p>Each player should sanitise hands at each break in training and before eating or drinking (and as a minimum every 30 minutes during the session).</p> <p>Remaining socially distant, spectators can gather in distinct groups of six people/two households. The total number of people in the sports hall is limited to a maximum of 30. Spectators must also wear a face covering.</p> <p>Balls are to be wiped every 30 minutes during training</p> <p>Injuries during play should still be treated. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. Avoid touching your mouth, eyes and nose.</p>

During competitive match or training match play	<p>Congratulatory touches are not permitted. No handshakes are required with officials or opposition and alternative pre-match protocols can be implemented by the officials.</p>
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	<p>Each player should sanitise hands between each set and in any time-out and before eating or drinking.</p> <p>An additional time out shall be included for hand sanitising when the first team reaches 15 points.</p> <p>Players should be encouraged not to touch their face, mouth, nose or eyes. Shouting is not permitted.</p> <p>Any participants not on court (such as libero/substitutes or coaches) should maintain social distancing and not share a bench where social distancing cannot be observed.</p> <p>Balls are to be wiped between each set. Where practicable, this should be completed by a player that has been touching the ball throughout and after wiping the balls the player should sanitise their hands.</p> <p>Officials should be kept to a minimum. One scorer should be used and no line judges unless deemed necessary.</p> <p>Officials should wear face coverings where possible.</p> <p>Officials should use a handheld or electronic whistle only (and not whistle with their fingers or use a mouth whistle).</p> <p>The official should remind players before each match to adhere to social distancing when the ball is not in play, to avoid handshakes and congratulatory touches and to ensure they (and any scorer) wash and sanitise their hands in-between sets.</p>
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Reference 5

Volleyball England – Return to recreational team sport – sport specific action plan

	<p>Officials may sanction or expel a player who deliberately spits on the ground or at another player, coughs on another player or engages in any other conduct unnecessarily which may, in the official's reasonable opinion, increase the spread of transmission.</p> <p>Injuries during play should still be treated. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. Avoid touching your mouth, eyes and nose..</p>
After volleyball activity	<p>All participants should sanitise their hands after the completion of activity. Participants should leave the venue whilst maintaining social distancing.</p> <p>One of the Covid officers (or anyone asked by them to do so) is responsible for collecting and disinfecting all balls in accordance with the ball manufacturer's recommendations.</p> <p>All participants must report any infection of their household to the <a href="#">NHS Test and Trace system</a> following participation to limit the spread of the virus.</p>

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Children's activity	Parents should drop off and collect participants such that social distancing is maintained.
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