



## RETURN TO PLAYING GUIDANCE

### **Introduction**

To enable the club to safely and successfully restart, we have published this document which sets out our guidelines and must be adhered to at all times.

This is a new guidance document which reflects the Government Announcement that Stage 2 of the roadmap will commence with effect from 12<sup>th</sup> April 2021. This guidance supersedes any previous information or documentation.

Stage 2 confirms that indoor volleyball can resume for players who were under the age of 18 as at the 31<sup>st</sup> August 2020 even if they turned 18 during the academic year.

The overriding purpose of the contents of this document and the accompanying risk assessments are to ensure that we protect the health and wellbeing of all our members.

As a registered charity which is ran by trustees and supported by other volunteers it is imperative that we get the support from all members and their parents/guardians to enable us to succeed in this regard.

The club, its trustees, members and participants should ensure they follow Government, Venue, Volleyball England and then the Club Guidance in that order.

Should Government guidance change at either a national or local level then that will take precedent and we will amend and update our guidelines accordingly.

The club, its trustees, members and participants must agree to adhere to any specific guideline issued by its home training and competitive playing venues which will principally be Madeley High School and Newcastle College.

Copies of the venues own guidance will be published on our website when these are received.

The latest Volleyball England return to playing guidance can be found here – [Return to play indoor volleyball - sport specific action plan.pdf \(volleyballengland.org\)](https://www.volleyballengland.org/volleyball-sport-specific-action-plan.pdf)

We require that all members (or parents/guardians of junior members) read these guidelines as part of their agreement to becoming a member.

The session coach / covid officer is entitled to rely upon the parents and / or guardians of junior players relaying the information to the members prior to attending any sessions.

Any failure to comply with the guidelines will result in cancellation of membership without any refund of fees.



For ease below are the proposed return of volleyball roadmap from Volleyball England together with the training schedule for the club for the current step/phase.

**The return of volleyball in 2021 roadmap**

For further detail, visit: [www.volleyballengland.org/coronavirus](http://www.volleyballengland.org/coronavirus)

STEP 1A	STEP 1B	STEP 2	STEP 3	STEP 4
<b>From 8th March</b>	<b>From 29th March</b>	<b>No earlier than 12th April</b>	<b>No earlier than 17th May</b>	<b>No earlier than 21st June</b>
Volleyball as part of education provision and wraparound care resumes.	Organised outdoor and beach volleyball returns. Outdoor volleyball facilities can reopen.	Organised indoor and sitting volleyball activity resumes for juniors.	Organised indoor and sitting volleyball activity restarts. Return of some spectators.	Government hopes to be able to remove all legal limits on social contact.

Last updated: 16th March 2021



## RETURN TO PLAY: PHASE 1

April 26<sup>th</sup> – May 14<sup>th</sup> 2021

Junior training - indoor



DAY	TIME	VENUE	GROUP	COACHES/LEADERS
Monday	18:00-20:00	Madeley	u13-u16 boys	Adam B, Rich J, Jack D
Monday	20:00-22:00	Madeley	u18 girls	Rich G
Tuesday	07:45-08:45	NuLC	u18 Academy mixed	Ant
Wednesday	16:00-17:30	NuLC	u18 Academy Girls	Ant
Wednesday	17:30-19:00	NuLC	u18 Academy Boys	Ant
Thursday	17:00-19:00	NuLC	u18 Academy Girls	Ant
Friday	15:15-16:45	Madeley	u12 girls and boys	Young Leaders/MHS
Friday	16:45-18:30	Madeley	u13-u16 girls	Ant, Flossie, Nancy, Will R, Jack H
Friday	18:30-21:00	Madeley	u16 boys – u18 boys	Julian K, Sam A, Adam B

No Adults training until at least stage 3 unlocking from 17<sup>th</sup> May  
 Keele University Beach Volleyball courts not opening until 21<sup>st</sup> June earliest



### **Club Covid Officer**

The club has appointed Richard Guest, trustee, as the overall Covid Officer for Newcastle Staffs Volleyball Club.

Richard will have overall responsibility to ensure the club has appropriate measures in place for a safe return to playing.

He will provide appropriate training and guidance to all people identified as Team/Session Covid Officers – see below.

Only people who have received the training will be authorised to supervise training sessions or matches.

Any concerns that cannot be resolved by individual team/session covid officers should be escalated either via email [Richard.Guest@uk.rsagroup.com](mailto:Richard.Guest@uk.rsagroup.com) or phone 07920 710 794.

### **Team/Session Covid Officers**

The following individuals have been nominated as Team/Session Covid Officers:

#### **MONDAY**

- 18:00-20:00 - Madeley - u13 – u16 boys – Adam Bradbury, Rich James and Jack Dunkley
- 20:00-22:00 - Madeley – u18 girls – Richard Guest

#### **TUESDAY**

- 07:45-08:45 – NULC – u18 Academy mixed – Ant Viggars

#### **WEDNESDAY**

- 16:00-17:30 – NULC – u18 Academy Girls – Ant Viggars
- 17:30-19:00 – NULC – u18 Academy Boys – Ant Viggars

#### **THURSDAY**

- 17:00-19:00 – NULC u18 Academy Girls – Ant Viggars

#### **FRIDAY**

- 15:15-16:45 - Madeley - u12 girls and boys – Ant Viggars



- 16:45-18:30 - Madeley - u13 – u16 girls – Ant Viggars, Flossie Owen, Will Roberts, Jack Harper and Nancy Locklin
- 18:30-21:00 - Madeley - u16 – u18 boys - Julian Kobylarz, Sam Allen and Adam Bradbury

We request that you respect the role of the Team/Session Covid Officer and adhere to their decisions and requests at all times.

Their role is to ensure the safety of all personnel involved in that session and any member who fails to participate safely will be removed from the session and may have their membership cancelled.

The Team/Session Covid Officers will have a hard copy of these guidelines and risk assessments with them during all sessions.

### **Self-Isolation**

If you, or anyone in your household, meets one of the following criteria you must not attend training sessions or matches either as a player, coach or supporter:

- 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
  - By virtue of their age
  - Underlying health conditions
  - Clinical condition or are pregnant.
  - Is living with someone in self-isolation or a vulnerable person.
  - Been told to self-isolate by the NHS Track and Trace teams.

In the event a member is unable to attend training or matches due to one of these reasons they should advise their own Team/Session Covid Officer and also email Richard Guest at [Richard.guest@uk.rsagroup.com](mailto:Richard.guest@uk.rsagroup.com).

Any information provided will be handled in a sensitive and confidential manner.

### **Track and Trace**

At the start of each training session or match the Team/Session Covid Officer will make a record of all attendees together with a contact telephone number.

The club will provide record sheets to be completed which should then be photographed and emailed to Richard Guest at [Richard.guest@uk.rsagroup.com](mailto:Richard.guest@uk.rsagroup.com).

We will retain copies of these records for a period of 21 days.



### Training Sessions

A training session cannot be carried out unless there is a trained Team/Session Covid Officer present for its entire duration.

The session will take place in compliance with any specific venue guidelines (which will be published on the website when received)

In order to train players **must** bring:

- Water Bottle
- Sweat Towel
- Sanitizer
- Sufficient number of changes of training kit to minimise sweating and contact of sweat with the floor.

In the event a junior player does not bring this equipment on isolated occasions, it will be the responsibility of the Team/Session Covid Officer to decide whether to allow that player to remain in the session or the building having regard to the wider safety of the individual (i.e the player may have come straight from school or be dropped off by a parent that cannot be contacted to collect them)

We must follow up any such situations with parents to ensure the correct equipment is then brought to subsequent sessions.

Training sessions will be limited to a maximum of 15 people per field of play – this does not include coaches or covid officers.

In the event there are multiple courts set up within the venue, the courts must be at least 2m apart and there will be no mixing between the 'volleybubbles' of 15 players.

It is the responsibility of the individuals to not attend training should they meet any of the criteria outlined in the **Self Isolation** section above.

The Team/Session Covid Officer is entitled to assume that anyone who attends training is safe and healthy to do so.



We would ask that, apart from Covid Officers, anyone who is not playing or coaching in the session does not enter the venue.

Players should arrive to and leave training across all venues in their training kit and should avoid using the changing facilities.

When training drills are not taking place (eg before sessions, during breaks, after sessions) players and coaches must maintain a 2M distance where practicable to do so.

Training sessions will take place having regard to the overriding risk assessments put in place which cover all potential activities – see appendix.

It will be the responsibility of the Team/Session Covid Officer to ensure that all activities during training comply with the risk assessments.

When setting up and taking down equipment, players will ensure that they sanitise their hands before and after these are completed.

Balls will be cleaned every 30 minutes during training sessions.

At the same break we request all players sanitise their own hands.

In the event the floor becomes wet through sweat, the player responsible will clean the floor with their own towel and then sanitise their own hands.

If a member of the training group develops a high temperature, a persistent cough or loses the sense of taste or smell while participating, they must also:

- Ensure Team/Session Covid Officer 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 training until their period of self-isolation has been completed.

The Team/Session Covid Officer will advise Richard Guest via email by the end of the next working day.

### **Competitive Matches during Training Sessions**

Where a competitive match is organised for during a training session then the following additional rules will apply:

- Congratulatory touches are not permitted.
- No handshakes are required with officials or opposition
- Each player should sanitise hands between each set and in any time-out and before eating or drinking.



- An additional time out shall be included for hand sanitising when the first team reaches 15 points. This time-out shall be called by the referee (or scorer where a buzzer is used) and shall be for 60 seconds.
- Players should be encouraged not to touch their face, mouth, nose or eyes.
- Shouting should be discouraged.
- 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.
- Balls are wiped between each set.
- Officials should be kept to a minimum. One scorer should be used and no line judge
- Officials should wear face coverings where possible.
- Officials should use a handheld or electronic whistle only (and not whistle with their fingers or use a mouth whistle).
- Officials should avoid all contact with the ball after checking the pressure (and should sanitise their hands after these checks are completed).
- 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 sanitize their hands in-between sets

#### **Travel to Training, tournaments and matches:**

Players and team personnel should follow government guidelines for travel to and from venues.

For ease these are outlined below:

#### ***Private cars and other vehicles***

##### ***Plan your journey***

*Plan your route, including any breaks, before setting out. Routes may be different as local areas make changes to enable social distancing.*

*[Check that your vehicle is safe and roadworthy](#) if you haven't used it for several weeks.*

*People from a household or [support bubble](#) can travel together in a vehicle.*

*You should wear a face covering in an enclosed space where social distancing isn't possible and where you will come into contact with people outside your household or support bubble. Take care to [use face coverings properly](#).*

##### ***Car sharing***

*You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:*



- *share the transport with the same people each time*
- *keep to small groups of people at any one time*
- *open windows for ventilation*
- *travel side by side or behind other people, rather than facing them, where seating arrangements allow*
- *face away from each other*
- *consider seating arrangements to maximise distance between people in the vehicle*
- *clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch*
- *ensure driver and passengers wear a face covering*

The club would ask as a minimum that there is at least one empty seat within each vehicle – i.e 4 in a 5 seat car and 6 in a 7 seat car.

However it is the drivers responsibility to set out their own guidelines should they wish to take additional measures.

#### ***On your journey***

*Expect more pedestrians and cyclists, especially at peak times of day. Where possible, allow other road users to [maintain social distancing](#). For example, give cyclists space at traffic lights.*

*Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.*

*Wash your hands for at least 20 seconds or sanitise your hands often, and always when exiting or re-entering your vehicle.*

#### ***Completing your journey***

*When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible*

Richard Guest

NSVC Covid Officer

Dated 20<sup>th</sup> April 2021