



NEWCASTLE STAFFS VOLLEYBALL CLUB – RISK ASSESSMENTS

Training Risk Assessment

| | | | HAZARD SEVERITY (S) | | | | |
|-----------------------------|---|---------------|--|--------------------------------|---|---|---|
| | | | 1 | 2 | 3 | 4 | 5 |
| LOW RISK (Score 1-6) | | | Acceptable | | | | |
| MEDIUM RISK (Score 8-10) | | | Task should only proceed with control measures | | | | |
| HIGH RISK (Score 12-25) | | | Task must not proceed. Evaluate and reduce risk. | | | | |
| | | | Negligible No absence from work | Slight Minor injury/illness | Moderate Injury or illness absence from work | High Single person suffering serious injury or illness & long-term absence from work | Very High Multiple persons suffering serious injury or illness & long-term absence from work |
| LIKLIHO OD (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 |



TRAINING RISK ASSESSMENTS

| HAZARD | PERSONS AFFECTED e.g. Members of the Public, Workforce etc. | RISK | | | CONTROL MEASURES | RESIDUAL RISK | | |
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| | | L | S | R | | L | S | R |
| Training Facilities and Equipment Transfer of virus via equipment used in session. Transfer of virus within the location | Employees at venue Coaches Players Public | 3 | 4 | 12 | <ul style="list-style-type: none"> • Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc. • All attendees at training must be members of the club and agree to adhere to club guidelines. • Players to arrive and leave in kit and minimise need to use changing facilities. • Cleaning and wiping down all equipment with sanitiser before and after sessions. • Sanitise hands after setting up and taking down equipment. • Having a limited number of balls to reduce overall risk of transfer. Equivalent to 1 per person. Individual bubbles within training sessions will use the same balls throughout the session • Only use essential equipment • Players to use own sweat towels to remove any sweat from the floor and sanitise hands immediately afterwards | 2 | 3 | 6 |



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| | | L | S | R | | L | S | R |
| Training Conduct Transfer of virus as a result of increased interaction between players, coaches and staff, and even public | Players, Coaches and Wider Staff | 3 | 4 | 12 | <ul style="list-style-type: none"> • Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc. • All attendees at training must be members of the club and agree to adhere to club guidelines. • Limit number of people in training sessions. Maximum 15 in a training session per field of play (excluding coaches or covid officers). No other persons allowed in the venue. • Where multiple courts are in use, there will be a 2m gap between the courts and there will be no mixing between the 'volleybubbles' created within each court. • Players and coaches to maintain two metre social distancing at all times during sessions other than specified technical training phases (see below). • Players and coaches to avoid all unnecessary contact such as handshakes or hand slaps. • Players and coaches to hand sanitize during breaks (minimum every 30 minutes) • Balls will be cleaned every 30 minutes. • Players to bring their own water bottle, sweat towel, sanitiser and enough kit to reduce sweating to each session. • Players and coaches should keep their belongings at least two metres apart. • Travel to sessions under government guidelines with social distancing. • Avoid unnecessary activities associated with | 2 | 3 | 6 |



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| | | | | | sporting development during training session (e.g. no group briefings, meetings, season planning, which could be conducted online at a later date) <ul style="list-style-type: none"> Conduct drills that will remain purposeful but can be performed at an appropriate social distance. | | | |
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| | | L | S | R | | L | S | R |
| SPECIFIC TRAINING ACTIVITIES <u>Defining Specific Incidents in Indoor Volleyball!</u> It is a fair statement to say that Indoor Volleyball is NOT a contact sport, and that the close-contact exposure risk is low. The main incidences where contact may occur and result in intrusion into the two metre social distance radius: 1. Blockers and hitter being in close vicinity to of one another albeit on opposite sides of a net, occasionally brushing hands (e.g. jousting) 2. Colliding or making contact with one's partner on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive. | Players, Coaches and Wider Staff | 3 | 4 | 12 | <ul style="list-style-type: none"> ALL OF THE ABOVE CONTROLS Avoid all drills in sessions where physical, hand to hand contact may occur Ensure Drills do not contain any deliberate contact between players Structure drills that remove risk of unpredictability in some cases that may result in accidental contact e.g. minimise bodies on court, deliberately feeding balls between players. Maintain two metre social distancing at all times and in all other drills when not involved in the incidences outlined above. Drills should be carried out at sufficient speed and intensity to avoid players having face to face contact within 2 metres of each other for longer than 2 seconds. | 2 | 3 | 6 |



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| <p>3. During some drills, players may find themselves within two metres of another athlete's e.g. passing and setting drills, where one person acts as a target and can find 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>The risks associated with points 3 and 4 can be easily controlled by avoiding these drills (on point 3, targets can simply adjust to make sure they don't come into contact should this occur). The likelihood of incident occurring is very low even at the elite level, sometimes not occurring at all across the course of a training session, and would fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>However, incident one is likely to occur frequently in a game situation with a blocker and a hitter. Whilst this may be frequent, this does not involve any direct contact and does not occur for extended durations of anymore than one to two seconds. If athletes follow the above personal hygiene guidelines during water breaks and before and after sessions, the this should be able to be performed safely and fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>Taking into account the above this makes Volleyball a low risk sport in</p> | | | | | | | | |
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| general in terms of resuming group training. | | | | | | | | |
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Competitive Matches during Training

| HAZARD | PERSONS AFFECTED e.g. Members of the Public, Workforce etc. | RISK | | | CONTROL MEASURES | RESIDUAL RISK | | |
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| | | L | S | R | | L | S | R |
| Indoor Volleyball is NOT a contact sport, and that the close-contact exposure risk is low. During training a coach may undertake a match between 2 separate teams within the 'volleybubble' where contact may occur and result in intrusion into the two metre social distance radius | Players Coaches Officials | 3 | 4 | 12 | <ul style="list-style-type: none"> • 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. | 2 | 3 | 6 |



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| | | | | | <ul style="list-style-type: none"> • 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 | | | |
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|--------|--|------|---|----|--|---------------|---|---|
| | | L | S | R | | L | S | R |
| | Players, Coaches and Wider Staff | 3 | 4 | 12 | <ul style="list-style-type: none"> • • | 2 | 3 | 6 |

ALL COACHES AND PLAYERS MUST READ AND COMPLY WITH THIS RISK ASSESSMENT.