



## NEWCASTLE STAFFS VOLLEYBALL CLUB – RISK ASSESSMENTS

### 6v6 training and matches Risk Assessment

LOW RISK (Score 1-6)			Acceptable				
MEDIUM RISK (Score 8-10)			Task should only proceed with control measures				
HIGH RISK (Score 12-25)			Task <b>must not proceed</b> . Evaluate and reduce risk.				
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
<b>LIKLIHOOD</b>	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		
		L	S	R		L	S	R
<b>Training Facilities and Equipment</b>  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"> <li>• Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc.</li> <li>• All attendees at training must be members of the club and agree to adhere to club guidelines.</li> <li>• Players to arrive and leave in kit and minimise need to use changing facilities.</li> <li>• Cleaning and wiping down all equipment with sanitiser before and after sessions.</li> <li>• Sanitise hands after setting up and taking down equipment.</li> <li>• Having a limited number of balls to reduce overall risk of transfer. Equivalent to 1 per person.</li> <li>• Only use essential equipment</li> <li>• Players to use own sweat towels to remove any sweat from the floor and sanitise hands immediately afterwards</li> </ul>	2	3	6



HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<b>Training Conduct</b>  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"> <li>• Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc.</li> <li>• All attendees at training must be members of the club and agree to adhere to club guidelines.</li> <li>• Limit number of people in training sessions. Maximum 30 in a training session per field of play (including coaches). No other persons allowed in the venue.</li> <li>• Players and coaches to maintain two metre social distancing at all times during sessions other than specified technical training phases (see below).</li> <li>• Players and coaches to avoid all unnecessary contact such as handshakes or hand slaps.</li> <li>• Players and coaches to hand sanitize during breaks (minimum every 30 minutes)</li> <li>• Balls will be cleaned every 30 minutes.</li> <li>• Players to bring their own water bottle, sweat towel, sanitiser and enough kit to reduce sweating to each session.</li> <li>• Players and coaches should keep their belongings at least two metres apart.</li> <li>• Travel to sessions under government guidelines with social distancing.</li> <li>• Avoid unnecessary activities associated with sporting development during training session (e.g. no group</li> </ul>	2	3	6



					briefings, meetings, season planning, which could be conducted online at a later date) <ul style="list-style-type: none"> <li>Conduct drills that will remain purposeful but can be performed at an appropriate social distance.</li> </ul>			
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HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<b>SPECIFIC TRAINING ACTIVITIES</b>  <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	Players, Coaches and Wider Staff	3	4	12	<ul style="list-style-type: none"> <li>ALL OF THE ABOVE CONTROLS</li> <li>Avoid all drills in sessions where physical, hand to hand contact may occur</li> <li>Ensure Drills do not contain any deliberate contact between players</li> <li>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.</li> <li>Maintain two metre social distancing at all times and in all other drills when not involved in the incidences outlined above.</li> <li>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.</li> </ul>	2	3	6



<p>the two metre social distance radius:</p> <ol style="list-style-type: none"><li>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)</li><li>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.</li><li>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.</li><li>4. Players making contact in breaks of play to slap hands with partner or opponents.</li></ol> <p>The risks associated with points 3 and 4 can be easily</p>								
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<p>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</p>								
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<p>two metre social distance boundary.</p> <p>Taking into account the above this makes Volleyball a low risk sport in general in terms of resuming group training.</p>								
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**Competitive Matches - Should get specific guidance from VE before season starts - Below is just an example for illustration**

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
All indoor volleyball matches	Athletes Coaches Officials Spectators Other sports centre users	3	4	12	<ul style="list-style-type: none"> <li>• Officials to brief team captains before the start of matches regarding the controls in place.</li> <li>• Travel under government guidelines with social distancing.</li> <li>• Restrict group of players to the minimum number to safely and competitively play the matches.</li> <li>• Players to travel in match kit to avoid using changing rooms on arrival.</li> <li>• One member of coaching staff plus one medical member as bench personnel.</li> <li>• No line judges to be used.</li> <li>• Referees to use electronic hand held whistles.</li> <li>• Scorer to be located at least two metres from playing zone</li> <li>• One ball system to be adopted with the ball cleaned with sanitizer during official timeouts which will take place for a period of 60 seconds when the first team reaches 15 points in 6v6 indoor games with sets up to 25. Players will also sanitise or wash their hands at this point in games.</li> <li>• No sharing of equipment for players including drink bottles, any items of kit or warm up equipment.</li> <li>• No hand slapping between points.</li> <li>• No pre match or post match handshakes between teams and officials.</li> <li>• Officials will have powers to sanction/expel players or bench personnel for serious breaches of COVID-19 controls</li> </ul>	2	3	6



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HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
	Players, Coaches and Wider Staff	3	4	12	• •	2	3	6

**ALL COACHES AND ATHLETES MUST READ AND COMPLY WITH THIS RISK ASSESSMENT.**