

- Social distancing will be maintained during breaks, with people's personal belongings spread out in the hall to avoid accidental contact.
- For dealing with injuries social distancing is not feasible. Following the appropriate attention being given to the injured person, those that were in close contact should clean their hands thoroughly and avoid touching their face, eyes, nose etc until then.
- The maximum ventilation for the venue will be maintained. To support this, external doors may be opened to increase ventilation in the sports hall.
- You will contact the club immediately if you develop symptoms within 48 hours of having played volleyball or have been told to self-isolate as a result of the Test and Trace system.

Spectators

- Attendance by spectators is to be avoided where practical. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider UK Government guidance (and included in the 30 people max numbers).
- Chaperones for children etc are permitted to wait outside the building in a socially distanced manner e.g. in their car while an activity takes place, if there is a need to be present face masks should be worn and 2 metre distances maintained.
- Spectators are instructed to maintain social distancing.
- Spectating will take place from designated viewing areas where possible.



COVID-19 SAFETY RULES

A list of measures have been introduced by the club to ensure your safety whilst attending Volleyball activities; these include:

Why are these rules important?

The club have carried out a risk assessment which shows that we can maintain a low risk environment only where everybody is on board with these rules. This risk assessment is published on the website. Whilst the risk to you as an individual may be low, we all have responsibilities to the others, some of whom will be in contact with vulnerable people – so one person's lack of care could put the lives of others or their family members at risk. If we cannot make these rules work, then we will have to impose further restrictions or cancel sessions altogether.

You should not attend:

- If you have had any symptoms or felt unwell in the last two weeks you should not attend volleyball even if you personally judge you feel well enough to play (except if you have had a negative test return). You should also not attend if anyone in your household, or bubble, has had these symptoms in the past two weeks. Although continuous cough, fever and loss of sense of taste and smell are usually highlighted as the three key symptoms of COVID-19, evidence shows that people can experience a wide range of different symptoms including headaches, muscle pains, sore throat, fatigue, diarrhoea or abdominal pain, confusion, loss of appetite and shortness of breath. Some of these may be early symptoms of Covid-19.
- You should also not attend if you have not followed public health restrictions in the last two weeks; i.e. if you have met or socialised indoors with people from more than two households (e.g. at the pub, or at a party), or if you have met indoors with a different household on more than two occasions, or stayed overnight in more than two households.

Prior to attending:

- Consent forms have been completed by all participants – this is for tracking and tracing purpose.
- The session organiser should have you registered to attend.
- Participants should wash their hands before any volleyball activity and also bring their own hand sanitiser.
- All volleyballs will be sanitised before any activity commences and a maximum of 2 persons are responsible for putting up and taking down the net.
- A maximum number of persons attending at any one time will be stated: not exceeding 30 persons at any one time.
- Players will wait outside and be instructed when safe to enter the venue.
- Participants will follow the rules put in place by the venue.
- Face masks are encouraged on entering the venue and until the session begins.
- You should avoid the use of the changing rooms prior to any activity to minimise your contact with those outside of volleyball.

During and after volleyball

- Balls will be wiped every 30 minutes during training (or other period considered reasonably based on the number of balls used during the relevant session).
- No exercises or drills will be completed which involve physical contact between one or more participants (including coaches).
- Cash payments will be avoided to minimise transmission through exchanging cash.
- Congratulatory touches will not be permitted.
- You will wash your hands prior to starting the activity and at regular intervals throughout, specifically before eating or drinking.
- Players will be encouraged not to touch their face, mouth, nose or eyes. Shouting will also be discouraged since this presents a high risk from droplets which can pass on infection.
- Training and warm up activities will 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 has been considered in each individual action and also the number of repetitions of the action completed in the warm-up/training activity.