



Covid-19 staying healthy safe and well when playing volleyball

Version 1.1
Revision Date: 05/08/2020

Description of activity: Exposure to Covid-19 during training, games and recreational volleyball.

Notes

This risk assessment was written at a point in time when the ONS survey suggests that 1 in 1500 people in the community have Covid-19, the downward trend having reversed. This risk assessment will therefore need to be regularly reviewed since the prevalence in the community changes the risk.

The risk assessment is highly dependent on individuals' behaviours. Everyone in the club has a responsibility to themselves and others for implementing this. Failure to do so will invalidate the risk assessment and may mean activities have to be cancelled.

Symptoms

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.

If you have any of these symptoms or feel slightly unwell, you should not attend volleyball even if you personally judge you feel well enough to play. What could be a very mild disease for you could put the lives of others or their family members at risk. You should also not attend if anyone in your household has had these symptoms in the past two weeks.

People exposed to Hazards: players and match officials visitors/ spectators/ chaperones

Location: sports halls – home and away venues, Outdoor playing in parks etc

Risk matrix applied is below. Source: <https://www.volleyballengland.org/news/article/6125/government-gives-green-light-for>

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.

Risk Rating = Likelihood (L) x Severity (S)		HAZARD SEVERITY (S)					
		1	2	3	4	5	
		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

HAZARD (what has potential to cause harm)		RISK RATING WITHOUT CONTROL MEASURES			CONTROL MEASURES IN PLACE	RESIDUAL RISK RATING WITH EXISTING CONTROL MEASURES			ACCEPT RISK?	ANY FURTHER ACTIONS THAT COULD REDUCE RESIDUAL RISK (i.e. ADDITIONAL CONTROL MEASURES)?	WHO IS RESPONSIBLE?	RESIDUAL RISK RATING AFTER ADDITIONAL CONTROLS		
		L	S	OR		L	S	OR						
Coronavirus SARSCoV-2	Exposure through direct person to person contact	3	4		<p>a) No participant (players, coaches, officials and volunteers) should attend whilst displaying possible symptoms of COVID-19 (see above). In line with UK Government Guidance 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 (isolating for 10 days). 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 exercise with others.</p> <p>b) 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>c) Participants should comply with all public health restrictions and avoid meeting/socialising indoors with people from more than two households (e.g. at the pub, or at a party, or meeting indoors with a different household on more than two occasions, or staying overnight in more than two households).</p> <p>d) Participants should avoid the use of public transport prior to the activity, where possible, and should avoid car sharing with those outside of their bubble or household.</p>	2	4	8	No	<p>All Saints advise all players to enter and leave via the side entrance.</p> <p>Session leader only to enter via main entrance and report to All Saints attendant before allowing enter Sports hall.</p> <p>The club will create a suitable booking systems to limit numbers of participants and to record who has attended and when for test and trace purposes.</p> <p>People will not be permitted to stay if they have not booked.</p> <p>Currently, we will limit attendees to a maximum of 24. (For tournaments VE stipulates no more than 30)</p> <p>Recreational sessions will not be permitted at present</p>	<p>Session Leader will be responsible</p> <p>Session Leader</p>	2	3	6

HAZARD (what has potential to cause harm)	RISK RATING WITHOUT CONTROL MEASURES			CONTROL MEASURES IN PLACE	RESIDUAL RISK RATING WITH EXISTING CONTROL MEASURES			ACCEPT RISK?	ANY FURTHER ACTIONS THAT COULD REDUCE RESIDUAL RISK (i.e. ADDITIONAL CONTROL MEASURES)?	WHO IS RESPONSIBLE?	RESIDUAL RISK RATING AFTER ADDITIONAL CONTROLS
	L	S	OR		L	S	OR				
				<p>e) Personal hygiene measures will be carried out by all participants before and after volleyball activity. Participants should bring their own hand sanitiser where possible; however, the club will have hand sanitiser available for use.</p> <p>f) Participants will arrive as close to the start time and wait outside where possible, maintaining 2 metre distancing.</p> <p>g) Person to person contact, other than accidental contact, will be removed from training sessions and matches (e.g. no huddles prior to or during matches, distancing should be maintained where possible during time-outs).</p> <p>h) No hand shaking with players or officials, or congratulatory touches allowed.</p> <p>i) Any participants not on court (such as libero/substitutes or coaches) will maintain social distancing and not share a bench where social distancing cannot be observed.</p> <p>j) No exercises or drills which involve physical contact between one or more participants (including coaches).</p> <p>k) All participants will be provided with an information sheet containing a consent form for test and trace purposes.</p> <p>l) Cash payments will be avoided to minimise transmission through exchanging cash.</p> <p>m) Players will be encouraged not to touch their face, mouth, nose or eyes.</p> <p>n) Players will leave promptly after the activity has finished.</p> <p>o) Government advice is to avoid car sharing with people those outside your household or support bubble.</p>							

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Coronavirus SARS-CoV-2	Exposure from direct person to person contact, during first aid.	3	4	12	<p>Qualified first aid at work person to be in attendance at all times. This may be provided by the club or by the Sports Centre.</p> <p>Guidance on how to deal with a patient to be along the guidelines provided by St Johns Ambulance (https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult)</p>	3	4	12	No	<p>First aiders will need to be communicated with in relation to these arrangements and instructions given.</p> <p>Provide first aiders with surgical face masks, nitrile gloves and face visor.</p> <p>Person being treated should also be given a face mask.</p> <p>Rescue breaths not to be given in CPR, only chest compressions with a towel placed over the injured persons mouth and nose.</p>	Sports Centre will provide first aid cover and will be responsible for ensuring their first aiders follow SJA guidance.	3	3	9

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		Coronavirus SARSCoV-2	Exposure from indirect contact with contaminated objects and surfaces.	3		4	12	<p>a) Balls will be wiped with anti-viral wipes or with a clean cloth sprayed with anti-viral agent every 30 minutes during training (or other period considered reasonably based on the number of balls used during the relevant session).</p> <p>b) All participants will wash their hands prior to starting the activity and will use hand sanitiser at regular intervals throughout, specifically before eating or drinking. During competitive matches extra time-outs have been introduced for hand cleaning, for when the first team reaches 15 points. This time-out is called by the referee or scorer.</p> <p>c) Players will be encouraged not to touch their face, mouth, nose or eyes.</p> <p>d) Balls will 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>e) Social distancing will be maintained during breaks, with people's personal belongings spread out in the hall to avoid accidental contact.</p> <p>f) No sharing of equipment for players including drink bottles, any items of kit or warm up equipment.</p> <p>g) Players will leave promptly after the activity has finished.</p> <p>h) Officials will use a handheld or electronic whistle only (and not whistle with their fingers or use a mouth whistle). Officials will avoid all contact with the ball after checking the pressure (and will sanitise their hands after these checks are completed)</p> <p>i) Where scoresheets are to be signed by players this will be done using the players own pen (and not that used by the scorer). Where no separate pen is available the official may authorise that the scoresheet remains unsigned.</p>				2	4	8

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		L	S	OR		L	S	OR						
				12	j) Attendance by spectators is to be avoided. If they are permitted they should remain socially distanced at all times and refrain from all contact with the ball e.g. returning it to the field of play. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider UK Government guidance.			12						6
Coronavirus SARSCoV-2	Exposure to COVID-19 infected droplets and aerosol	3	4	12	<p>a) 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. (Higher risk activities include drills involving spiking and blocking, or face to face blocking.)</p> <p>b) Shouting will be discouraged as this releases much higher levels of aerosol.</p> <p>c) Officials are encouraged to wear face coverings except for when players are on court.</p> <p>d) Face masks are encouraged for all participants on entering the venue and until the session begins.</p> <p>d) Action will be taken to expel players who deliberately spits on the ground or at another player, coughs on another player or engages in any other conduct unnecessarily which may increase the spread of transmission. In a match situation this will be under the control of match officials, otherwise club committee members.</p> <p>e) Chaperones for children and vulnerable people will be asked to wear a face mask, if they feel there is a need for their presence in the sport's hall.</p> <p>f) Government advice is to avoid car sharing with people those outside your household or support bubble.</p> <p>g) The maximum ventilation for the venue should be maintained.</p>	3	4	12	No	<p>Residual risk will depend on coaches' ability to design low-risk drills, and as yet unknown quantity of quality of ventilation.</p> <p>More thought is needed on implications for any away matches.</p> <p>We need to see what action All Saints have taken to assess the ventilation against best practice (e.g. CIBSE guidance).</p>	Session Leader	2	3	6

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Coronavirus SARSCoV-2	Possible exposure at away venues	3	4	12	a) Games will only be played at other venues where the risk assessment for that venue has been verified and approved by the club's Covid Officer. b) Government advice is to avoid car sharing with people those outside your household or support bubble.	2	4	8	No	Committee needs to give full backing to the person/people taking these decision and the implications for teams. It will mean games do not go ahead, as many clubs will not have the expertise to do assessments, though some may be carried out by professionals at the venues.	Team Representative	2	3	6

References:
<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation>
<https://www.volleyballengland.org/news/article/6125/government-gives-green-light-for>
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/coronaviruscovid19infectionsurvey/pilot/31july2020>
<https://media.volleyballengland.org/docs/Return%20to%20play%20indoor%20volleyball%20-%20risk%20assessment.pdf>
<https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>
<https://www.cibse.org/coronavirus-covid-19/coronavirus,-sars-cov-2,-covid-19-and-hvac-systems>

Risk Assessors	Accepted by Risk Assessment Owner: (Sheffield Volleyball Club Committee)
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