



Return of Community Volleyball

Volleyball Reengagement

Version 1
As at October 14, 2021



COMMUNITY RETURN TO PLAY GUIDELINES

Volleyball NSW has developed the following guidelines to assist the volleyball community return to activity cautiously and methodically.

These guidelines are based on the best available information and advice to optimise participant and community safety. They should be used in conjunction with the directives and guidelines of the State and Federal Government Requirements.

The priority must always be the protection of public health and the minimisation of the risk of community transmission of the virus. All community volleyball participants (this includes players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and volleyball organisations) must play a role in helping to slow the spread of COVID-19.

For the most recent updates from the NSW Office of Sport, please refer to State Specific Links on page 8 for more detailed information.

As a community, we need to come together more than ever, ensuring the sustainability of Volleyball and the safety of our participants. As restrictions ease, our responsibility to each other does not. We look forward to seeing you on the court soon.

KEY PRINCIPLES

COVID-19 RISK MITIGATION STRATEGIES: EDUCATION

Risk mitigation strategies are essential and help promote and set expectations for the required behaviours before Volleyball resumes. Participant education includes:

- Distribution and recognition of the information found within this document.
- Referring to local and state authorities for greater engagement

ASSESSMENT AND PREPARATION OF THE VOLLEYBALL ENVIRONMENT

It is vital for clubs, associations and venues to safely prepare the volleyball environment for all participants. Volleyball activity should not occur until appropriate measures are in place to ensure the safety of all community members, including:

- A thorough risk assessment of each specific volleyball environment and specific preparation
- Assessment of the likely number of participants, the number of courts per venue/stadium and the level of restrictions currently imposed by the state and federal government. The guidelines are minimum requirements, and Volleyball NSW encourages all members to minimise the attendance of non-participants.
- Ensure all balls, shared equipment, benches/surfaces and court surfaces are sanitised and cleaned regularly with disinfectant. All venues must provide sanitising hand-rub dispensers in prominent places around the facility.

Please refer to the useful links page at the end of this document for further information.

ASSESSMENT OF PARTICIPANTS BEFORE RESUMING TRAINING AND COMPETITION

To minimise the possible transmission of COVID-19, participants must adhere to the following:

- Do not attend volleyball training or competition if you are feeling unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend volleyball training or competition if you have been unwell in the last 14 days or had close contact with a known or suspected case of COVID-19.
- Any unwell participant should be referred to a doctor in accordance with local Public Health Authority guidelines.
- Participants should apply a graded return to training and competition to mitigate the risk of injury.

EDUCATION OF ALL PARTICIPANTS ON COVID-19 RISK MITIGATION STRATEGIES

Participants are:

- Encouraged to understand the health recommendations, including vaccinations and risk mitigation strategies.
- Encouraged to shower at home with soap before and immediately after all volleyball activity.
- Encouraged to arrive at the venue ready to train/play.
- To bring all relevant personal items with them. For example, players must bring their own towel and drink bottle; referees bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example, no handshaking or high fives.

Associations, Clubs and Venues are to:

- Adhere to and communicate relevant State and Federal Government compliance protocols relating to participants, spectators and vaccination policies.
- Ensure all staff, court supervisors and referees who interact with participants have access to alcohol-based sanitisers and instructions on keeping safe.
- Develop plans for the arrival and departure of all participants (entry/exit patterns) and provide alcohol-based hand sanitiser for all upon entry.
- Develop a plan to enact hand hygiene protocols during training and competition.
- Ensure all volleyballs are sanitised before use each day and in between each game.
- Schedule training and match timing to ensure sufficient breaks between one training/game and the next training/game. This is designed to allow one group to leave the venue before the next group arrives and for staff to complete sanitisation requirements. Refer to local organisation/venue regulations.
- Have a plan for capacity control and maintenance of physical distancing rules.
- Have a plan for cash handling with the aim to develop cash-free procedures.
- Have a plan for communal spaces; it is recommended that change rooms, referee/official rooms, canteens, public water fountains and general seating areas are closed or roped off to the general public in accordance with the relevant restrictions.
- Ensure all bathrooms and communal areas are cleaned regularly and maintain a cleaning log.

MANAGEMENT OF A SUSPECTED OR CONFIRMED COVID-19 CASE

Participants must follow Public Health Authority/State Government processes upon confirmation of a positive COVID-19 case.

Associations, Clubs and Venue Managers shall assist the NSW State Government in contact-tracing and potentially shutting/reducing access to training and competition if there has been a positive case in the area.

Managing a return to training or competition of a confirmed COVID-19 case:

- Ensure the participant no longer poses an infection risk to the community.
- Ensure the participant has sufficiently recovered to participate in Volleyball safely.
- In both instances, obtain clearance from their Doctor/local Public Health Authority.

FREQUENTLY ASKED QUESTIONS

What does this mean? What can we do?

Please refer to the NSW Government Roadmap and information from your Venue. These clearly outline the stages for re-engagement and how to interpret them.

Is it safe to resume training?

Volleyball NSW regularly review protocols and state-specific conditions and advice. As respective Government restrictions are eased, and they deem sport safe to return, we will strictly follow their advice. Each venue and or club may have slightly different return to sport guidelines, so please consult with the relevant and up to date information as you consider returning to play.

What do we have to do before we can start volleyball training again?

The first step is to identify what stage or level applies to you. Then conduct an assessment and prepare your environment. This may include things such as: facility cleaning, ensuring hand washing facilities and sanitiser units are readily available, limiting the number of times players and spectators are all in one place, preparing training and game rosters to ensure a streamlined flow of people, communicating in advance to all members as well as producing awareness collateral on the ground, to educate around your COVID-19 risk plans and outlined expectations.

What do we need to include in the risk assessment?

Please refer to the Sport Australia Return to Sport Tool kit and State Government Guidelines for specific information and support. The Community Guidelines can provide more information as well as a return to sport COVID-19 safe checklist to help conduct a risk assessment of your Centre.

What if we share facilities with another sport?

It is essential that you consult with all other shared sporting bodies to conduct a joint assessment and collaborate on rotations to ensure that physical distancing and hygiene measures are undertaken.

What if the local council owns the facility, and they're telling us something different?

These are a set of guidelines that may help you navigate your return to community sport. However, each State Government and Local Government Authority (LGA) may have slightly different regulations. Please consult and collaborate with your LGA and State Governing bodies, as they should be your primary source of information.

What hygiene measures will I need to put in place?

There are some great resources to help guide you with hygiene measures outlined in the Community Guidelines.

Where can we access hand sanitiser?

Good question. Most pharmacies, grocery and Bunnings stores now stock hand sanitisers. Ideally, purchase the 500ml or 1L pump bottle sanitisers to reduce the amount of contact.

What do we do with the equipment before and after training?

All practical equipment, including volleyballs, exercise equipment, cones and ball trolleys, will need to be cleaned and sanitised before and after use.

There are ten players and a coach in my team – can we still train?

There is a lot of variation around the state as we ease back into community sport. Some permit indoor training, some don't, and physical distancing and strict hygiene measures must be adhered to in all instances. You will need to clarify the exact numbers and conditions via your LGA guidelines. In any case, it will feel and be different, so let's be patient and see what we can do!

Do we have to check people as they come into the facility?

This will vary depending on current restrictions. It should be clearly stated in the information provided to participants and at the entry points that NO ONE should attend if they have a fever or any respiratory symptoms. It is essential to monitor the number of people in the facility at any one time to ensure appropriate physical distancing and adherence to State regulations.

Do we need to keep a record of people that attend training?

Please check the guidelines available through your LGA and State Government requirements via the NSW Check-in App for specific information.

It is recommended that everyone has the COVIDsafe App. If individuals encounter a positive COVID-19 case, they can be contacted quickly and isolated to prevent further spread. We advise all to use the provided QR codes and always register attendance.

Can parents/carers stay to watch training?

This depends on the Stage or Level classification. However, spectators are encouraged to be kept to a minimum. Please be aware that individuals may not be permitted to enter a venue, subject to local requirements.

What do we need to communicate to participants?

It's essential to notify your members of any modified rules, training practices, COVID-19 risk plans and importantly, your expectations around behaviours and risk mitigation while in attendance.

There is a wealth of resources on Government websites to help with communications; please refer to the useful links at the bottom of this document.

When should people not attend training?

Anyone who has any of the following symptoms (even if they are only mild) should not attend:

- Cough
- Sore Throat
- Fever
- Shortness of Breath

What is the process for managing an unwell participant, coach or referee?

They should NOT attend the venue. They should ring their local doctor (GP) or the COVID-19 hotline to discuss whether they should be tested or need to isolate.

We have access to multiple courts. Can we have different groups training on different courts?

You will need to determine the number of people who can safely attend the venue, together with venue management, to ensure adequate physical distancing measures.



What drills can we use if we can't simulate gameplay? Will VNSW provide some resources for our coaches?

VNSW circulates various skills, drills, tips, and activities via social media and websites to support ongoing involvement with and connection to Volleyball.

What if we find out one of the participants suspects they may have coronavirus?

It's essential to inform the activity organiser or Club Manager and advise the participant to seek medical attention and follow the Government protocols. You should not attend the venue/training and contact your local doctor (GP) or ring the COVID hotline for advice and next steps.

Should we download the COVIDSafe App?

It is strongly recommended that all participants install the COVIDSafe App to ensure that any active cases may be tracked and traced if they should arise.

How long will it be until we can resume competition?

The sooner the community adheres to the principles of health, hygiene and ensures physical distancing, the sooner we will get back to the "new normal".

Will we all have to be temperature checked before training/games?

VNSW does not mandate temperature checking for community participants as they turn up to participate in a volleyball activity. If you are unsure, please check with your Club/Association.

Do we need to be vaccinated to play?

VNSW DOES NOT have a mandatory vaccination policy at this time. Still, we may be in a situation where unvaccinated members will not be able to participate due to regulations outside VNSW's control. E.g., if a venue has a mandatory vaccination policy. Please be aware that this stance may change as further information becomes available.

ESSENTIAL HYGIENE PROTOCOLS

Always take the following steps to ensure you, your colleagues and your teammates remain healthy.

GENERAL HYGIENE



WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS



WASH OR SANITISE YOUR HANDS BEFORE EATING.



IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



COVER YOUR MOUTH TO COUGH OR SNEEZE.



STAY HOME AND SEEK MEDICAL TREATMENT WHEN YOU ARE SICK.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK

VOLLEYBALL HYGIENE



DO NOT SHARE DRINKS, TOWELS, LIP BALM OR SUNSCREEN WITH OTHERS.



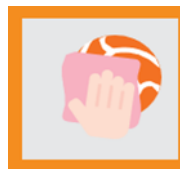
PLACE ALCOHOL-BASED HAND SANITISER AROUND THE VENUE AND INTOILET/CHANGE ROOM FACILITIES.



ASSOCIATIONS AND CENTRES SHOULD ENSURE ALL VENUES ARE MAINTAINED AND CLEANED TO A HIGH STANDARD.



NO PHYSICAL CONTACT PRE OR POST-GAME. NO HIGH FIVES, FIST BUMPS OR OTHER FORMS OF PHYSICAL CELEBRATIONS DURING GAMES.



WIPE AND CLEAN VOLLEYBALLS AFTER TRAINING AND GAMES.

We will continue to seek the advice of Local and State Government and will prepare based on that advice. A healthy community is our priority and we thank everyone for the role they'll play in ensuring this is the outcome.

State Specific Links

NEW SOUTH WALES:

<http://www.nswvolleyball.com/>

<https://sport.nsw.gov.au/novel-coronavirus-covid-19>

<https://sport.nsw.gov.au/sector-resources-library>

Additional Links

Australian Government Department of Health

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

<https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>

Sport Australia

<https://www.sportaus.gov.au/return-to-sport>

Safe Work Australia

<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces>