



Return of Community Volleyball

Volleyball Reactivation

Version 1
As at May 25, 2020

COMMUNITY RETURN TO PLAY GUIDELINES

Volleyball Australia has developed the following guidelines to assist the volleyball community return to activity in a cautious and methodical manner.

These guidelines are based on the best available information and advice to optimise participant and community safety and should be used in conjunction with the directives and guidelines of the federal government and those of the relevant state or territory.

The priority must always be protection of public health and 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 Sport Australia please refer to the [Return to Sport Toolkit](#).

As a community we need to come together now more than ever to ensure the sustainability of our sport and the safety of all. 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

This is essential and will help to 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 Member State websites for updated information.

ASSESSMENT AND PREPARATION OF THE VOLLEYBALL ENVIRONMENT

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

- A thorough risk assessment of each specific volleyball environment and appropriate preparation, please refer to your Member State for further information.
- 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 governments. The

guidelines are minimum requirements and Volleyball Australia encourages all members to minimise attendance of non-participants.

- Ensuring that 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 useful links page for further information.

ASSESSMENT OF PARTICIPANTS PRIOR TO RESUMING TRAINING AND COMPETITION

In order 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 in the last 14 days you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant that is unwell 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.
- Extra consideration of vulnerable participants who may be at increased risk.

EDUCATION OF ALL PARTICIPANTS ON COVID-19 RISK MITIGATION STRATEGIES

Participants are:

- 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; refs bring their own whistle. Do not share with others.
- To avoid unnecessary body contact, for example no hand shaking or high fives.

Member States, Associations, Clubs and Venues are to:

- Ensure all staff, court supervisors and referees who interact with participants have access to alcohol-based sanitisers and instructions on how to keep 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 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 restriction.
- 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.

Member States, Associations, Clubs and Venue Managers shall assist the Department of Health 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 any infection risk to the community.
- Ensure the participant has sufficiently recovered to safely participate in volleyball.
- In both instances, obtain clearance from their Doctor/local Public Health Authority.

FREQUENTLY ASKED QUESTIONS

What stage or level are we at?

The “Level” of community sport allowed will be determined by State Government but will be based around the AIS Framework which has Level A, B and C. Check your Local Government websites for up to date information.

What does this mean? What can we do?

Please refer to the Community Guidelines and information from your Member States as these clearly outline the stage classifications and how to interpret them.

Is it safe to resume training?

Volleyball Australia and Member States 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 State has slightly different return to sport guidelines, so please consult with the relevant State bodies 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 includes things such as facility cleaning, ensuring hand washing facilities and sanitiser units are readily available, limiting the amount of time 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 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 your Member State or 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 important that you consult with all other shared sporting bodies to conduct a joint assessment and to collaborate on rotations to ensure 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 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, which are outlined in the Community Guidelines and includes education and collateral packs for support your Centre.

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 sporting equipment can we use?

This will depend on the Stage or Level classification that applies to you. Please refer to the Community Guidelines and individual state websites.

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

All practical equipment, this includes items such as volleyballs, exercise equipment, cones and ball trolleys will need to be cleaned and sanitised before and after use.

There are 10 players and a coach in my team – can we still train?

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

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

No, but it should be clearly stated in 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 amount of people in the facility at any one time to ensure appropriate physical distancing and adherence to State and Territory regulations.

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

In some states it is not required, however, it is recommended that everyone has the COVIDsafe app on their phone so that if they come into contact with a positive COVID-19 case they can be contacted quickly, isolated and tested to prevent any further spread. We advise for all to check in with your Member State, local Association or Club for specific requirements.

Please check guidelines available at your Member State website for state specific information.

Can parents / carers stay to watch training?

This depends on the Stage or Level classification. However, it is encouraged that spectators are kept to a minimum and, if deemed necessary, only one immediate family or carer be in attendance.

Please be aware, subject to local requirements, individuals may not be permitted to enter a venue.

What do we need to communicate to participants?

It's important 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 attend for treatment.

What does non-contact skills training mean?

Non-contact skills training refers to activities which do not require any physical contact between players. The session can involve the skills of volleyball (e.g. serve, pass, attack) however you must try to avoid activities that will place players in direct contact with each other (e.g. blocking). While volleyball is classified as a non-contact sport, incidental and accidental contact does occur, but we need to plan training sessions and activities to minimise this.

For further information please refer to your Member State.

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 game play? Will VA provide some resources for our coaches?

Volleyball Australia and Member States circulate, via social media and websites, various skills, drills tips and activities to continue 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 important 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 should 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?

VA 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 Member State or Association.

ESSENTIAL HYGIENE PROTOCOLS

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

GENERAL HYGIENE

VOLLEYBALL HYGIENE



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



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



WASH OR SANITISE YOUR HANDS BEFORE EATING.



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



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



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



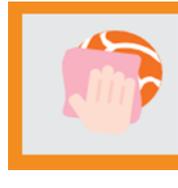
AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



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



COVER YOUR MOUTH TO COUGH OR SNEEZE.



WIPE AND CLEAN VOLLEYBALLS AFTER TRAINING AND GAMES.



STAY HOME AND SEEK MEDICAL TREATMENT WHEN YOU ARE SICK.

We will continue to take the advice of the Government and the World Health Organisation 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.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK

State Specific Links

Australian Capital Territory:

<https://www.volleyballact.com.au/>

[FAQ Document - Community Sport - 13 May 2020](#)

[FAQ Document - ACT Pools - 13 May 2020](#)

[Return to Play in a COVID-safe Environment Plan framework](#)

Western Australia:

<https://www.volleyballwa.com.au/>

[COVID RESPONSE PLAN](#)

[Media Release - Corona Virus Update 15 May](#)

VICTORIA:

<https://volleyballvictoria.org.au/>

<https://www.dhhs.vic.gov.au/sport-cultural-and-recreational-activities-restrictions-coronavirus-covid19>

TASMANIA:

<http://www.volleyballtasmania.com.au/>

<https://www.coronavirus.tas.gov.au/>

SOUTH AUSTRALIA:

<https://www.volleyballsa.com.au/>

<https://www.volleyballsa.com.au/pages/188>

<https://www.sahealth.sa.gov.au>

QUEENSLAND:

<https://www.vq.org.au/>

[Queensland return to play](#)

[Roadmap to easing Queensland's \(COVID-19\) restrictions](#)

NEW SOUTH WALES:

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

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

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

NORTHERN TERRITORY:

<https://coronavirus.nt.gov.au/>

Additional Links

Australian Government Department of Health

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

<https://www.pm.gov.au/sites/default/files/files/three-step-framework-covidsafe-australia.pdf>

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

Australian Institute of Sport

https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

Sport Australia

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

Safe Work Australia

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