

Leicester Athena Volleyball Club

COVID-19 Risk Assessment

VENUE: NEW COLLEGE

Risk Assessment	Subject:	Assessor:
COVID-19 exposure LOW RISK with controls in place	INDOOR VOLLEYBALL	C. Surridge

Hazards:

Exposure to COVID-19 in a volleyball setting during training or play.

According to current evidence, COVID-19 is primarily transmitted between people through respiratory droplets and contact with contaminated surfaces – usually those that are frequently touched. Airborne transmission is possible where sports are performed in close proximity. A study conducted by Volleyball England found that a volleyball player is typically both face-to-face and within one metre of another player for very short periods of time during on court gameplay. There is limited equipment involved and after setting up the net the only equipment handled by participants is the ball.

Below is a table of hazards identified at training / gameplay at the Leicester Athena Volleyball Club.

Risk rating (R) = likelihood (L) x severity (S)			Hazard severity (S)				
			1	2	3	4	5
			Negligible	Slight	Moderate	High	Very High
Likelihood	1	Rare	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	People affected	RISK			Controls to be put in place	NEW RISK		
		L	S	R		L	S	R
Transmission of virus through the use of equipment such as: <ol style="list-style-type: none"> 1. Cones 2. Balls 3. Net/posts 4. Benches/chairs 5. door handles 	Players Coaches Staff Public	3	4	12	<ul style="list-style-type: none"> • No sharing of equipment • Only equipment that is absolutely necessary • 20 min regimen of equipment sanitisation • Cleaning of equipment directly prior / after use 	2	3	6 LOW
Airborne Transmission of the virus during play or training	Players Coaches Staff Public	3	4	12	<ul style="list-style-type: none"> • Max 30 people at training • Adhere to social distancing at all times • No contact between persons • Hand sanitisation every 20 mins • Belongings kept 2m apart • No spectators • Specific drills to reduce close proximity • Same groups of players used in drills consistently 	2	3	6 LOW

People at Risk:

Coaches / assistant coaches

Players

Spectators

Leisure centre staff.

Other Leisure centre users (public)

People who are at increased risk are those with existing health conditions or are pregnant. These groups are more at risk of severe outcomes if infected with COVID-19. For these groups 'shielding' is recommended.

The setting:

Leicester Athena Volleyball Club plays indoor volleyball at the New College Sports Hall located at the back of the school on the ground floor. It is accessed via the Main Entrance past reception through two sets of double doors.



New College has a single volleyball court situated in the sports hall. A single-file system with people keeping to the LEFT of the school corridors must be adhered to. Any other changes due to Covid-19 that are implemented by the school must also be followed (a copy of which will be kept for our records)

Players who arrive at the venue must wear masks as they enter the school and proceed to the hall immediately. Once training begins, the mask may be removed if necessary.

All requirements implemented by the venue must be adhered to in accordance with Government Guidelines.

The fire escape doors at the ends of the hall must be open to increase a natural air flow and reduce the amount of recycled air in the hall.

New Controls to be implemented with immediate effect:

All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms prior to attending each session. No-one should leave home to participate in sport if they, or someone they live with, has symptoms of COVID -19 currently recognised as any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation

Participants will be made aware of the increased risk associated with taking part in training, based on the club risk assessment. They will be strongly advised to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.

Players and coaches must limit the time spent congregating at the school prior to training and must arrive wearing a mask and already changed into their sports kit with no other belongings unless absolutely necessary (such as a water bottle). The players should arrive and depart individually where safe to do so. Exceptions may be made where safety and safeguarding measures are required.

Players should also bring their own hand sanitiser and provide advanced notice of attendance to ensure that the maximum of 30 persons at training is not exceeded.

During the session the following must also be adhered to at all times:

- Social distancing during drills and training
- Drills that have minimal face-to-face close proximity and involve no close contact
- Drills that utilise the same players consistently – like a ‘social bubble’



- Drills that reduce the element of ‘unpredictability’ to prevent the 2m rule from being broken
- The use of the ‘blocking drill’ should be carefully considered to ensure that individual players do not exceed the ‘3 second close proximity’ limit (a total of 15 minutes in 100 minutes)
- A maximum of 30 participants (including the coach) are allowed
- Players and coaches must refrain from touching their face, nose or eyes
- To have natural ventilation or air-conditioning where possible (from windows or doors)
- No physical contact between players
- No shouting
- No sharing of equipment where possible (towels, resistance bands, drinks bottles)
- Immediately after equipment is used it has to be sanitised prior to being used again
- Regular hand and equipment sanitisation (at least every 20 minutes)
- An appointed COVID-19 officer must be in attendance of all sessions to ensure compliance with the risk assessment and rules

Conclusion:

In general, volleyball is not considered a contact sport, and because of that the close contact exposure risk is low. Times when contact between two players may occur and social distancing may not be possible are instances such as:

1. Blocking at the net
2. Hitting at the net
3. Players on the same team both going for the ball

Points 1 and 2 are likely to occur frequently, but for extremely short periods of time (less than 2-3 seconds) and do not involve direct contact between players.

Point 3 is controlled by ensuring that appropriate drills are used during training.

With all of the Covid-19 Controls appropriately put in place and adhered to, the risk of transmission during volleyball training and gameplay is LOW.

To be actioned by:

Charlotte Surridge Covid19 officer
Sarah Booth Covid19 officer

Assessment Review Date: 24/08/2020

Due for Review: 24/11/2020

