

# Scottish Volleyball Framework for Phased Return To Face To Face Outdoor Volleyball Activity

Working Document – under construction and dependant on government direction and approach by **sportscotland** decision on ‘recovery phases’.

	<b>Lockdown</b>	<b>Phase 1</b> ‘Extension to Exercise’	<b>Phase 2</b> ‘Small Groups’	<b>Phase 3</b> ‘Extended groups’	<b>Phase 4</b> <b>Not yet approved</b>
<b>Clubs</b>	<p>All face to face club activity cancelled until further notice.</p>	<p><b>Outdoor activity only</b></p> <p><b>No face-to-face club activity permitted.</b></p> <p><b>No face to face club coaching permitted.</b></p> <p>All clubs should maintain engagement with members via suitable and safe online methods.</p> <p><b>Club should start to prepare</b> their own plan for the return of some activities in Phase 2.</p>	<p><b>Outdoor Activity Only</b></p> <p><b>Reopening of outdoor sports courts</b> permitted for <b>non-contact</b> sports from <b>29<sup>th</sup> June 2020.</b></p> <p><b>Clubs to complete risk assessment</b> to meet Phase 2 guidelines.</p> <p><b>Clubs to consult with coaching and volunteering team</b> ahead of restart and follow COVID-19 re-induction process.</p> <p><b>Outdoor court hire for small groups of up to 4 players per court</b> can resume, from the <b>29<sup>th</sup> June 2020</b>, pending club, players and coaches meeting all</p>	<p><b>Clubs to complete risk assessment</b> to meet Phase 3 Guidelines.</p> <p><b>Groups of up to 30 people permitted to participate in organised outdoor sport</b> subject to social distance and hygiene guidelines.</p> <p><b>The maximum of 30 people refers to organised activity only</b> to ensure that our sport is able to support and follow NHS Test and Protect procedures.</p> <p>Only outdoor sport and physical activity should be undertaken at this</p>	<p><b>Clubs to complete risk assessment</b> to meet Phase 4 guidelines.</p> <p><b>Larger gatherings/ group outdoor activity</b> to resume subject to social distancing and hygiene measures.</p> <p>Awaiting guidance from indoor facilities and COSLA to offer guidance on resuming any indoor activity.</p> <p>Possible introduction of</p>

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		<p>the required conditions and guidance.</p> <p><b>Outdoor club organised activity can start to return in small groups up to 4 players per court</b> from the <b>29<sup>th</sup> June 2020</b> with <b>one coach</b> as long as all guidance from the Scottish Government and the SVA can be met.</p> <p><b>Social Distancing guidelines must be met</b> at all times for participants from a different household.</p> <p><b>SVA Pop Up and Play guidelines</b> can be followed from the <b>29<sup>th</sup> June 2020</b>.</p>	<p>time with all indoor exercise and changing areas remaining closed.</p> <p>An indicative date of <b>31<sup>st</sup> August 2020</b> has been identified by Scottish Government as a potential date for reopening of indoor sport and exercise areas.</p> <p>Organised <b>non-contact and contact</b> outdoor sports competition for <b>all ages</b> can now take place where the appropriate guidance is followed.</p> <p>Scottish Volleyball 'Guidance for the school environment' to be finalised by September 2020.</p>	<p><b>local community involvement</b> e.g. schools or local community groups.</p>
<p><b>Players advised to exercise at home</b> or in an outdoor space</p>	<p><b>Outdoor cooperative activity permitted with members of the same household.</b></p>	<p><b>Players should stay up to date</b> with all SVA and Scottish Government</p>	<p>Please note that players aged 12 and over, they must maintain physical</p>	<p><b>Activity to resume to the new normal</b> with continued focus</p>

## Players

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on their own or with members of the same household.	<p>Activity with someone from <b>one</b> other household in an <b>outside</b> space whilst adhering to social distancing guidelines as an extension to daily exercise.</p> <p>In the case of <b>different households</b>, this activity <b>must not be cooperative and the sharing of equipment such as volleyballs or net systems must not occur.</b></p>	<p>Guidelines.</p> <p>Players can now travel beyond the 5 mile restriction (from 3<sup>rd</sup> July 2020) to take part in physical activity and sport.</p> <p><b>Players can play outdoors in groups up to 4 people with one coach from 29<sup>th</sup> June 2020</b> as long as social distancing guidelines are followed.</p> <p><b>Cooperative play outdoors in small groups permitted</b> as long as club cleaning protocols and hygiene measures are followed.</p> <p><b>All safety, hygiene and cleaning protocols must be followed before during and after the session.</b></p>	<p>distancing <b>before play and after play</b>, but during play these restrictions are lifted.</p> <p><b>For training and recreational purposes a maximum of 8 players per court (4v4) are permitted</b></p> <p><b>For competition purposes, a maximum of 4 players per court (2v2) are permitted.</b> to reduce the risk of players coming into close physical contact in a competitive environment.</p> <p><b>Physical distance must be maintained before and after play for players aged 12 and over.</b></p> <p><b>All safety, hygiene and cleaning protocols must be followed before during and after the session.</b></p>	<p>on hygiene and health guidelines.</p> <p><b>Cooperative play outdoors with in larger groups permitted</b> as long as club cleaning protocols and hygiene measures are followed.</p> <p><b>Cooperative play indoors permitted</b> as long as club cleaning protocols and hygiene measures are followed.</p> <p><b>Competitions may start to resume.</b></p> <p><b>Players to seek government</b></p>

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<b>Coaches</b>				Indoor gyms remain closed until the 31 <sup>st</sup> August.	guidance on travel advice for competition out with Scotland.
	All <b>face to face coaching activity cancelled</b> until further notice.	<p><b>No coaching activity permitted</b></p> <p><b>Coaches advised to plan for phase 2 activity for small groups outdoors with social distancing rules and minimal equipment.</b></p> <p>Coaches to consider a <b>person-centred approach</b> to coaching at a distance to encourage re-connection and positive mental health.</p>	<p><b>Coaches to familiarise themselves with all SVA and Scottish Government Phase 2 guidance.</b></p> <p><b>Coaches to complete risk assessment</b> for Phase 2 coaching guidelines.</p> <p><b>Coaching activity permitted with small groups of up to 4 players per court as long as the maximum number of households involved in the session is 3(including the coach).</b></p> <p><b>Coaches should only coach 2 other households per day.</b></p> <p><b>Coaches can now travel more than 5</b></p>	<p><b>Coaching activity permitted outdoors with a group of up to 30 people.</b></p> <p>We recommend that <b>at least 2 coaches</b> are present at each session during all organised Phase 3 activity to support the effective implementation of COVID related protocols.</p>	<p><b>Coaching activity permitted outdoors with larger groups subject to social distance and hygiene measures.</b></p> <p><b>Coaching activity permitted indoors</b> subject to social distance and hygiene measures.</p>

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		<p><b>miles</b> to deliver coaching sessions.</p> <p><b>Coaches to consider adapted formats of play</b> to enable social distance guidelines to be met throughout the session.</p> <p><b>Coaching must take place at a social distance.</b></p> <p><b>Coaches must complete club re-induction process and revised COVID Coaches Code of Conduct</b> provided by the club before any coaching practice takes place.</p> <p>Coaching practice should be person-centred with a focus on wellbeing and reconnection.</p>		<p><b>Outdoor Competition and Events to resume with up to maximum of 30 people (including</b></p> <p><b>Event organisers to complete risk assessment to meet Phase 4 guidelines.</b></p>
	<p>All events cancelled until 1 July 2020.</p>			

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<b>Event Organisers</b>	Return to Competition <u>provisional Timeline</u> outlines potential options for the return of outdoor and indoor competition, subject to Scottish Government guidance.			<p>organisers) in line with public health advice.</p> <p>For volleyball competition this means that with a maximum of 4 players per court, 2v2 open play (including blocking) is now permitted for all ages.</p> <p>For all players <b>over the age of 11, physical distancing must be maintained before and after play</b></p> <p>No Spectators permitted.</p> <p><b>Event organisers to prepare</b> for Phase 4 guidance and the resumption of competitive indoor volleyball.</p>	

*Disclaimer; This guidance has been prepared by the Scottish Volleyball Association as an interpretation of the Scottish Government Route Map. This document and all supporting information will be updated on an as known basis following updates to Scottish Government guidance. If you have any questions or need to seek clarity on the information presented, please contact the SVA COVID Lead – Andy Fleming ([coaching@scottishvolleyball.org](mailto:coaching@scottishvolleyball.org))*