



Wessex Volleyball Club 'Return to Indoor Volleyball' COACHES guidance during the COVID 19 pandemic (issue No1 - September 2020)

This guidance is specifically for coaches and coaching assistants and should be read in conjunction with the 'Members Return to Indoor Volleyball' Guidance (issue No1 - September 2020)

The safety and wellbeing of our coaches and volunteers is a top priority and the club is here to support you in any way we can. It is important that you feel safe and are comfortable running sessions. If at any time you are not happy in the coaching environment, you should inform a member of the board to discuss if any changes can be made to procedures to overcome your concerns or if you wish to withdraw from coaching until a time you feel happy returning.

Please take time to read the following guidance, which is based on the [Volleyball England 'Return to Indoor Volleyball'](#) Action Plan (which should also be read), which complies with the Department for Digital, Culture, Media and Sport [Return to recreational team sport framework](#).

All players, parents, coaches and volunteers will be required to confirm they understand and agree to follow this guidance as part of this seasons (2020-21) membership process. Despite the mitigating measures, you are aware and accept the increased transmission risk associated for you, your son/daughter during the volleyball activity.

Am I allowed to coach or volunteer?

See Members Guidance

Prior to training

See Members Guidance and in addition.

I will:

- Complete a session plan which takes into account social distancing in the coaching environment (see separate notes)
- Clearly mark all personal equipment, such as, teaching aids, clipboards etc
- Only use electronic or squeazy whistles. No blown whistle are to be used

Travel to training

See Members Guidance

On Arrival

See Members Guidance and in addition.

I will:

- Arrive at the venue at least 10 minutes before the start of the session
- Meet with my COVID 19 officers and confirm plans and procedures for the evening. Such as which court you will be training and at what point players for your session can enter the sports hall
- Collect any equipment required from the store cupboard as quickly as possible and try not to block the corridor
- Meet with any other coaches in the sports hall, at a social distance whilst wearing a face covering
- Place all your kit together and at least 2 metres from others' belongings and as players arrive ensure they are doing the same
- Sanitise all training balls and carts. Sanitiser and cloths will be available
- Sanitise my hands immediately after moving or adjusting any equipment on my court and avoid touching my face throughout
- Try to discuss any issues with parents by e-mail or ask to meet outside the venue

During Training

See Members Guidance and in addition.

I will:

- Remind and reinforce players of their responsibilities around social distancing and other mitigating measures which have been put in place for the duration of the session
- Work as a 'team' with other coaches and your COVID Officer to ensure you and the players are operating within the guidelines
- Not run any exercises or drills that involve physical contact between one or more participants (including coaches)
- Design training and warm up activities that distance participants as far as possible in order to limit face to face proximity of less than one metre for more than three seconds at any time. This should be considered in each individual action and the number of repetitions of the action completed in the warm-up/training activity.
- Ensure balls are wiped every 30 minutes during training (or other period considered reasonably based on the number of balls used during the relevant session).
- Ensure briefings are short and socially distanced
- Avoid shouting during sessions
- Not carry out team briefings and meetings during training. These can be done online at a later date (note the SW Association have a GoToMeeting account which can be used for this)
- Injuries during play should still be treated. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment. After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. Avoid touching your mouth, eyes and nose. Physios and first aiders, or their equivalents, should keep a record of each participant they have come into contact with for the NHS test and trace purposes. For more information, please refer to the Government's guidance for first responders.

After Training

See Members Guidance and in addition.

I will:

- Ensure all balls and other equipment used is sanitised and returned to storage or taken home
- Keep a record of your session plan and note any changes made to the planned session
- Meet with your assistant coaches, coaching assistants and COVID Officer and see if any lessons learned should be noted

Wessex Volleyball Club Board