



Covid-19 session rules

Strood Volleyball Club is running training sessions in line with guidance from UK Government, Strood Sports Centre and the Volleyball England sport specific action plan. At the heart of our plans is ensuring the safety and wellbeing of all participants attending the sessions. Therefore, we've set out some basic rules that everyone must follow when attending sessions, so that we keep each other safe. By attending sessions, you agree to follow the rules. If people do not follow the rules and put other participants at risk, they may be asked not to attend future sessions.

By signing up to any session you agree that you will provide your contact details (or those of your parent / guardian if you are under 18 years of age) to Strood Volleyball Club (via the booking system or otherwise) and you consent to them holding the details. You also agree that, if required, these will also be passed to the third party venue hosting the session, the NHS or any other Government body as part of the NHS Test and Trace programme relating to Covid-19. The details will be held for 21 days and will then be destroyed.

Should you develop any symptoms following the session you should immediately notify the club secretary (Ian Ruddock) at razors2011@virginmedia.com. If you need to provide contact details to NHS Test and Trace, please also provide them with Ian's email address so that we can ensure we comply with our Test and Trace obligations.

In due course, we will also provide a list of our Covid-19 officers and their email addresses and telephone numbers where you can contact them.

We will continue to monitor the guidance and any additional local restrictions. Should we have to change or cancel a session at short notice we will endeavour to inform everyone as early as possible. Please do follow the club website and Facebook channel for the latest updates.

1. **Attending sessions**

- The number of attendees at sessions will be strictly limited. Participants must book in advance via the Spond app.
- The app will detail the number of spaces available for each session and will state when it is fully booked.
- Payment for sessions must be paid to the club's bank account as we will not be collecting cash at the sessions.
- Members will not be able to attend a session if they turn up without booking in advance. This is so that we can control the numbers for everyone's safety and collect information for Test and Trace. The sports centre also need to know names and contact details for each person due to attend, at the start of each session. Again this is for Test and Trace purposes, but also so that they can monitor and manage the number of people on the premises.
- Please do not book a slot unless you know you can make it, so that we can maximise the opportunity for everyone to play as much as possible. If you can no longer make any session, please cancel your attendance (via Spond) to free up a space for someone else to attend.
- If you or someone you live with has symptoms of Covid-19 you must not attend the session. You must follow the Government and NHS guidance on self-isolation. Details here: <https://www.gov.uk/coronavirus>. Symptoms include:
 - A high temperature

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

If you are:

- a vulnerable person because of age, underlying health condition, clinical condition or pregnant, or
- are living with someone in self-isolation or who is vulnerable

you should avoid sessions because of the increased risk associated in taking part in volleyball.

All participants and attendees are also strongly advised to comply with public health restrictions and to avoid high risk behaviour outside of volleyball as this will help reduce the risk to your fellow participants when you do attend.

2. Volleyball – Covid-19 Guidance

We will be following and strictly adhering to all guidance given to us by the Government, by our venue and by Volleyball England (our National Governing Body). Attendees must comply with the guidance. A copy of the club's own risk assessments can be found on the club website – see here: <http://www.strood-volleyball.org.uk/Covid%20Risk%20Assessment.pdf>

- A link to the Volleyball England guidance is here: <https://www.volleyballengland.org/news/article/6125/government-gives-green-light-for> and you should please take the time to familiarise yourself with it.
- Participants must also adhere to the Government's social distancing regulations before and after sessions and during any breaks in activity.
- The club's coaches and Covid-19 officers will give further guidance at the relevant sessions to ensure that this is maintained.
- All adult sessions will be run with bubbles of no more than 6 people. Participants must follow the instructions of the coaches and organisers of those sessions and remain within their allocated bubble for the session.

3. Travelling to sessions and arrival at venue

You should follow best practice for travel including minimising use of public transport and limiting car sharing. Strood sports centre has car parking; alternatively walk or cycle if you can.

- People from a single household or within a support bubble can travel together in a vehicle. Please refer to the government's safer travel guidance for passengers for further information.
- Do not congregate at the venue before activity begins but aim to arrive at the start of the session. If you do arrive early, please wait in the car park until it is time to enter the venue. You should arrive changed and ready to begin the warm up rather than using the changing rooms at the venue as these are currently closed.
- Ensure you put your water bottle/other belongings at least 2 metres apart from other participants to ensure continued social distancing in any breaks and after the session.
- Please keep the personal belongings you bring with you to a session to the bare minimum e.g. drinking water, phone, hand sanitiser.

4. What to bring

Sharing of equipment will be limited as much as possible. You should bring:

- your own hand sanitiser with a least 60% alcohol content and you should use this before and after each session and during each break.
- your own full water bottle which should be labelled or highly distinguishable in order to avoid any confusion or accidental sharing.
- your own sweat/fitness towel, foam roller, resistance band, joint supports or any other equipment you need for warm up/warm down or during activities.

Please note that access to water fountains may not be available at this stage so please ensure you bring sufficient water for the whole session.

5. **During the session**

- Follow the instructions of the coaches and our Covid-19 officers and take care at all times to respect the other participants and any club volunteers. If you have any concerns, please speak to the coaches or one of the Covid-19 officers.
- In particular, please comply with the requirements of remaining within your allocated bubble throughout the session.
- Equipment, balls and participants' hands will be sanitised before and after the session. There will also be a break every 30 minutes to sanitise hands and volleyballs.
- If a volleyball from another bubble rolls into your space, please do not pick it up to give it back. Please return it by gently pushing it with your foot, taking care not to put it in the path of someone who might trip over it.
- Avoid all on court contact such as high-fives or handshaking. Please do not shout.
- Maintain social distancing (2 metres) during all breaks.
- Do not share water bottles or food with other participants who you do not live with.
- If you start to feel unwell or develop any Covid-19 symptoms whilst at the session, please ensure that the coaches present are informed and avoid touching anything.
- Cough or sneeze into a tissue and put it in a bin; if a tissue is not available, cough and sneeze into the crook of your elbow.
- Should you continue to be unwell, or develop Covid-19 symptoms after the session has ended, please keep us informed on your status (email: razors2011@virginmedia.com). You should follow the UK Government guidance on self-isolation and not return to activity until any required period of self-isolation has been completed in accordance with UK Government guidelines.

6. **After the session**

At the end of the session social distancing must be maintained. You should leave promptly at the end of the session and change/shower at home rather than at the venue (changing rooms and showers are currently closed).

- Now the nights have drawn in, please can under-18s ensure that any parent / carer who may be collecting them after the session arrives on time to take them home.
- At the end of each session we will be cleaning all balls and equipment. Please do play your part in helping with this on a rotation basis to help keep everyone safe.

7. **Spectators**

- Due to the limitations on numbers taking part, we are currently not able to allow spectators to attend any sessions.
- This includes parents / carers for junior (under-18) groups.
- Parents/carers are able to remain on site and use other facilities at the venue (subject to agreement by Strood Sports Centre reception).

8. **Questions**

If you have any questions or concerns about attending the session, please do speak to your coach or contact Ian Ruddock on razors2011@virginmedia.com. We want to keep everyone safe – please do look after each other.