



RETURN TO PLAYING GUIDANCE

Updated 2.12.20

This Guidance has been updated to reflect the revised 3 Tier system announced by the Government which came into effect on the 2nd December.

Newcastle under Lyme was placed into Tier 3 and therefore only junior volleyball can take place.

The main change announced by Volleyball England is that any member who was 17 at the start of the academic year will be classed as a junior even if they turn 18 during the 'season'.

Richard Guest

2.12.20

Updated 20.10.20

This Guidance has been updated to reflect the introduction by the Government of a 3 Tier system across England.

Both Madeley High School and Newcastle College fall under the governance of Newcastle under Lyme District Council for the purposes of adherence to any local restrictions.

The following rules will apply (unless otherwise specifically stated in future updates) dependant on which Tier the District Council is placed:

- Tier 1 – Adult training will continue as per the update published on the 25th September. If a member lives within a Tier 2 area, they are permitted to travel to the training venue to join a session (subject to meeting the usual health requirements further below). If a member lives within a Tier 3 area they are not permitted to train.
- Tier 2 – Adult training will cease
- Tier 3 – Adult training will cease

The decision to allow members to travel from a Tier 2 area to train if Newcastle under Lyme District is in Tier 1 is governed by Sport England and adopted by Volleyball England:

<https://www.sportengland.org/how-we-can-help/coronavirus/return-play/frequently-asked-questions-return-sport-and-activity>



Under 18's training will remain unaffected by the 3 Tier system.

Richard Guest

20.10.20

Updated 3.10.20

This Guidance has been updated to reflect confirmation from both Madeley High School and NULC that they have approved our Guidance dated 25th September together with the associated risk assessments of the same date.

They have confirmed that sessions can take place in accordance with the same and that adults only or adults and junior mixed sessions can take place as long as the guidance and risk assessments are adhered to.

In addition the Ladies team covid officers are now confirmed as Richard Guest and Keeley Guest.

Richard Guest

3.10.20

Updated 25.9.20

This Guidance has been updated following Government announcements that with effect from 24th September 2020, organised indoor sport for under 18's is no longer exempt from the Governments rule of 6.

Volleyball England has provided further clarification, both on its website and in direct response to specific questions from Richard Guest to enable us to update this guidance document.

Overview of changes



The plan to start competitive matches at the end of October has been cancelled.

Indoor sessions for over 18's can only take place in an organised environment with a qualified coach (and covid officer) but are restricted to a maximum of 6 within each playing field.

VE has clarified that any mix of adults and juniors will be subject to the rule of 6.

Within the rule of 6 you can create bubbles within the individual playing areas. The bubble must stay the same throughout the session which will include drinks and ball cleaning breaks.

The same balls must be used by the same bubble throughout the session and must not be transferred between groups.

Coaching staff and covid officers have been advised of the practicalities of this and example diagrams are contained on the club website.

There are no further restrictions on under 18 training and the maximum of 30 within a playing areas remains.

The updated guidance from Volleyball England can be found at <https://www.volleyballengland.org/news/article/6153/faqs-volleyball-and-the-new>

The updated training schedule is printed below and also displayed on the club website.

This guidance will be further updated when discussions with the venues have been completed

Richard Guest

25th September 2020



nsvc training schedule 2021 from 28092020 - Windows Photo Viewer



TRAINING SCHEDULE

From September 28th 2020

Junior training as normal;

Adults sessions strictly within 6 player bubbles



DAY	TIME	VENUE	GROUP
Monday	18:00-20:00	Madeley	U13 boys
Monday	18:00-20:00	Madeley	U14/u15 boys
Monday	18:00-20:00	Madeley	U16 boys
Monday	19:00-21:00	NuLC	U18 girls*
Monday	20:00-22:00	Madeley	Men NVL**
Tuesday	07:45-08:45	NuLC	U18 Academy mixed
Wednesday	16:00-17:30	NuLC	U18 Academy Girls
Wednesday	17:30-19:00	NuLC	U18 Academy Boys
Wednesday	18:00-20:00	Madeley	Social **

DAY	TIME	VENUE	GROUP
Thursday	17:00-19:00	NuLC	U18 Academy Girls
Friday	15:30-16:30	Madeley	U12 girls and boys
Friday	16:30-18:00	Madeley	U14/u15 girls
Friday	16:30-18:00	Madeley	u16 girls
Friday	18:00-19:30	Madeley	U13 girls
Friday	18:00-20:00	Madeley	U16 boys
Friday	19:30-21:00	Madeley	U18 boys

*NULC currently only allowing bookings for u18s; we are working towards achieving Adult bubbles in this session for the ladies NVL group

**bubbles of 6 players working together max strictly applied in these sessions

11:08
26/09/2020



Introduction

To enable the club to safely and successfully restart, we have published this document which sets out our guidelines and must be adhered to at all times.

The overriding purpose of the contents of this document and the accompanying risk assessments is to ensure that we protect the health and wellbeing of all our members.

As a registered charity which is ran by trustees and supported by other volunteers it is imperative that we get the support from all members and their parents/guardians to enable us to succeed in this regard.

The club, its trustees, members and participants should ensure they follow Government, Venue, Volleyball England and then the Club Guidance in that order.

Should Government guidance change at either a national or local level then that will take precedent and we will amend and update our guidelines accordingly.

The club, its trustees, members and participants must agree to adhere to any specific guideline issued by its home training and competitive playing venues which will principally be Madeley High School and Newcastle College.

Copies of the venues own guidance will be published on our website when these are received.

When completing away competitive matches members will agree to adhere to any specific guidelines issued by opposition teams and their venues. These will be made available to members when they are received prior to any match.

The Volleyball England return to playing guidance can be found here –

<https://media.volleyballengland.org/docs/Return%20to%20play%20indoor%20volleyball%20-%20sport%20specific%20action%20plan.pdf>.

We require that all members (or parents/guardians of junior members) read these guidelines as part of their agreement to becoming a member.

We will be asking all members (or parents/guardians of junior members) to sign to confirm they have read both Volleyball England and Club Guidelines (and associated risk assessments) and agree to adhere to them.

Any failure to comply with the guidelines will result in cancellation of membership without any refund of fees.

Club Covid Officer

The club has appointed Richard Guest, trustee, as the overall Covid Officer for Newcastle Staffs Volleyball Club.



Richard will have overall responsibility to ensure the club has appropriate measures in place for a safe return to playing.

He will provide appropriate training and guidance to all people identified as Team/Session Covid Officers – see below.

Only people who have received the training will be authorised to supervise training sessions or matches.

Any concerns that cannot be resolved by individual team/session covid officers should be escalated either via email Richard.Guest@uk.rsagroup.com or phone 07920 710 794.

Team/Session Covid Officers

The following individuals have been nominated as Team/Session Covid Officers:

Mens 1 – Will Roberts and Sam Stevenson

Mens 2 – Phil Wilde and Aron Rutter

Ladies 1 – Richard Guest and Keeley Guest

Ladies 2 & Social – Els Drijfhout, Emma Rodgers and Ben Fernandez

Junior Programme (including Academy) – Ant Viggars will have overall responsibility with individual responsibility per session as outlined below.

For completeness the full list of club sessions are listed follows:

NB – this document will be updated when the final Coaching programme is determined.

MONDAY

- 18:00-20:00 - Madeley - u13 boys - Will Roberts
- 18:00-20:00 - Madeley - u14/15 boys - Rich James and Rupert Scott
- 18:00-20:00 - Madeley - u15/16 boys - Sam Stevenson and Sam Allen
- 19:00-21:00 - NULC - Ladies NVL – Richard Guest
- 20:00-22:00 - Madeley - Men1 - Will Roberts and Sam Stevenson

TUESDAY

- 07:45-08:45 – NULC – u18 Academy mixed – Ant Viggars



WEDNESDAY

- 16:00-17:30 – NULC – u18 Academy Girls – Ant Viggars
- 17:30-18:00 – NULC – u18 Academy Boys – Ant Viggars
- 18:00-20:00 - Madeley - Social - Els Drijfhout, Emma Rodgers and Ben Fernandez
- 18:00-20:00 - Madeley - Ladies WM league - TBC

THURSDAY

- 17:00-19:00 – NULC u18 Academy boys – Ant Viggars

FRIDAY

- 15:30-16:30 - Madeley - u12 girls and boys – Ant Viggars and young leaders
- 16:30-18:00 - Madeley - u13 girls – Millie Carter and Nancy Locklin
- 16:30-18:00 - Madeley - u14/u15 girls – Flossie Owen and Diane Gentle
- 16:30-18:00 - Madeley - u16 girls - Ant Viggars
- 18:00-20:00 - Madeley – u16/u18 girls scrimmage match opportunity - TBC
- 18:00-20:00 - Madeley - u16 boys - Julian Kobylarz and Sam Allen
- 20:00-22:00 - Madeley - Men2 - Aron Rutter

We request that you respect the role of the Team/Session Covid Officer and adhere to their decisions and requests at all times.

Their role is to ensure the safety of all personnel involved in that session and any member who fails to participate safely will be removed from the session and may have their membership cancelled.

The Team/Session Covid Officers will have a hard copy of these guidelines and risk assessments with them during all sessions.

Self-Isolation

If you, or anyone in your household, meets one of the following criteria you must not attend training sessions or matches either as a player, coach or supporter:

- Has a high temperature, a new persistent cough and a loss of smell or taste. [Follow the guidance on self-isolation.](#)
- Is a vulnerable person
 - By virtue of their age
 - Underlying health conditions
 - Clinical condition or are pregnant.
 - Is living with someone in self-isolation or a vulnerable person.
 - Been told to self-isolate by the NHS Track and Trace teams.



In the event a member is unable to attend training or matches due to one of these reasons they should advise their own Team/Session Covid Officer and also email Richard Guest at Richard.guest@uk.rsagroup.com.

Any information provided will be handled in a sensitive and confidential manner.

Track and Trace

At the start of each training session or match the Team/Session Covid Officer will make a record of all attendees together with a contact telephone number.

The club will provide record sheets to be completed which should then be photographed and emailed to Richard Guest at Richard.guest@uk.rsagroup.com.

We will retain copies of these records for a period of 21 days.

Training Sessions

A training session cannot be carried out unless there is a trained Team/Session Covid Officer present for its entire duration.

The session will take place in compliance with any specific venue guidelines (which will be published on the website when received)

In order to train players **must** bring:

- Water Bottle
- Sweat Towel
- Sanitizer
- Sufficient number of changes of training kit to minimise sweating and contact of sweat with the floor.

A senior player (over 18) will not be permitted to train in the event this is not complied with.

In the event a junior player does not bring this equipment on isolated occasions, it will be the responsibility of the Team/Session Covid Officer to decide whether to allow that player to remain in the session or the building having regard to the wider safety of the individual (i.e the player may have come straight from school or be dropped off by a parent that cannot be contacted to collect them)

We must follow up any such situations with parents to ensure the correct equipment is then brought to subsequent sessions.



Training sessions will be limited to a maximum of 30 people per field of play – this includes coaches, players and officers or parents.

It is the responsibility of the individuals to not attend training should they meet any of the criteria outlined in the **Self Isolation** section above.

The Team/Session Covid Officer is entitled to assume that anyone who attends training is safe and healthy to do so.

We would ask that, apart from Covid Officers, anyone who is not playing or coaching in the session does not enter the venue.

Players should arrive to and leave training across all venues in their training kit and should avoid using the changing facilities.

When training drills are not taking place (eg before sessions, during breaks, after sessions) players and coaches must maintain a 2M distance where practicable to do so.

Training sessions will take place having regard to the overriding risk assessments put in place which cover all potential activities – see appendix.

It will be the responsibility of the Team/Session Covid Officer to ensure that all activities during training comply with the risk assessments.

When setting up and taking down equipment, players will ensure that they sanitise their hands before and after these are completed.

Balls will be cleaned every 30 minutes during training sessions.

At the same break we request all players sanitise their own hands.

In the event the floor becomes wet through sweat, the player responsible will clean the floor with their own towel and then sanitise their own hands.

If a member of the training group develops a high temperature, a persistent cough or loses the sense of taste or smell while participating, they must also:

- Ensure Team/Session Covid Officer is informed
- Avoid touching anything
- Cough or sneeze into a tissue and put in a bin, or if they do not have tissues, cough and sneeze into crook of their elbow.
- They must then follow the [guidance on self-isolation](#) and not return to training until their period of self-isolation has been completed.

The Team/Session Covid Officer will advise Richard Guest via email by the end of the next working day.



Competitive Matches – home fixtures

A match cannot be carried out unless there is a trained Team/Session Covid Officer present for its entire duration.

The match will take place in compliance with any specific venue guidelines (these will be published on the website when received)

The Match Officials will have overall responsibility for match related rules.

When setting up and taking down equipment, players will ensure that they sanitise their hands before and after these are completed.

Banners will not be put up during the season.

There will be no line judges at any match.

As per Volleyball England Guidelines the field of play will have a maximum number of 30 people on it. This includes players, bench personnel, a scorer and match officials

In order to play players **must** bring:

- Water Bottle
- Sweat Towel
- Sanitizer

A player will not be permitted to play in the event this is not complied with.

It is the responsibility of the individuals to not attend matches should they meet any of the criteria outlined in the ***Self Isolation*** section above.

The Team/Session Covid Officer is entitled to assume that anyone who attends matches is safe and healthy to do so.

Refreshments will not be provided after the match.



Match Spectators

At the time of publication the intention is to play all competitive home games at Madeley High School.

In the event another venue is received, further specific guidelines will be provided prior to any match taking place.

Madeley High School

All spectators must adhere to any specific Guidelines issued by Madeley High School. These will be published on the website when received and also displayed at the venue.

Spectators will be asked to use the nearside wall area to watch the matches and must not enter the field of play at any time.

Spectators must leave a 2M distance away from the referees stand which will be placed on that side.

Spectators should observe government guidelines in terms of social distancing and wearing of face coverings within the venue. For example spectators are allowed to sit/stand with members of their own household or social bubble but must leave 2M between others.

In the event the ball enters the spectator area, this will be retrieved by a member of the playing or coaching team. Spectators must not touch the match ball.

Competitive Matches – away fixtures

A match cannot be carried out unless there is a trained Team/Session Covid Officer present for its entire duration.

The match will take place in compliance with any specific venue guidelines.

The Match Officials will have overall responsibility for match related rules.

In order to play players **must** bring:

- Water Bottle
- Sweat Towel
- Sanitizer

A player will not be permitted to play in the event this is not complied with.

It is the responsibility of the individuals to not attend matches should they meet any of the criteria outlined in the **Self Isolation** section above.



The Team/Session Covid Officer is entitled to assume that anyone who attends matches is safe and healthy to do so.

Travel to Training, tournaments and matches:

Players and team personnel should follow government guidelines for travel to and from venues.

For ease these are outlined below:

Private cars and other vehicles

Plan your journey

Plan your route, including any breaks, before setting out. Routes may be different as local areas make changes to enable social distancing.

[Check that your vehicle is safe and roadworthy](#) if you haven't used it for several weeks.

People from a household or [support bubble](#) can travel together in a vehicle.

You should wear a face covering in an enclosed space where social distancing isn't possible and where you will come into contact with people outside your household or support bubble. Take care to [use face coverings properly](#).

Car sharing

You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:

- *share the transport with the same people each time*
- *keep to small groups of people at any one time*
- *open windows for ventilation*
- *travel side by side or behind other people, rather than facing them, where seating arrangements allow*
- *face away from each other*
- *consider seating arrangements to maximise distance between people in the vehicle*
- *clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch*
- *ensure driver and passengers wear a face covering*

The club would ask as a minimum that there is at least one empty seat within each vehicle – i.e 4 in a 5 seat car and 6 in a 7 seat car.

However it is the drivers responsibility to set out their own guidelines should they wish to take additional measures.



On your journey

Expect more pedestrians and cyclists, especially at peak times of day. Where possible, allow other road users to [maintain social distancing](#). For example, give cyclists space at traffic lights.

Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.

Wash your hands for at least 20 seconds or sanitise your hands often, and always when exiting or re-entering your vehicle.

Completing your journey

When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible

Richard Guest

NSVC Covid Officer

22nd August 2020.