



## NEWCASTLE STAFFS VOLLEYBALL CLUB – RISK ASSESSMENTS

### Training Risk Assessment

			HAZARD SEVERITY (S)				
			1	2	3	4	5
LOW RISK (Score 1-6)			Acceptable				
MEDIUM RISK (Score 8-10)			Task should only proceed with control measures				
HIGH RISK (Score 12-25)			Task must not proceed. Evaluate and reduce risk.				
			Negligible No absence from work	Slight Minor injury/illness	Moderate Injury or illness absence from work	High Single person suffering serious injury or illness & long-term absence from work	Very High Multiple persons suffering serious injury or illness & long-term absence from work
LIKLIHO OD (L)	1	Very Unlikely	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



## TRAINING RISK ASSESSMENTS

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<b>Training Facilities and Equipment</b>  Transfer of virus via equipment used in session. Transfer of virus within the location	Employees at venue Coaches Players Public	3	4	12	<ul style="list-style-type: none"> <li>• Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc.</li> <li>• All attendees at training must be members of the club and agree to adhere to club guidelines.</li> <li>• Cleaning and wiping down all equipment with sanitiser before and after sessions.</li> <li>• Sanitise hands after setting up and taking down equipment.</li> <li>• Only use essential equipment</li> <li>• Players to use own sweat towels to remove any sweat from the floor and sanitise hands immediately afterwards</li> </ul>	2	3	6



HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<b>Training Conduct</b> Transfer of virus as a result of increased interaction between players, coaches and staff, and even public	Players, Coaches and Wider Staff	3	4	12	<ul style="list-style-type: none"> <li>• Training sessions will be undertaken in accordance with any specific venue guidance in terms of walkways, facilities, equipment etc.</li> <li>• All attendees at training must be members of the club and agree to adhere to club guidelines.</li> <li>• Players and coaches to avoid all unnecessary contact such as handshakes or hand slaps.</li> <li>• Players and coaches to hand sanitize during breaks (minimum every 30 minutes)</li> <li>• Balls will be cleaned every 30 minutes.</li> <li>• Players to bring their own water bottle, sweat towel, sanitiser and enough kit to reduce sweating to each session.</li> <li>• Travel to sessions under government guidelines</li> <li>• Conduct drills that will remain purposeful but can be performed where no players are face to face within 2 metres for 3 seconds or longer</li> </ul>	2	3	6



HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<p><b>SPECIFIC TRAINING ACTIVITIES</b></p> <p><u>Defining Specific Incidents in Indoor Volleyball</u></p> <p>It is a fair statement to say that Indoor Volleyball is NOT a contact sport, and that the close-contact exposure risk is low. The main incidences where contact may occur and result in intrusion into the two metre social distance radius:</p> <ol style="list-style-type: none"> <li>Blockers and hitter being in close vicinity to of one another albeit on opposite sides of a net, occasionally brushing hands (e.g. jousting)</li> <li>Colliding or making contact with one's partner on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive.</li> <li>During some drills, players may find themselves within two metres of another athlete's e.g. passing and setting drills, where one person acts as a target and can find another athlete close to them due to an errant pass.</li> <li>Players making contact in breaks of play to slap hands with partner</li> </ol>	<p>Players, Coaches and Wider Staff</p>	3	4	12	<ul style="list-style-type: none"> <li>ALL OF THE ABOVE CONTROLS</li> <li>Avoid all drills in sessions where physical, hand to hand contact may occur</li> <li>Ensure Drills do not contain any deliberate contact between players</li> <li>Structure drills that remove risk of unpredictability in some cases that may result in accidental contact e.g. minimise bodies on court, deliberately feeding balls between players.</li> <li>Drills should be carried out at sufficient speed and intensity to avoid players having face to face contact within 2 metres of each other for longer than 3 seconds.</li> </ul>	2	3	6



<p>or opponents.</p> <p>The risks associated with points 3 and 4 can be easily controlled by avoiding these drills (on point 3, targets can simply adjust to make sure they don't come into contact should this occur). The likelihood of incident occurring is very low even at the elite level, sometimes not occurring at all across the course of a training session, and would fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>However, incident one is likely to occur frequently in a game situation with a blocker and a hitter. Whilst this may be frequent, this does not involve any direct contact and does not occur for extended durations of anymore than one to two seconds. If athletes follow the above personal hygiene guidelines during water breaks and before and after sessions, the this should be able to be performed safely and fall into what government advice deems as appropriate to break the two metre social distance boundary.</p> <p>Taking into account the above this makes Volleyball a low risk sport in general in terms of resuming group training.</p>								
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**Competitive Matches during Training**

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<p>Indoor Volleyball is NOT a contact sport, and that the close-contact exposure risk is low. During training a coach may undertake a match between 2 separate teams where contact may occur and result in intrusion into the two metre social distance radius. This will also apply to social sessions where matches are played.</p>	<p>Players Coaches Officials</p>	3	4	12	<ul style="list-style-type: none"> <li>• Congratulatory touches are not permitted.</li> <li>• No handshakes are required with officials or opposition</li> <li>• Each player should sanitise hands between each set and in any time-out and before eating or drinking.</li> <li>• Players should be encouraged not to touch their face, mouth, nose or eyes.</li> <li>• Shouting should be discouraged.</li> <li>• Balls are wiped between each set.</li> <li>• Officials should wear face coverings where possible.</li> <li>• Officials should use a handheld or electronic whistle only (and not whistle with their fingers or use a mouth whistle).</li> <li>• Officials should avoid all contact with the ball after checking the pressure (and should sanitise their hands after these checks are completed).</li> <li>• The official should remind players before each match to adhere to to avoid handshakes and congratulatory touches and to ensure they (and any scorer) wash and sanitize their hands in-between sets</li> </ul>	2	3	6

**ALL COACHES AND PLAYERS MUST READ AND COMPLY WITH THIS RISK ASSESSMENT.**