



**Volleyball  
Ireland**

# **Return to Volleyball**

Protocols until  
October 22nd 2021

updated September 10th 2021

## Volleyball Ireland – Return to Sport Protocol

### 1.0 Introduction

The guidelines in this document relate to the easing of restrictions as set out by Government in their COVID-19 plan: *Reframing the Challenge; continuing our recovery & reconnecting*.

These measures are part of a phased approach of lifting the public health restrictions that were put in place to protect us all from COVID-19 and will only occur if the National Public Health Emergency Team says that the conditions are right for a further relaxation of the restrictions in place.

The plan is broken down into three phases:

- Now until September 20
- September 20 to October 22
- October 22 & beyond

Summary of Restrictions	
Until September 22	<ul style="list-style-type: none"> <li>• Outdoor training and play only in pods of 15</li> <li>• No Indoor team training</li> </ul>
Sept 20 – Oct 22	<ul style="list-style-type: none"> <li>• Patrons with proof of immunity can return to full team training</li> <li>• For sessions with participants that have mixed-immunity status, pods of 6 must apply;</li> </ul> <p>Pods of up to 6 participants will be permitted (excluding adult leaders/teachers). Number of pods will have regard to the size of venue and social distance between individual pods.</p> <ul style="list-style-type: none"> <li>• Patrons with Immunity are defined as ‘fully vaccinated or recovered from Covid-19 in the last six months’</li> <li>• Restrictions lifted on outdoor activities</li> </ul>
October 22 & Beyond	<ul style="list-style-type: none"> <li>• All restrictions removed</li> <li>• Continue to minimise risk where possible</li> </ul>

These Protocols cover all our members including our members who have a disability and may wish to return to their club. The return of participants with a disability should be considered on a case by case basis depending on the nature of the activity, the environment, and if the participant has any underlying health conditions. It is important to note that not all people with disabilities will have an underlying health condition that may pose an added risk to their health and wellbeing in relation to COVID-19.

## 2.0 General Principles

Current restrictions will permit the return to underage outdoor volleyball training. There will be some restrictions including, but not limited to;

- 2.1 Maximum capacity within a venue is 100
- 2.2 Social distancing off court to be adhered to, this includes a no handshake or High5 policy.
- 2.3 All other HSE / Govt guidelines should be adhered to
- 2.4 A Covid 19 officer must be present at every session. The Covid lead must have completed Sport Ireland's online Covid awareness training course for Covid officers.
- 2.5 All players should have completed online Sport Ireland Covid Awareness training.
- 2.6 The needs of members with a disability should be considered when planning activities or facility access.
- 2.7 Full team training is allowed, if all players are vaccinated.
- 2.8 If some players declare that they are unvaccinated or refuse to declare their vaccination status then activity must happen only in pods of 6.
- 2.9 Sessions should be open to all players – do not exclude unvaccinated players (note: venue requirements/rules may dictate this)
- 2.10 Clubs should be inclusive and respect a person's right not to be vaccinated or their right not to declare their health status.
- 2.11 Covid Checklists (fit to play survey) should remain in place. A player self declares on this survey whether they are vaccinated or not (option to not declare).
- 2.12 Clubs do not have the authority to demand to inspect covid vaccination certs.
- 2.13 Continue to advise masks to be worn where appropriate and sanitising of balls/no handshakes etc.
- 2.14 No restrictions on outdoor activity

## 3.0 The Facility & Equipment (until October 22)

The club appointed Covid-19 Officer must complete a risk assessment for the training or playing venues.

- 3.1 All **equipment** will be cleaned with disinfectant before and after each session.
  - 3.1.1 Volleyballs must be cleaned before and after each session.
  - 3.1.2 Clubs must allocate time before and after each session to clean equipment.
  - 3.1.3 A system for separating and identifying newly cleaned and uncleaned equipment should be in place.
  - 3.1.4 The Clubs Covid Officer should oversee the cleaning of equipment.

- 3.1.5 Any waste produced from equipment cleaning must be disposed of safely securely.
- 3.2 Clubs should not organise the usage of 'communal' water bottles. Players must bring their own clearly marked water bottles and/or snacks.
- 3.3 Ensure access to accessible toilets and changing rooms when appropriate. This includes Changing Places, ambulant accessible and accessible options.

#### 4.0 Participation Eligibility

To participate in any Volleyball sessions all participants must:

- 4.1 Follow Government guidelines on International travel and subsequent restrictions
- 4.2 Not have been around anyone with symptoms of Covid-19 in the last 14 days.
- 4.3 Not be in a period of self-isolation and/or cocooning under the current Health Policy Rules
- 4.4 Not be displaying Covid19 symptoms, such as a high temperature or feeling unwell.
- 4.5 Participation in sessions is of an 'opt-in' basis. Participants should take responsibility for their own decision on whether to return to sport at this stage.
- 4.6 Completed a fit to play survey. This must be updated if your situation changes.
- 4.7 Sign in at each session completing the Declaration of fitness form provided by the club.
- 4.8 Have completed the return to play Covid 19 awareness training through the Sport Ireland website > <https://www.sportireland.ie/covid19/course>
- 4.9 Players should bring their own hand sanitisers to sessions.
- 4.10 Players should not share drinks nor snacks.

#### 5.0 Safeguarding

It is acknowledged that some parents/guardians may wish to attend training in a supervisory capacity. In such cases, parents/guardians are not classified as spectators. Each club will need to determine if they can facilitate such attendance. Clubs who choose to permit attendance should ensure that strict adherence to social distancing and public health guidelines is maintained at all times. At a minimum, the following measures should be implemented by organisers:

- No more than 1 designated individual attending the session per child/family/group of children.
- Overall numbers are kept to a minimum and in line with the space available in the venue.
- Fit to Attend surveys are completed by parents/guardians in advance of attendance and register their attendance with the club.
- No congregation is permitted.

#### 6.0 Before the Session

- 6.1 Session booking is required for all activities.
- 6.2 Sessions must be planned to take into account the additional needs of attendees with physical or intellectual disabilities. For example, the adaptation of facility access routes and/or the inclusion of carers in participation numbers should be considered.
- 6.3 Players should where possible, wear face masks.
- 6.4 Any player repeatedly not adhering to these guidelines will be asked to leave the session and may be prohibited from participating in future events.

## 7.0 During the Session

- 7.1 Hand shaking and high fives are not advised.
- 7.2 Equipment such as towels, food and drink must not be shared amongst players.
- 7.3 Players should avoid touching their face after handling a ball or other equipment.
- 7.4 Players should bring a small bottle of sanitiser with them to keep for personal use.
- 7.5 Caution is advised for those who intend to engage in high intensity activity following a recovery from Covid19. All individuals should seek medical advice prior to a return to training.
- 7.6 Advice on performing CPR during Covid 19 can be found here > <https://www.hse.ie/eng/services/news/media/pressrel/covid-19-hse-advice-on-performing-cpr-cardiopulmonary-resuscitation-cpr-in-the-community.html#:~:text=Perform%20chest%20compressions%20only,early%20defibrillation%20until%20help%20arrives.>

## 8.0 After the Session

- 8.1 If a player becomes unwell after playing, they should first contact their GP/HSE and then inform their club. The club should contact the HSE and follow the advice provided to them on the next step.

## 9.0 Other Protocols

Mental Health: Infectious disease pandemics like coronavirus (COVID-19), can be worrying. This can affect your mental health. But there are many things you can do to mind your mental health during times like this. Please see the HSE's dedicated webpage for more information; <https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>

If you require any further support or assistance please contact [gm@volleyballireland.com](mailto:gm@volleyballireland.com)