



Social Volley Handbook

**Guidelines for starting and running a
Social Volley activity**

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What is Social Volley?

Social Volley aims to remove the barriers of entry to Volleyball and creates a fun relaxed environment that supports anyone interested in taking up or returning to the sport. These sessions are run by individuals or groups inside or outside of volleyball clubs, and are open to anyone to join. The emphasis is on fun, socializing, keeping fit, and making friends. If someone who plays Social Volley wishes to compete they can progress to a more competitive section of clubs to fulfil that desire.



Social Volley Support Pack

Volleyball Ireland has dedicated development staff to help you get your activity off the ground. We can help you out with:

Administration support

Providing off-court support and training for activators and club volunteers.

Providing a club development handbook, to help you develop your activity.

Granting access to public liability through Club Affiliation.

Helping formalize partnerships between you, local schools, venues and Local Sports Partnerships – LSPs can be a great help when starting a new club, for finding a venue or promote the activity.

If you are running a youth activity, providing step by step support and guidance on Child Welfare and Garda Vetting requirements and processes.

Equipment

If needed, providing associate clubs with training balls (for first time associates only), indoor and outdoor net systems.

Helping finding and purchasing the best equipment you may need.

Volunteers support

Providing one place (free of charge) on official Volleyball Ireland Coaching and Referee education courses. This can help upskill your volunteers.

Providing plans and other resources to support sessions.

If additional volunteers are needed to be recruited, Volleyball Ireland will work with the activator to identify the tasks required and put together a document clearly outlining these tasks for prospective volunteers.

Promotion

Creating and providing you with posters and marketing material specific to your sessions to advertise to the local community.

Promoting your sessions on Volleyball Ireland's Social Media Platforms and website.

Supporting the organization of open night & taster evening to kick start the club.

How to start

It is great that you are willing to start a new social volley activity in your area.

What volunteers need to do:

- Have an interest in volleyball and be willing to spend time running sessions. You'll need to look after registrations on the night for example.
- Be positive, organised and encouraging, creating a welcome environment for all to join!
- Be on the lookout for and recruit more potential volunteers to assist.

Here following we have covered all the main points you will go through when organizing a social activity.

Define what type of social activity you want to start

- **Youth or Adults?** Consider the necessities to fulfil safeguarding and garda vetting requirements for tutors of an underage group (see more details [here](#))
- **Level:** beginner, intermediate or advanced? Usually Social Volley is targeted to beginners, to introduce them to the game, but nothing will stop you from gathering a group of former players of intermediate level.
- **Length of the activity:** it is important to understand the interest in this activity. We suggest to start with 4-6 week social volley programme, and then continuing if the interest gathered is high.
- **How many times a week or month** would you like to meet? We suggest once a week for 1 hour.



Coach or tutor

You will need one person that organizes sessions, gathers and stores equipment, collects money and much more, called ACTIVATOR. You don't need to be a coach to run a social volley session. VLY can support you with training planning for 6 weeks to kickstart. If you would like to have a licensed coach, VLY can put you in contact with one of the coaches in our network.

Find a hall

Investigate halls locally and find out what times are available for you to train in, the hall hire costs, and what volleyball net equipment is available. You could get in contact with schools or other local associations that may run a hall (e.g. Local Sports Partnerships), or directly with VLY, as we can use our contacts to reach out to possible venues.

Most halls will require the group to have Public Liability Insurance. Check this when you are investigating halls. If you need public liability, contact VLY. directly, we can help you out with it.

Promotion Tips

Advertise locally to find people interested in playing Volleyball:

- Put up posters in local shops and companies, schools and gyms
- Send an article to the local newspapers or newsletters,
- Advertise in Free Add Papers
- Share the activity on social media and websites
- Simply spread the word.

Include your own contact to gather responses.

Contact Local Sports Partnerships and VLY to promote your new activity.

Keep promoting the activity even after it started. If the group grows, the session will become more fun!

First meeting

Whether you are on your own or with a group of friends to organize this activity, there are details you need to decide: hall times and costs, day and time to play, payment per training or fixed fee for a given period of time, equipment and volleyballs needed. You could discuss these at the first meeting, and in case changing your approach.

Also, find out a bit more about the people that respond with interest to your call, most of all what experience they have in volleyball, and who is up for taking an organizational position as tutor or coach.

At this point, the very early stages of the activity are set in motion and you are meeting and playing. Generally, most groups start out with all skill levels playing at the same session. Depending on the number of people attending on a weekly basis, their skill level and even the breakdown of male to female you might as a group decide early on to run different sessions according to the age, level or gender. Just make sure you have people from the group willing to run these sessions and that you can meet the hall hire costs.



Associate club affiliation

In order to access equipment, courses for tutors and volunteers, insurance, promotion, events and many other opportunities offered by Volleyball Ireland, social volley initiatives must be affiliated with Volleyball Ireland. The fee for associate club affiliation is €25 per club.

To get your affiliation fill in the [2022/23 Associate Club Affiliation](#) form and create a personal profile on [JustGo](#) (for club administration). Through JustGo, you will get access to events and courses, as well as registering all the data of your members into your club.

For more information:

www.volleyballireland.com/social-volley

Amanda Burgio

Club Support & Participation Officer

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Legal requirements

In order to affiliate, we will request you to comply with legal requirements. These requirements must be met before your club can receive any benefits from affiliation.

A Risk Assessment must be completed for each venue you train or play in. Click [here](#) to download a template.

If your club involves under 18 years old players, you must comply with Safeguarding requirements. First of all, every adult dealing with underage players must complete a safeguarding workshop and garda vetting process. Moreover, each club must have a Children Officer, a person that completed Safeguarding workshop 1 and 2, and a Designated Liaison Person, who completed Safeguarding workshop 3. These 2 roles can be covered by the same person. Check out all the info regarding safeguarding children [here](#).

Associate clubs are not required to be legally defined as a club/association nor any other strict rule regarding finance and administration.



Social Volley Activator

Each club's point of contact will be defined as a Social Volley activator.

Volleyball Activator is someone who has an interest in volleyball and is eager to organize volleyball sessions for their community. They're a good organiser and very warm and welcoming. They're enthusiastic and have a fun energy and passionate about getting people involved in the sport and active.

What are the benefits

The activators are the leaders in social volley. It is extremely rewarding to see how much people are enjoying themselves in a safe non-judgemental space that you created for them.

Being an activator is an opportunity to increase participation within your club and the sport. Social Volley is a good way to start volleyball in an area where there are no clubs. It will develop leadership skills, interpersonal skills and is a good step if you have an interest in coaching.

Activators will receive a VLY t-shirt to be recognised as a leader in volleyball and will be part of a truly unique and supportive network.

How does it work

Each associate club will have an activator or more in their group, depending on the number of participants. Minimum requirement is 1 activator every 30 players.

Activators will attend a 1.5 hours workshop on Zoom where they will be introduced to the social volley programme, including benefits, requirements and opportunities available for social activities.

Activators will be in charge of requesting benefits and managing equipment for the club. The equipment includes:

- soft touch training balls
- an extendable tape net in case no net was available in the selected venue
- outdoor net systems to loan between May and September (with a 150€ deposit)



Social Volley Player Membership

Every player participating in a social volley activity must obtain a 0€ Volleyball Ireland Social Volley Player membership through VLY JustGo platform. This will allow VLY to record players for each club in order to deliver the right support to clubs. Each player must be connected to their club via their profile, in the "My club" section.

If social volley players would like to receive also personal accident cover, we suggest the purchase of a non-league player membership.

Social Volley Player Membership

0€ per player

- Receive VLY weekly newsletter
- Participate in social volley events and sessions
- Get access to Education&Training courses

Non-league Player Membership

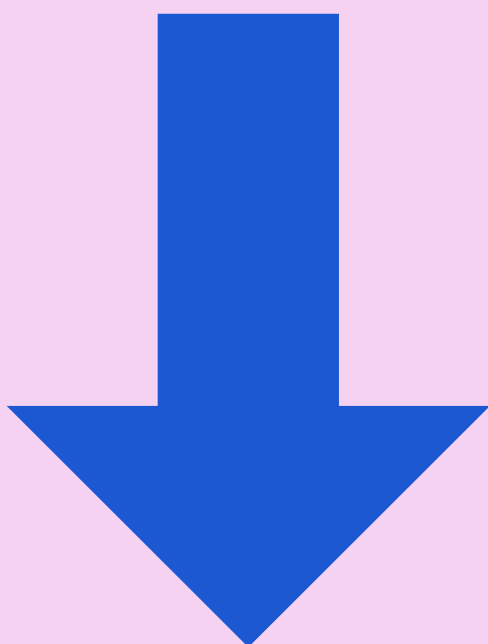
15€ per player

- Receive VLY weekly newsletter
- Personal accident insurance cover
- Participate in social volley events and sessions
- Participate in recreational league and cup
- Participate in Beach Tour and Park Tour
- Get access to Education&Training courses



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