

Roke Volleyball Indoor Training Risk Assessment

Risk Rating = Likelihood (L) x Severity (S)		HAZARD SEVERITY (S)				
		1	2	3	4	5
		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
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

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.

HAZARD	PERSONS AFFECTED e.g. Members of the Public, Workforce etc.	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
Training Venue <ul style="list-style-type: none"> Transfer of virus travelling to or from the venue Transfer of virus at the venue 	Coaches Athletes Public	3	3	9	<ul style="list-style-type: none"> All attendees to self-check for symptoms before attending All attendees to follow government guidance on travel (https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers) All attendees to obey government guidance on social distancing before and after training sessions (https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home) 	1	3	3
Training Equipment (i.e. posts, net, balls etc) <ul style="list-style-type: none"> Transfer of virus via equipment used in training session 	Coaches Athletes	4	3	12	<ul style="list-style-type: none"> Balls to be cleaned before and after sessions Balls to be cleaned no less than once every hour Only use essential equipment (net, balls, lines) All attendees to hand-sanitize at every break in play Only the organiser and two other person to handle the net at the start and end of the session 	1	3	3

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<p>Interaction Between Athletes, Coaches and the Public</p> <ul style="list-style-type: none"> • Transfer of virus via direct contact • Transfer of virus via personal possessions • Transfer of virus via droplet transmission 	<p>Coaches Athletes Public</p>	<p>4</p>	<p>3</p>	<p>12</p>	<ul style="list-style-type: none"> • Congratulatory touches with the hand are not permitted • Training drills will be designed to limit face-to-face activities (any face-to-face activities must not be closer than 1m apart, and for no longer than 2 seconds) • All attendees personal possessions to be spaced out • Sharing of personal equipment is not permitted • Athletes may only attend sessions after accepting the club's protocols • All attendees to be reminded to have self-assessed for symptoms at the start of each session • All attendees to be discouraged from touching their face during the event 	<p>2</p>	<p>3</p>	<p>6</p>
<p>Sports-specific activities</p> <p>See "Defining Specific Incidents in Outdoor Volleyball" below</p>	<p>Coaches Athletes</p>	<p>3</p>	<p>3</p>	<p>9</p>	<ul style="list-style-type: none"> • All of the above controls • Training drills will be designed to reduce the likelihood of player contact • Pressure training drills that may increase the chance of technical error will be identified, and such drills will avoid having attendees close to the target areas 	<p>2</p>	<p>3</p>	<p>6</p>

Defining Specific Incidents in Outdoor Volleyball:

It is a fair statement to say that 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:

1. Blockers and hitter being in close vicinity to of one another on opposite sides of a net, occasionally brushing hands (e.g. jousting)
2. Colliding or making contact with another athlete on the same side of the net e.g. chasing a ball in defence, going for the same ball in serve receive.
3. During some drills, players may find themselves within two metres of another athlete's e.g. due to an inaccurate pass.

Item 1 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 any more than one to two seconds. If athletes follow the recommended personal hygiene guidelines during water breaks and before and after sessions, 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.

Item 2 and 3 can be easily controlled by avoiding these drills (on point 2, 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.

This makes Volleyball a low risk sport in general in terms of resuming group training. Taking into account the above.