

Health & Safety Handbook



Induction for all club members

- All club members to review on joining the club and at least annually thereafter.
- LCVC takes Health & Safety of its community (members, volunteers, visitors and officials) seriously.
- The Club welcomes thoughts or suggestions from its members. Please share these with the Club Committee Chair, Development Officer, Welfare Liaisons or Parent Liaison.

What is LCVC doing to keep me safe?



- Completes Risk Assessment and reviews periodically.
 - Full Risk Assessments are available on the [LCVC website](#)
- Maintains equipment.
- Coaches are all qualified and registered, delivering appropriate training sessions and activities.
- Club is registered with Volleyball England.
- Safeguarding Policy in place and Welfare Officers appointed.

Code of Conduct



- All club members are expected to follow Volleyball England Code of Conduct:
 - Players [Code of Conduct](#)
 - Coaches [Code of Conduct](#)
 - Referees [Code of Conduct](#)
 - NVL Players [Code of Conduct](#)
- LCVC is an inclusive club and expects all of its club members, officials and spectators to be treated with respect. Any inappropriate behaviour will not be tolerated.

What must I do?



- Pay attention to instructions given by the Coaching Team and Club Committee.
- Raise concerns or problems with equipment or the venue with the Coaching Team or Club Committee.
- Do not take part in training if you are injured. Please discuss any injuries or illnesses affecting participation with your coach.
- Take care that balls do not present a hazard to other players. If a ball is rolling loose, shout 'ball' to gain everyone's attention.
- Wear appropriate footwear and clothing. Please remove any heavy jewellery/ non-stud earrings and rings (if possible).
- Ask if unsure. Experienced club members are happy to help, show you how to set up equipment safely, etc.

COVID-19



Volleyball England carried out research in order to identify the transmission risk. The results of this are as follows (taken from the Return to Play plan):

Discipline	Droplet transmission	Fomite transmission	Population
<p data-bbox="157 678 540 782">Indoor volleyball (up to 6v6 play indoors for single matches and miniature tournaments).</p> <p data-bbox="157 868 333 896">MEDIUM RISK</p>	<p data-bbox="560 678 1375 906">A study conducted by Volleyball England found that a volleyball player is typically both face-to-face and within one meter of another player for less than one minutes per set, which typically last between 20 and 25 minutes. As a maximum of five sets are played during a match, our research revealed that in most cases players could spend around five minutes face-to-face within one metre of other players during a match. See Appendix 3 of Volleyball England Return to Sport plan.</p>	<p data-bbox="1396 678 1839 906">There is limited equipment involved and after setting up the net the only equipment handled by participants is the ball. This risk is mitigated in the sport specific action plan with regular ball cleaning in line with the manufacturers' recommendations.</p>	<p data-bbox="1860 678 2372 871">Team sizes are small for team sports enabling numbers to be managed. Players are not typically in high risk groups. Any players with underlying health condition can be advised accordingly and this is mitigated in the sport specific action plan.</p>

COVID-19



COVID-19 regulations and advice issued by Government and Volleyball England have been relaxed. However the club has maintained the following precautions:

- If you feel unwell or show any typical COVID-19 symptoms, do not attend club activities.
- If you have been advised to self-isolate, do not attend club activities.
- If you test positive for COVID-19 do not attend any club activities for at least 8 days or 5 days if you also test negative on or after day 5.
- If you feel unwell during a club activity, inform the coach immediately and follow relevant Government and Club Guidelines.

COVID-19



- The club recommends as good practice the regular washing and/or sanitisation of hands prior to, during and after volleyball activities.
- If you are concerned about your health, please talk to a member of the club committee or coaching team. If you have a particular condition or concern, please seek advice from your GP/Medical Practitioner before taking part in any club activity.
- Listen to and follow instructions from Coaches, Venue Staff and Match Officials.