



BOUNCING BACK:

SAFE RETURN TO PARAVOLLEY - GUIDELINES



INTRODUCTION

These guidelines have been developed to assist ParaVolley member organizations mitigate the ongoing risk of contracting and spreading the COVID-19 virus. The guidelines provide some key principles to observe in order to reduce the likelihood of spreading the COVID-19 virus as nations allow return to sport, and ParaVolley activities resume. They are not intended to be a reference guide for LOCs hosting ParaVolley events. Please refer to the World ParaVolley Event Hosting Guidelines and World ParaVolley Risk Assessment Tool for more information regarding events.

It is very important that all individuals involved in ParaVolley activities should adhere to any guidance, rules and regulations produced by your national and local governments and to the health regulations in place in your country and local area. You should not return to any ParaVolley activities until it is considered safe to do so on the basis of the advice and decisions provided by these authorities.

PLEASE CONSULT WITH THESE AUTHORITIES BEFORE ENGAGING IN VOLLEYBALL ACTIVITIES/PROGRAMS & COMPETITIONS.

Consideration of your own personal health situation should be done prior to starting any sporting activity. Individuals should not return to sport if in the past 14 days they have been unwell, displayed any symptoms associated with COVID-19 or had contact with someone with a known or suspected case of COVID-19.

These guidelines are for general information only and should not be relied upon as a form of medical or legal advice. Like any activities there are some inherent risks involved, and by participating in ParaVolley activities you are accepting those risks. In resuming ParaVolley activities you do so at your own risk and in no way is World ParaVolley liable in connection with your use of these guidelines.

GENERAL INFORMATION ON COVID-19

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually begin gradually. Some people become infected but only have very mild symptoms. Most people (about 80 percent) recover from the disease without needing hospital treatment. Around 20 percent of people who become ill with COVID-19 will become seriously ill and develop difficulty breathing. Older people and those with underlying medical problems, like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far, and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. These droplets can land on objects and surfaces around the person such as tables, doorknobs, handrails, and onto the floor and net of the Sitting Volleyball court. People can also be infected by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand rub. (Source: FIVB)

KEY PRINCIPLES

Self Behaviour

- Learn and Apply good personal hygiene measures
- Wash or sanitize your hands thoroughly (minimum 20 seconds) before, at every break during game/training, and after practice; hand sanitizer should be readily available and used often
- Keep hand sanitizer on the score tables/benches to use to reduce risk of infection when there will be some incidental contact during activities
- Avoid at all times touching your face with your hands throughout play (particularly eyes, nose and mouth);
- Sneeze and/or cough into a tissue or above the crease of your elbow;
- Be aware of which surfaces you touch
- Avoid unnecessary contact between your teammates, i.e. avoid handshakes, high-fives, hugs, huddles, etc.
- Between training efforts, practice physical distancing whenever possible (timeouts, between sets, training break)
- Athletes or staff deemed to be at greater risk (over 65 years of age or people with underlying health conditions) should strongly consider whether it is safe for them to participate and follow any applicable government or health authority advice specific to them.

- **Stay at home if displaying symptoms of COVID-19 in the past 14 days or you have had contact with someone with similar symptoms**
 - Be aware of the COVID-19 symptoms
 - Notify your doctor if you feel unwell
 - Do not enter the training environment for at least 14 days after the last contact or 10 days after your symptoms resolve AND you have received medical clearance from your doctor to participate

Training Facility

- Participants need to consider the specific circumstances of each venue that they use, and implement strategies to limit co-mingling of groups both in and entering or exiting the court area/venue
- Outdoor activity has been deemed safer than indoors
- Beach and grass volleyball would be deemed safer than indoor volleyball at this time
- Minimize the total amount of users in one space at any given time
- Avoid or minimize contact with commonly touched surfaces
- Maintain physical distancing separation between all seats and training areas (use of your own chair if required); tape off areas for each athlete on sideline
- Use your own personal equipment (sweat towels, sunglass towels, tape, filled water bottle etc), and do not share equipment
- Keep your personal belongings inside your bag rather than leaving it in common areas;
- Use individual zip-lock bags or plastic storage containers with athlete names to store your items

Equipment

- Avoid sharing equipment and balls as much as possible.
- Keep volleyballs designated for specific groups of participants (don't share between groups)
- Clean and disinfect volleyballs frequently during training e.g. in between drills, rallies, before serving, etc. Consider labeling carts (a cart containing disinfected volleyballs and a cart with unsanitised balls) for training drills
- Immediately clean any surfaces which may contain bodily fluids;
- Clean and disinfect all surfaces and fixed equipment, such as net tapes, posts, referee stand, scorer's table, and court floors after every session
- All material used should be disinfected at the end of the training session including wheelchairs, prostheses, substitution paddles, etc.

Athletes & Participants

- Group sizes should always be minimized
- Resumption of physical activity must be progressive in duration and intensity in order to readjust the body to the effort (heart, muscles, tendons) applying a gradual return to training
- Athletes should wear masks at all times when they are not on court, and should be worn by all other groups

- Follow the "Get in, get it done, and get out" process (athletes should arrive to the training facility wearing their sports clothes, ready to train and leave quickly after practice).
- Any tasks that can be done at home/hotel, should be done at home/hotel (e.g. recovery sessions, online meetings)
- Spectators should be discouraged and if present must abide by physical distancing guidelines
- Temperature testing of individuals is an option*

** Temperature checks will not tell you whether a person has COVID-19. It will only identify a symptom. It is possible that a person may be asymptomatic or be on medication that reduces their temperature. It is also possible that the person may have a temperature for another reason unrelated to COVID-19.*
(safeworkaustralia.gov.au@9/6/20)

Coaching

- Wear a mask during the training session;
- Always maintain physical distancing when giving feedback and while athletes are resting;
- Implement a 15-20 minute buffer between groups of participants, to ensure equipment can be cleaned (time based on aeration time and equipment cleaning requirements);
- Organize online training sessions and use of online resources where possible

RETURN TO VOLLEYBALL PROGRESSIONS

The return of ParaVolley will adapt as restrictions and policies change regionally. Generally, a phased approach to the restart process is likely the safest approach to the resumption of competition. The following is a likely progression of allowable activities. Mitigations strategies will need to be practiced throughout all stages.



SHOULD TEAMS TRAVEL TO INTERNATIONAL COMPETITIONS? (AIS)

Teams should take prudent steps with regard to international competitions and training camps. First and foremost, athletes and teams should heed the advice of their local and national authorities concerning travel advice. Once travel restrictions have been removed the decision for a team to travel internationally should be made on a case-by-case basis carefully balancing the benefits, risks and risk mitigation options.

The issues around COVID-19 are complex and create difficulty when planning international travel. Apart from issues of health, sporting organizations need to take in to account factors such as medical support, infection spread trends, travel restrictions to the initial destination and the possibility that spending time in the initial destination may restrict opportunities to travel to secondary destinations. Travel to some countries may result in members of the group being reclassified by health authorities into an "elevated risk" category when returning to your home country.

A risk-to-benefit analysis when travelling to areas affected by COVID-19 should be conducted prior to departure.

Travel may be considered if sufficient risk mitigation strategies can be put in place. You should expect any risk mitigation strategies to include significant coordination from your Chief Medical Officer, insurance company and local health authorities. Risk mitigation strategies are likely to include travelling with a team doctor, minimizing team size, minimizing duration of stay, and confirmation of travel insurance coverage. Teams should have a strategy to monitor risk factors and respond to significant changes. An early exit plan should be agreed upon prior to departure, including the threshold required for triggering an early departure. A framework to help teams work through their options should include at least the following:

Benefits:

- Why is the team travelling?
- What is the specific aim of the training camp or competition?
- Is the travel optional, important or necessary to achieve the overall objectives?
- Are there any suitable lower risk locations or events available that can provide the same or similar benefit?
- What is lost by not travelling to the intended "elevated-risk" location?

Risks:

- How many people are in the travelling party and how long will the team be together?
- What are the current known risks and travel recommendations for the location you are going to?
- What are the current known risks and travel recommendations for adjacent locations in the region you are going to?
- What has been the recent rate of change for these locations?
- What are the key destinations and events for your team in the foreseeable future? Would the presence in an 'elevated-risk' location make travel to other locations more difficult, secondary to mandatory quarantine periods?

- Are there likely to be updates to the current travel recommendations? Formal recommendations from government departments will lag hours to days as they rely on indicator-based surveillance systems such as the WHO daily situation reports. One approach to monitoring this lag period includes event-based surveillance tools such as MEDISYS used by the European CDC.
- How well is the destination medical system coping?
- Will you have a doctor travelling with your team?

What risk mitigation strategies can be reasonably put in place?

- It is known that respiratory tract infections can spread rapidly within a sporting team once a team member becomes ill. Consider a compact team size or single-room accommodation to limit team exposure.
- Can the time spent in 'elevated-risk' locations be minimized?
- Are there any suitable lower risk locations or events available that can provide the same benefit?
- What access to medical support and equipment will you have should an athlete become unwell or be suspected to have COVID-19?
- Actively unwell team members may have their travel interrupted by increased screening for fevers at immigration check points
- Confirm that current travel insurance will cover local medical treatment and evacuation if required.
- Have a trained medical official travel with the team
- Do not gather in hotel rooms, but use designated team rooms for meetings

MORE RESOURCES

Videos

Handwashing video demonstration: <https://www.youtube.com/watch?v=3PmVJQUCm4E&feature=youtu.be>

Websites

World Health Organization: <https://www.who.int>

IPC: <https://www.paralympic.org/news/information-para-athletes-and-ipc-members-covid-19>

IOC: <https://www.olympic.org/athlete365/coronavirus/>

FIVB: <https://www.fivb.com/en/thefivb/covid19>

Credits

Australian Institute of Sport

Volleyball Queensland Return to Play COVID-19 Safe Guide

Volleyball Canada

USA Volleyball

Safe Return to Para Powerlifting Guidelines Version 1.0

IWRF Return to Train and Play Advisory Guideline And Checklist Version 1

FIVB COVID-19 Volleyball Safety Guidelines





www.worldparavolley.org

