

PlayFit Sports & Social Ltd

Covid-19 volleyball & basketball risk assessment

7 September 2020

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
LIKLIHOOD D (L)	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 <u>must not proceed</u> . Evaluate and reduce risk.

HAZARD	PERSONS AFFECTED	RISK			CONTROL MEASURES	RESIDUAL RISK		
		L	S	R		L	S	R
<p>Training Facilities and Equipment</p> <p>Transfer of virus via equipment used in session. Transfer of virus within the location</p>	Venue employees, Session Leader, Players, Spectators	3	4	12	<ul style="list-style-type: none"> • Cleaning and wiping down all equipment with sanitiser before and after sessions. • Having a limited number of balls to reduce overall risk of transfer. • In volleyball games, balls should be cleaned with sanitiser when the first team reaches 15 points and also when the game ends at 25 points. • In basketball games, balls should be cleaned with sanitiser every 15 minutes. • Players will also sanitise or wash their hands at these points in games. • Only use essential equipment • Team benches to be sanitised between games or not shared • No spectators allowed. • Ask players to travel in sports kit to avoid using changing rooms on arrival. 	2	3	6
<p>Attendee Interaction</p> <p>Transfer of virus as a result of increased interaction between players, session leader and even public</p>	Players, Session Leader	3	4	12	<ul style="list-style-type: none"> • Limit number of participants in sessions to max 30 per court (including session leader). No spectators to be present. • Players and Session Leader to maintain two metre social distancing at all times during sessions except during play. • Players and Session Leader to avoid all unnecessary contact such as handshakes or hand slaps. • Players and Session Leader to wash or sanitise hands during breaks. • Players to avoid sharing all personal equipment (drinking bottles, training bands, towels etc) • Players and Session Leader should keep their belongings at least two metres apart. • Travel to sessions under government guidelines with social distancing. • Any person in serious breaches of COVID-19 controls should be asked to leave. • Players asked not to help each other off the floor. • Team talks to allow for social distancing. 	2	3	6
<p>Sport Specific Activity</p> <p>Defining Specific Incidents in Indoor Volleyball</p> <p>It is a fair statement to say that Indoor Volleyball</p>	Players, Session Leader	3	4	12	<ul style="list-style-type: none"> • ALL OF THE ABOVE CONTROLS • Avoid all drills in sessions where physical, hand to hand contact may occur • Structure drills that remove risk of unpredictability in some cases that may result in contact e.g. randomised defence 	2	3	6

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 albeit on opposite sides of a net, occasionally brushing hands
2. Colliding or making contact with one's partner 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, depending on the type of drill or a player trying to receive or recover an errant pass.
4. Players making contact in breaks of play to slap hands with partner or opponents.

The risks associated with point #3 can be easily controlled by avoiding these drills (on point 3, 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.

However, incident #1 may 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 anymore than one to two seconds. If Players follow the above personal hygiene guidelines during water breaks and before and after sessions, the 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.

- Maintain two metre social distancing at all times and in all other drills when not involved in the incidences outlined above.

<p>This makes Volleyball a low risk sport in general in terms of resuming group training. Taking into account the above.</p>								
<p>Sport Specific Activity Defining Specific Incidents in Indoor Basketball</p> <p>Contact whilst defending a player. Whilst basketball is a non-contact sport, defensive players attempting to block an attacking player's path to the basketball hoop, attacking players screening a defensive player, defensive players attempting to steal the ball from opposing players, or block attempted shots may encounter some contact. These are momentary contacts and do not occur for extended durations of more than a couple of seconds.</p>	<p>Players</p>	<p>3</p>	<p>4</p>	<p>12</p>	<ul style="list-style-type: none"> • ALL OF THE ABOVE CONTROLS • Ask player to be aware of contact being made when defending a player, and to keep it brief and minimal. • Ask players to avoid touching their face. • Ask players to wash their hands with soap and water or with hand sanitiser gel during the break every 15 minutes. 	<p>2</p>	<p>3</p>	<p>6</p>
<p>Injury treatment</p> <p>Social distancing not being adhered due to first aid or injury treatment required</p>	<p>Players, Session Leader</p>	<p>3</p>	<p>4</p>	<p>12</p>	<ul style="list-style-type: none"> • Anyone assisting an injured player should ensure face covering is worn and hands and equipment are sanitised before and after treatment. • Waste disposed of safely. • Accident form completed. 	<p>2</p>	<p>3</p>	<p>6</p>