



**COVID-19 Ready Plan  
Volleyball South Africa (VSA)**

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# Introduction

The health, wellbeing, and safety of each individual in our national Volleyball Family is our top priority. As such, we are continually monitoring the evolving situation regarding the national and global coronavirus pandemic in complete coordination with the relevant national health and sports authorities, including National Government and South African Sports Confederation and Olympic Committee (SASCOC).

This document outlines the compliance procedure to be followed and safe return to volleyball when permitted to do so under the lockdown levels for volleyball Athletes and support staff during training in preparation for district, provincial and national leagues. A staggered approach has been proposed to ensure the safety of athletes and support staff. To avoid any doubt, this document covers the return of both indoor volleyball and beach volleyball activities. This document focuses on an immediate return to training with a return to competitions (tournaments and events) in one or two months after training has started.

This ready plan is a working document that will be updated regularly to align with the National guidelines. Further this plan will be expanded to address more detailed regulations in each of the addressed sections as well as regulations relating to, but not limited to basic online challenges and modified competitions.

Volleyball South Africa (VSA) is committed to flattening the curve of the spread of the virus in a strictly controlled and monitored manner which also allows for the resumption of activity within our organization to ensure the survival of our sporting code at all levels.

# 1 VSA Risk Assessment and Classification System

VSA affiliates will be required to complete the VSA Risk Assessment sheet to be classified by the National Federation as Low, Medium or High-risk in accordance with the National Risk Assessment Matrix guidelines.

1. VSA National, Provincial and Club affiliates will be required to appoint a Compliance Health & Safety Officer who is responsible for ensuring compliance in their organization in adhering to the VSA COVID-19 Policy requirements and the government Gazette Vol 660, 11 June 2020, No 43434
2. VSA Compliance Health & Safety Officers will be added to a VSA COVID-19 Communication platform to receive direct updates and information from the National Federation for implementation
3. VSA Compliance Health & Safety Officers and Support Staff will undergo mandatory online education in COVID-19 Health and Safety Education
4. VSA affiliates will operate according to their Provincial, District and Municipal COVID Level of lockdown
5. No affiliates will be able to host volleyball training or competitions in suburbs that have been declared as hotspot areas.
6. A VSA National COVID19 Management Group will be formed consisting of a Doctor, Sports Physiologist, Legal Consultant and operational staff who will assist in managing the regulations with all necessary updates, as well as managing communication and updates to the Compliance Health & Safety Officers and clubs.

The procedures in dealing with any violations to the National Government or VSA COVID-19 rules will be dealt with as per the VSA Safeguarding Policy. A National Hotline will be established where public reports and concerns can be sent to. The reported violation will be referred to the VSA Safeguarding Case Management Group who will advise the VSA Safeguarding Officer how to manage the case including but not limited to:

- Further investigation of the matter
- Resolving the matter informally
- Dismissal of the matter as unfounded
- Referral to a disciplinary hearing with/without immediate suspension
- Suspension of the Club
- Report the matter to the necessary legal authorities

The Case Management Group will be headed up by an independent legal expert. Any volleyball affiliate found to be operating who are either not registered with VSA or do not have a VSA COVID-19 Certification may be reported to the relevant authorities by a member of VSA or the public.

## 2 Rules for Affiliates to Start Training

VSA Affiliates must be issued a COVID19 Safe Certificate to start training again when it is permissible to do so during specific relaxed COVID-19 Lockdown Levels. Affiliates will be required to:

1. Be registered with VSA and active for the 2020 season
2. Ensure all support staff are registered and active with the National Federation
3. **SCREENING OF PLAYERS:**
  - i. It is mandatory that all players conduct a Pre-participation Health Examination (PHE).
  - ii. The examination must include a Resting ECG. In addition it also mandatory to have a PCR Test for the SARS-CoV-2 Virus.
  - iii. This must be done via the naso-pharyngeal route.
  - iv. Additional tests, e.g. blood tests, may be requested by the medical practitioner that conducts your PHE.
  - v. Following the PHE, an M-3 Health Care Certificate must be completed by the doctor.
4. Appoint a Compliance Health & Safety Officer
5. Complete a COVID19 Health & Safety Procedure Manual for their club (template available [here](#)) in accordance to the national disaster health and safety regulations
6. Complete and submit a VSA Club Risk Assessment Form for every venue they operate in and send it to the National Office (volleyballsa@mweb.co.za)
7. Print their VSA COVID-19 certification granted for their venue which must be visible at their venue of activity together with education posters regarding COVID-19 rules. The COVID-19 certification will be granted for one month and will indicate the maximum number of people allowed at a time in the venue.
8. Send to their registered members and support staff their individual VSA registration number and only 2020 registered and active members of the Federation will be eligible to take part in and conduct volleyball activities (proof of registration must be held by the club)
9. Prepare the training facility before activity takes place, which includes cleaning and sanitizing the entire facility
10. Place hand sanitizer and hand washing stations at the entrances of the facility
11. Implement a phased training schedule with enough time for a phased re-introduction of athletes to training, as well as enough time between training sessions to allow for sanitization between training groups and to ensure reduced contact between training groups.
12. Screen every person who enters the building daily with both symptom checks and temperature checks (as per the form in policy)
13. Maintain a register of every person entering the facility with date and time with contact details and residential addresses on record including VSA registration number and contact details for someone living with them
14. Educate all support staff on all health and safety protocols as well as warning signs

15. Collect and keep records of all signed indemnities from all support staff and Athletes re-entering the club (template supplied)
16. Clean the training area and bathrooms & change rooms before and after each training session
17. Clean each piece of shared equipment after each use with relevant alcohol spray as per manufacturer's guidelines
18. Support staff and Athletes above the age of 60 as well as support staff and Athletes with comorbidities identified by the Department of Health should be isolated. Support staff above the age of 60 or members who have a comorbidity who are assessed in accordance to Annexure 25 & 26 of the VSA Health & Safety Manual of Procedures for COVID19 as safe to return to work or training may do so with a fully signed indemnity. VSA COVID19 Policy, 12 June 2020 Page | 7
19. Ensure at all times a minimum social distance as per the risk mitigation level table for the alert level in place
20. Ensure all support staff and Athletes wear masks and visors compliant with the national guidelines
21. Ensure there is no use of shared change room and shower facilities at all
22. Educate all members on the COVID19 protocols in place for their club or venue prior to returning.
23. Ensure all members bring their own water bottle, towel and Athlete equipment for only their personal use
24. Ensure all members wash their hands with soap and hot water for at least 20 seconds or use sanitizing solutions when entering and leaving the premises.
25. All Athletes and support staff entering the venue where the activity will take place must bring along their own soap and towel.
26. Ensure the use of the shared bathrooms should be kept to an absolute minimum
27. Ensure all members travel to and from practice wearing a face mask
28. Ensure all members bring their own food, no shared food areas will be allowed
29. Ensure there are limited spectators to reduce risk of spread
30. Comply with the limitations of the VSA COVID-19 Levels in accordance to the Level applicable to their Province, District and Municipality
31. Implement any other specific rules that may be sent out from time to time
32. At the end of every month, each club must electronically submit to their Provincial Compliance Health and Safety Officer the registers of their month's activities. Upon submission of these compliance documents a new COVID19 Certificate will be issued for the next month's training.

### 3 Rules for Affiliates to Start Competition

VSA Affiliates will be required to:

1. Register their competition with VSA
2. Ensure all judges, coaches and Athletes are registered.
3. Appoint a Compliance Health & Safety Officer for the competition
4. Ensure a JOC is completed for the competition (should it be required)
5. Ensure the competition is held in strict compliance to all RSA COVID19 Health and Safety protocols and procedures which include but is not limited to all screening, registers, social distancing measures and zoning of participants and spectators, all hygiene and sanitization methods and adheres to the regulations as per the alert level in place for the venue (as listed for training rules).
6. Only individual pre-packed meals and disposable drinking bottles are allowed
7. A dedicated isolation area must be designated for any person who exhibits COVID19 symptoms in warm up or competition.
8. Ensure the competition is held in strict compliance to the latest VSA special COVID19 Technical Regulations for each discipline, taking into consideration guidelines published by the World Health Organization and the FIVB which include:
  - a. Regulations for online competitions
  - b. Regulations for club competitions
  - c. Regulations for District & Provincial competitions
  - d. Regulations for National competitions

## 4 Volleyball Aligned with National Risk Adjusted Strategy

Proposed guidelines for training at venue facilities:

Category	Level 5	Level 4	Level 3	Level 2	Level 1
Must observe all general government guidelines	Yes	Yes	Yes	Yes	Yes
Bathroom Facilities	Closed	Emergencies Only	Emergencies Only	Open	Open
Volleyball Coaching	Not Allowed	Max. 2 Athletes per court	Max. 4 Athletes per court	Max. 8 Athletes per court	No Max. Restrictions
Protective Masks upon arrival and departure	Closed	Yes	Yes	Yes	Return to Normal
Social Distancing	Closed	Yes	Yes	Yes	Return to Normal
Hand Sanitiser	Closed	Yes	Yes	Yes	Yes
Cleaning of Coaching Equipment	Closed	Yes	Yes	Yes	Yes
Handling of Volleyball Balls - Coaching	Closed	Coaches & Athletes only	Coaches & Athletes only	Return to Normal	Return to Normal
Access to Training Facility	Closed	Coaches & Athletes only	Coaches & Athletes only	Coaches & Athletes only	Return to normal
Club Canteens	Closed	Closed	Closed	Open for Refreshments	Open for Refreshments



## 5 Proposed Timeline to Resume Training and Competitions

Volleyball, as a non-contact sport, is proposing a phased approach to return to training and competitions (tournaments and leagues), in line with government policy, as follows:

Activity	Commencement Date
Return to Training - All VSA affiliated clubs	1 October 2020
Return to Competitions (tournaments and leagues)	4 December 2020 (Beach Volleyball) 1 February 2021 (Indoor Volleyball)

The proposed training and competitions exclude schools. We propose that schools resume volleyball activities during 2021 only.

Although volleyball is a non-contact sport, it currently isn't a professional sport (both indoor and beach). Hence, the proposal to resume training only on the 30<sup>th</sup> June 2020.

It is proposed that the events that be allowed to return under the current level3 regulations would -be high-performance tournaments and club league tournaments, played on a strict per province or per district basis, behind closed doors.

- The participation numbers would be restricted to ensure compliance with all government regulations.
- There would be a maximum of two district or provincial events a month.
- Where possible events would be staggered over two weekends.

## **6 Compliance and Monitoring**

### **6.1 Compliance Officers**

VSA has appointed two National Safety and Compliance officers to oversee the various venues, facilities, coaches, and Athletes. All volleyball coaches will assume the responsibility of being a Safety Officers at their venues to ensure total compliance as stipulated in the respective sections relating to coaching activities and playing at the venue.

The role of the Compliance Officer is to monitor day-to-day venue activities to ensure everyone adheres to social distancing and hygiene measures to reduce the spread of the COVID-19 virus.

Ensuring compliance to the 1.5m social distancing rule and good hygiene is not the sole responsibility of the COVID-19 Compliance Officer. Their role should be supported by all venue management.

A Compliance Officer must not put themselves at risk while carrying out their duties.

This structure must be regularly audited and managed to ensure it works and protects all at the venue.

Compliance Officers will follow the suggested framework to be effective in preventing the spread of COVID-19 and will ensure all relevant EMERGENCY contacts are visibly posted at the venue.

In addition, club/facility managers and club committee members will also assume the responsibility of ensuring that the venue and the visitors are always compliant.

### **6.2 Risk Assessment**

VSA and its member provinces have identified affiliated venues in each province. All will be required to be cleaned before opening and this process has already started.

A provincial compliance officer (a member of the relevant provincial executive) has been identified for each province and will work with the national compliance officers to ensure venues comply with all requirements.

### **6.3 Contact Tracing**

All coaches and venue facilities are required to keep logbooks of venue visitors. These will be submitted to VSA for storage on a regular basis in line with the gazetted directions.

# 7 Guidelines to Mitigate Risk

## 7.1 For Athletes

This also applies to support staff.

### **Before practice of play:**

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms.
- Or are in a high-risk health category.

### **Attending training:**

- Arrive and leave as close as possible to when you need to be there.
- Only one parent /guardian should accompany junior athletes when allowed to do so.
- Arrive dressed and ready to train.

### **Social distancing:**

- Maintain at least 1.5m social distancing at all time.
- Stand on the baseline and clap hands instead of the regular pre - or post-match handshakes.
- No sharing of personal playing gear.

### **Protecting against infection:**

- Wash/sterilise your hands before and after you play and avoid touching your face while playing.
- No sharing of water bottles. Bring your own full bottle.
- Wash your hands frequently with soap and water or hand -sanitiser when available, before and after eating, after going to the toilet, sneezing, and coughing.
- Cover your coughs and sneezes with a bent elbow and dispose of any used tissue immediately.
- Avoid touching your face.
- No spitting.
- No “high fives” or other contact.
- Keep your distance from people who are obviously sick.
- Be aware of what surfaces you touch and do not touch equipment such as net, poles, referees stand, flags, scorer’s table, etc. If you do, you must clean these before you leave.

### **Equipment:**

There is no specific evidence that balls can spread COVID-19. We do know that on hard surfaces contamination by respiratory droplets from an infected person can potentially survive up to three days. Therefore, you should:

- Make sure you clean your hands before and after coming off the court
- Not touch your face after touching a ball or other volleyball equipment.
- Use fewer balls per session.
- Replace all balls if someone with/suspected to have COVID-19 comes in contact with them.
- Restrict balls to a particular person, court, or day of the week. One idea is to label them with a permanent marker.
- Clean all volleyball gear with alcohol-based disinfectant including balls, towels, coaching gear such as agility cones.
- Do not use unnecessary equipment. Clean environment.
- Limit the use of coaching equipment such as target cones.
- Do not let the Athletes handle any coaching equipment. The coach should pick up the balls.
- Encourage Athletes to use their foot to push balls back to their opponent to avoid using hands and touching the balls.
- Each Athlete is encouraged to play with a disinfectant cloth and wipe the ball during plays.

## 7.2 For Venues

### Signage:

- COVID-19 safety signage to be on display at all venues. This will be provided by VSA.

### Access control and screening:

- Screening desk to be set up for the screening at entrance or where most practical based on the venue.
- Register to be completed by recording temperature of each person and personal details.
- COVID-19 disclaimer to be signed by parent/guardian or Athlete at all times.
- Hand sanitiser to be available at the entrance to each volleyball court and also at the entrance to the volleyball clubhouse.
- Any person registering a temperature of 38 and higher to not be permitted access. In addition, the person they are accompanying to also be requested to leave without access being granted.

### Cleaning and hygiene:

- Clean all surfaces, such as counters, table-tops, doorknobs, bathroom fixtures, toilets, phones, at least once a day wearing disposable gloves.
- Clean any surfaces which may have blood, body fluids and/or secretions or excretions on them.
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands regularly and adopt the other principles of a good hygiene strategy.
- Display signage/posters about handwashing and hygiene techniques at strategic points like all sinks, eating areas, drinking areas and on the side of court.
- Close all indoor spaces including showers and change rooms.
- It is recommended that toilets remain open for emergency use only.

### **Facility management:**

- “Get in, train and get out’. Strategies to limit time and person-to-person contact on site should be implemented
- Limited access to venue.
- No general gathering of groups. When your coaching session is finished Athletes need to leave the venue.
- Plan the staggered use of facility. At all times, minimal numbers to be ensured.
- Identify an isolation space if athlete/other personnel become unwell?
- Wearing of masks upon arrival and completion of training session or when onsite to be strictly adhered to.

## **7.3 For Support Staff (Coaches & Officials)**

### **Use of Venues:**

Only affiliated venues. VSA accredited centres.

We sit with 4 major coaching venues which needs consideration:

The coach will be the immediate supervisor and will liaise directly with the affiliated venue. The coach and the venue will be held accountable for implementation and sign an agreement provided by VSA.

### **Free Covid-19 coaching compliance license:**

- Coaches to apply for a free VSA COVID-19 coaching license. This is a monthly license.
- Any VSA licensed coach can apply for the license. All coaches sign an agreement to comply with all VSA health and safety regulations.
- Non-registered coach must first meet the minimum requirements before they can qualify to apply for a free COVID-19 License.
- The free COVID 19 licenses are in addition to the VSA Coaching License. All affiliated coaches will need to comply to the additional rules.
- Coaching only permitted at affiliated courts.
- Coaches to confirm which clubs they are coaching at.
- Provinces to advise VSA asap of all affiliated clubs, with secretary and chairperson contact info (cell and email).
- A list of coaches permitted to coach will be posted on a month to month basis on the VSA Website and circulated to Provincial Presidents and secretaries and the coaching chairpersons. In this way all key stakeholders for monitoring the policy are informed and updated.
- For contact tracing purposes: Coaches to submit at the end of the month as part of their re-application for issuing of new certificate a completed logbook containing names and contact info of all pupils. VSA have designed the template for the coaches and they simply complete the document.

- Upon submission of the database and for those on a payment scheme, payment received the next certificate is issued for the following month.
- By including the Province, club Chairperson and coaching chairperson they can verify any issues.
- Forms can be obtained from VSA office by sending an email to [volleyballs@mweb.co.za](mailto:volleyballs@mweb.co.za) or on the VSA website [www.volleyballsouthafrica.co.za](http://www.volleyballsouthafrica.co.za).

### **Safety guidelines for coaching sessions:**

#### **Before training:**

- Training session bookings to be done in advance. EFT, the preferred payment option.
- Facility and coaching procedures will be communicated on confirming training session day and time, the Athlete should request these, if not provided.
- Athletes are requested to clean/sanitize all personal equipment at home prior to session.
- Athletes are required to bring their face mask.
- Hands are required to be washed with soap and water/sanitized before the training session.
- In the case of juniors, consent forms must be signed by parents/guardians of the athlete.
- Athletes are required to wait in their car or in a designated area and may only move to the training session area 15 minutes before the start of the training session.
- All Athletes will be required to be logged into an attendance register on arrival at the training session and may be required to go through a screening process.
- Coaches will be required to allocate gaps between training sessions in order to prepare safe conditions for next training session.

#### **During training:**

- Face masks necessary before and after training.
- It is recommended that the athlete's own volleyball accessories be used.
- Athletes are required to bring their own water bottle and it is also advised to remain hydrated during your volleyball experience.
- Athletes and Coaches are required to observe social distancing of a minimum of 1.5 distance and there shall be no physical contact between you, your coach, or any other athletes.
- Coach to collect and pick up balls.
- Athletes and Coaches are not to touch the gate, fence, net, bench, or umpire chair during practice.

#### **After training:**

- Athletes must sanitize or wash their hands with soap and water immediately after the training session.
- Coach and Athletes are requested to clean/sanitize all personal equipment at home after the session.

Please be aware of and follow the basic guidelines implemented by government regarding the COVID-19 virus based on the alert level of your province. If the training session is to take place at a practice facility based at a Volleyball Club/Facility, the club/facility's basic regulations apply at all times and will be in conjunction with the outlined regulations. It is general good practice for Athletes and Coaches to always carry hand sanitiser with them and refrain from touching their faces.

If any Athlete becomes infected (tests positive), Athletes who were at the facility at the same time, will be advised in accordance with the relevant Covid-19 regulations. These Individual Coaching Training session guidelines do not supersede SA government gazette regulations. For further information please go to: [www.volleyballsouthafrica.co.za](http://www.volleyballsouthafrica.co.za) or email [volleyballs@mweb.co.za](mailto:volleyballs@mweb.co.za).

## **7.4 For Competitions**

### **Prior to participating in a tournament or event:**

- Athletes when entering an event will need to confirm in writing they have undergone a COVID-19 test and are medically fit to compete.

If an athlete has:

- been in contact with someone with COVID-19 in the last 14 days; or
- any flu-like symptoms; or
- are in a high-risk health category.

The Athlete must withdraw from the current tournament and not enter a forthcoming tournament until he/she has been declared medically fit and able to complete. If an athlete has entered into a tournament that is to commence within the 14-day period from the initial withdrawal, the Athlete will automatically be withdrawn from the said tournament.

### **General behaviour:**

- Always maintain social distancing.
- Always wear face masks when on-site.
- Try to avoid use of bathrooms as much as possible. Wash hands thoroughly after use of bathroom and avoid drinking water directly from taps.
- Athletes to have their own hand sanitizer in their volleyball bags.
- Be responsible for own litter after having something to eat and drink, by personally placing the empty containers etc. in a dustbin.
- Avoid unnecessary gathering around the tournament office/tournament desk. Refer to the notice board. Athletes to approach the organizer desk themselves to report for times and to report results and return volleyball balls.
- Wash/sterilize your hands before and after you play and avoid touching your face while playing.
- No sharing of water bottles. Bring your own water bottle(s).

- Wash your hands frequently with soap and water or hand-sanitizer when available, before and after eating, after going to the toilet, sneezing, and coughing.
- Cover your coughs and sneezes and dispose of any used tissue immediately.
- Avoid touching your face.
- Keep your distance from people who are obviously sick.
- Be aware of what surfaces you touch and do not touch equipment such as net or net handle. If you do, you must immediately clean the area you touched with sanitizer.

**Venue specific:**

- There will be a screening desk at the main entrance to each facility where the following will have to be done by tournament staff: temperature reading to be recorded, register to be completed and disclaimer form to be completed - all before entering the venue.
- All venues to be disinfected before use.
- Arrive as close to your match time as possible. All competitions will be schedule on a 'Not Before' time basis.
- Only registered coaches will be permitted on-site.
- All officials, athletes, and support staff (including coaches) will need to provide certain personal data and sign a daily attendance register upon arriving at the venue. Personal data will be utilized for contact tracing purposes only.
- Always adhere to social distancing and refrain from gathering in groups.
- Upon completion of your match, depart from venue and return in time for your next match.
- No use of showering facilities will be permitted.
- Where possible, all efforts to be made to try and avoid remaining onsite.
- Masks to be worn at all times while on-site.
- Athletes to bring own water and own towel.
- No sharing of on court benches. Participants to be seated either side of the umpire's chair (separate).
- When changing ends do so at opposite ends of the net.
- Each Athlete will be provided with two volleyball balls, which they must mark themselves with a suitable pen; Each Athlete will use his/her allocated volleyball balls to serve with when it is their turn to serve and are
- to handle their own volleyball balls only.
- Masks to be worn when arriving on court. Masks may be removed during the match but must be worn when leaving the court.
- No shaking of hands after the match, only tapping of clapping will be permitted.
- Athletes to pass volleyball balls to each other by either hitting or kicking the ball under the net. Under no circumstances should an athlete pick up, touch, or handle the balls of his/her opponent.
- Both Athletes to return their volleyball balls to the tournament desk after the completion of the score and ascertain the time for their next match.
- When changing ends allow sufficient space to pass other athletes.



## **Entry Procedure:**

Amendment to terms and conditions:

- Standard clause that has to be accepted when entering a tournament to remain:
  - I hereby agree to abide by the VSA tournament Rules Regulations and Code of Conduct.
  - I indemnify VSA, the Tournament Organisers, Officials and all persons associated with the tournament from all liabilities and claims that could accrue to me or my heirs, executors or administrators as a result of illness, injury or death incurred by participating in this tournament.
  - Please note all refunds are processed by the system when you withdraw.
  - If you should have difficulty withdrawing on line, please send an email to volleyballsa@mweb.co.za before the withdrawal deadline. Failure to withdraw within the specified deadline will result in no refund being made.
  
- The following will be added- Accept to adhere to the specific VSA COVID 19 tournament rules, regulations and code of conduct which is in addition to the standard VSA tournament rules, regulations and code of conduct, as well as the general Government requirements relating to social distancing and applicable to the current Government lockdown level;
  - Where a tournament venue may have their own additional COVID 19 health and safety precautions, agree to abide by and follow these measures.
  - Take full responsibility and accountability for ensuring health and safety precautions. Agree not to hold any tournament organizer, competitor, official, Provincial Association or Volleyball South Africa responsible or liable in the event of contracting the Corona virus.
  - Confirm that you have not been in contact with anyone who has tested positive for COVID 19 and have not travelled abroad within 14 days of the commencement of the tournament.

## **Proposed amendment to Code of Conduct:**

The enactment of Regulations under the Disaster Management Act 57 of 2002 relating to COVID-19 has necessitated VSA requiring tournament organisers, officials, parents, coaches and participants to subscribe to a COVID-19 code of conduct and amended tournament rules and regulations in order to permit VSA tournaments to take place under these special Disaster Management Regulations.

1. The COVID-19 Code of Conduct is in addition to the existing VSA Code of Conduct, which is applicable to athletes, parents, coaches, and officials.

2. The COVID-19 Code of Conduct refers to all health and safety regulations that are in place by National Government and as per the VSA COVID 19 Tournament Regulations and Procedures.
3. All parties need to accept responsibility for their actions and health precautions.
4. Wearing of masks is mandatory at all times from time of getting out of the car in car park, until returning to the car. Athletes may only remove masks when on court and must put on the mask before leaving the court after the match is completed.
5. Athletes to wear VSA tournament face masks only while onsite. No other masks will be permitted. Additional precautions over and above the VSA tournament mask may be implemented if the Athlete, parent coach feels necessary i.e. wearing of face shield in addition to mask.
6. No exceptions will be made for any person onsite to not wear a mask. This applies to Athletes, parents, coaches, tournament organizers, tournament staff and officials.
7. In all cases the interpretation and decision of the Tournament Referee will be final.

**Non-Compliance:**

1. The COVID-19 Temporary Coaching License forms part of Government legislation and is therefore non-compliance constitutes a criminal offence, which is also covered by the general VSA Code of Conduct.
2. Any person found to have broken the COVID 19 Code of Conduct or tournament regulations/procedures will face disciplinary action with the following consequences:

1st Offence:

Warning to follow the COVID 19 procedures. This can be issued by the Tournament Referee or Off Court Official.

2nd Offence:

Non-compliance following the Warning provided from the 1st Offence will result in the person being asked to leave the venue immediately. In the case of an athlete, the Athlete will be defaulted immediately from the tournament, regardless of being on or off court. In the event of an accompanying person (parent, guardian, coach) being asked to leave the venue and refusing to leave will result in the Athlete being defaulted from the event. In both the 1st and 2nd offence, these are criminal offences and VSA, the tournament organizer, Tournament Referee or member of public are obliged to report such criminal offence to the South African Police Service, in which case VSA shall immediately terminate the persons rights to attending any further VSA tournaments or in the case of an athlete, terminating the Athlete's VSA membership until the outcome of the criminal case

## **8 Protocol for Managing Positive Cases**

The following applies equally to training and competitions (tournaments and events).

### **8.1 Someone Displaying COVID-19 Symptoms during Screening**

In the event of someone displaying symptoms of COVID-19 (dry cough, fever, malaise, shortness of breath, sore throat, muscle aches or other flu-like symptoms) during screening on entry to the venue, that person must be sent home and advise him/her to go to their nearest health provider for testing.

### **8.2 Someone Displaying COVID-19 Symptoms during the Event**

In the event of someone someone displaying symptoms of COVID-19 during event then the following procedure should be followed.

Identify a room or area where someone who is feeling unwell or has symptoms can be safely isolated. Where an individual isolation room is not available, a 2-metre distance should be kept between suspected COVID-19 cases and other people.

Provide them with a mask if necessary, organise for them to contact their own health provider and arrange for them to be safely transferred to a facility advised by the health provider.

Let all participants know that someone at the event/training is a suspected COVID-19 case.

Advise them to monitor themselves for symptoms for 14 days and take their temperature twice a day.

Advise them of the result once the test has been completed.

**In the event of an athlete testing positive for COVID 19 while an event is in progress or while using a venue for training purposes:**

8. Venue is immediately shut down for deep cleaning
9. New venue to be found to stage the event
10. Athletes having potentially come into contact with the infected Athlete to be notified

### **8.3 Someone Displaying COVID-19 Symptoms after the Event**

In the event of someone displaying symptoms of COVID-19 AFTER the event then the procedure below should be followed.

Retain the names and contact details of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event and test positive.

They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

If they develop even a mild cough or low-grade fever (temp of 37.3 C or more), shortness of breath, sore throat, muscle aches or other flu-like symptoms from 2 - 14 days after contact with a person suspected of Covid19 they should stay at home and self-isolate. This means avoiding close contact (1 meter or nearer) with other people, including family members. Close contact is defined as a person having face-to-face contact ( $\leq 1$  metre) or having been in a closed space with a suspected or confirmed COVID-19 case for at least 15 minutes. Asymptomatic close contacts should not routinely be tested but should just monitor themselves for 2 - 14 days after contact.

They should also get in contact with their healthcare provider or the local public health department, giving them details of their recent travel and symptoms.

#### **8.4 Someone Confirmed Positive For Covid-19 After the Event**

In the event of someone being confirmed positive for COVID-19 AFTER the event then the procedure below should be followed.

Inform the manager or committee member of the venue / club so that they can follow the necessary protocols and close down the facility for deep cleaning.

Inform VSA so that assistance can be offered where necessary.

Inform all participants that someone at the event/training has been confirmed as COVID-19 positive so that they can monitor themselves for 14 days and take their temperature twice a day.

Advise them that if they develop even a mild cough or low-grade fever (temp of 37.5 C or more), shortness of breath, sore throat, muscle aches or other flu-like symptoms from 2 - 14 days after contact with the infected person, they should stay at home and self-isolate. This means avoiding close contact (1 meter or nearer) with other people, including family members.

Supply the names and contact details of all people in attendance, if requested to do so by the health authorities. Assist wherever possible with the contacting and tracing of these people.

Coaches would need to suspend all training sessions and place themselves under quarantine for 14 days.

All equipment and common areas used by the participant during the event, including toilets, access gates and benches etc. would need to be sanitised before allowing play to resume again.

### **8.5 Returning to Play After Testing Positive for COVID-19**

If an athlete or coach has been diagnosed with COVID-19 and isolated in accordance with the Department of Health Guidelines, they may only return to play if:

1. They have undergone a medical examination confirming that they have tested negative for COVID-19 after at least 14 days isolation.
2. They wear the minimum of a surgical mask at all times for the remaining period of 21 days from the date of initial testing.
3. They must adhere to social distancing, hygiene, and cough etiquette; and compliance officers will closely monitor them for symptoms on return to work.

## 9 References


[1] COVID-19 Corona Virus; South African Resource Portal, <https://sacoronavirus.co.za>

[2] Coronavirus Resources and Information for the FIVB Family, <https://www.fivb.com/en/thefivb/covid19>

[3] World Health Organization Coronavirus Disease (COVID-19) Pandemic, <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

[4] Posters - preventing spread of COVID-19, [https://www.gov.za/sites/default/files/gcis\\_documents/Poster-Prevent\\_COVID-19.pdf](https://www.gov.za/sites/default/files/gcis_documents/Poster-Prevent_COVID-19.pdf)

## Appendix A: Club Training Risk Assessment Form

	<h1>CLUB TRAINING RISK ASSESSMENT FORM</h1>
<p>All VSA registered clubs are required to fill in and return this document, thus enabling each club to be assessed. Some clubs and disciplines pose a lower risk than others and the return to operations will not be the same for each club, as each club has unique circumstances.</p>	
<p>Please note the meaning assigned to the following words:</p>	
<p><b>Support Staff:</b> Means a technical official, coach, assistant coach, kit manager, physiotherapist, medical officer, driver and physical trainer.</p>	
<p><b>Vulnerable group:</b> Refers to any person who is at increased risk due to concurrent medical conditions (asthma, chronic lung conditions, hypertension, autoimmune disease, organ transplants, cancer, immunocompromised, obesity (BMI over 40) and liver or kidney disease conditions), persons over the age of 60 years, persons who live in extreme poverty.</p>	
<p><b>Cross contamination:</b> support staff or Athletes who may come directly from another place of work to the venue and will not have an opportunity to wash (shower/bath and change clothes) prior to doing so.</p>	
<p><b>Club Representative:</b> a person duly authorised by the club's executive/board to act on behalf of the club with regards to COVID-19 related matters.</p>	
<h3>CLUB DETAILS</h3>	
Club Name	
Province	
District	
Club Representative Name and Surname	
Club Representative Mobile Number	
Club Representative Email Address	
Address of Club's Training Facility	
Size of Volleyball Training Venue and Amount of Ventilation (if indoors)	
Is the volleyball training facility dedicated to volleyball training in this period or relieved lockdown? Yes/No?	
Is your training venue used by anyone else other than your club during lockdown (Level 1 to 4)? Yes/No? If yes, please list who shares the venue.	
<h3>SUPPORT STAFF DETAILS</h3>	
Number of support staff above the age of 50	
Number of support staff 30 to 50 years of age	
Number of support staff younger than 30 years of age	

Number of support staff who use public transport	
Number of support staff who cross borders	
Number of support staff who fall into the vulnerable group	
Number of support staff who are at risk of cross contamination	
<b>ATHLETES DETAILS</b>	
Number of Athletes above the age of 50	
Number of Athletes 30 to 50 years of age	
Number of Athletes younger than 30 years of age	
Number of Athletes who use public transport	
Number of Athletes who cross borders	
<b>HEALTH &amp; SAFETY OFFICER DETAILS</b>	
Name of Health & Safety Officer who will be responsible for COVID-19 policy implementation.	
Mobile Number	
Email Address	
<b>Summary of Club Covid-19 Plan for Implementation during relaxed lockdown period</b>	
<b>Terms and Conditions</b>	
<ol style="list-style-type: none"> <li>1. The Health &amp; Safety Officer agrees to being added to a VSA COVID-19 WhatsApp group and communication platform to receive communication</li> </ol>	



2. The Health & Safety Officer and Club representative agrees to abide by and implement the protocols and rules found in the VSA COVID-19 policy as well as the National Guidelines as well as any other policies that may be updated during the state of national disaster
3. The club representative declares all information submitted is accurate and a true reflection of the club and has a completed health & safety procedure plan in place
4. The Health & Safety Officer and Club representative agrees to abide by all staff education requirements that may be communicated by VSA.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Full name of Club Representative

\_\_\_\_\_  
Full name of Health & Safety Officer

\_\_\_\_\_  
ID Number of Club Representative

\_\_\_\_\_  
ID Number of Health & Safety Officer

**For Office Use Only**

Assessed By

Risk Score

Risk Category

Certificate Issued

Date of Issue

Any other relevant notes

## Appendix B: Sample VSA Club Covid-19 Safe Certification



**COVID-19 SAFETY**  
CLASSIFICATION: LOW RISK

THIS CERTIFICATE IS AWARD TO

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**CLUB NAME**

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Province: ABC Province

District: ABC District

Venue: Some Street, Some City, Post Code

Club Representative: Joe Soap

Contact Number: 011-555-1234

Contact Email Address: some.email@somedomain.co.za

Compliance Officer Name: Joe Blogs

Email Address: another.email@somedomain.co.za

Size of Venue: 110m<sup>2</sup>


Number of People Allowed under Current Level: 6

Valid Until: 31 July 2020

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## Appendix C: Individual Athlete Assessment Form

		<h1>INDIVIDUAL ATHLETE ASSESSMENT FORM</h1>			
Full Name of Athlete					
Date of Training		Time of Training			
Do you or anyone you live with currently have any of the following symptoms:		Dry Cough	Yes / No	Sore Throat	Yes / No
		Runny Nose	Yes / No	Shortness of Breath	Yes / No
		Fever	Yes / No		
<p>I, _____, knowingly and willingly consent to myself or for a minor _____, under my care, to attend volleyball training sessions at _____ (name of registered VSA club to be inserted).</p> <p>I understand the COVID-19 virus has a long incubation period during which carriers of the virus may not show symptoms and still be highly contagious. I understand that due to the frequency of visits of other players, the characteristics of the virus, and the characteristics of volleyball activities, that I have an elevated risk of contracting the virus simply by being at the volleyball venue.</p> <p>High risk patients relating to the severity of COVID-19 are persons over the age of 60 and persons who have pre-existing medical conditions such as: asthma, chronic lung conditions, hypertension, autoimmune disease, organ transplants, cancer, immunocompromised, obesity (BMI over 40) and liver or kidney disease conditions. I confirm I, nor my minor fall into any of these high-risk categories.</p> <p>I am aware of the risks involved with the spread of COVID-19 and the risks it may hold to my health and the health of others I come in contact with. I accept those risks and hereby indemnify and hold the volleyball club and his/her staff blameless should I contract the disease at the venue of the volleyball club or from the volleyball club staff members.</p> <p>I will abide by all the regulations and rules for participation in volleyball activities as laid out in the VSA COVID-19 policy.</p> <p>I have read and understood these regulations and rules for participation in volleyball activities as laid out in the VSA COVID-19 policy and confirm I will comply thereto and prepare accordingly.</p>					
_____ Signature		_____ Date			
<p>(Members can submit the above details via WhatsApp before class as follows:            “Volleyball Athlete name, I <u>(full name)</u> hereby consent to today’s volleyball training session for Athlete (full name).            I confirm his/her temperature reading today is ___ and he/she nor anyone they live with have any symptoms.”)</p>					


# Appendix D: Educational Posters for Venues

## COVID-19


Help prevent the spread of respiratory diseases like COVID-19



COVID-19 Hotline: 0800 029 999




health  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA




## COVID-19


Help prevent the spread of respiratory diseases like COVID-19



COVID-19 Hotline: 0800 029 999




health  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA




## COVID-19


Help prevent the spread of respiratory diseases like COVID-19




Wash your hands often with soap and water for at least 20 seconds.




Cover your cough or sneeze with a tissue, then throw the tissue in the trash.




Stay home when you are sick, except to get medical care.



Avoid close contact with people who are sick.




Avoid touching your eyes, nose, and mouth.




Clean and disinfect frequently touched objects and surfaces.

COVID-19 Hotline: 0800 029 999




health  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA




## COVID-19


Help prevent the spread of respiratory diseases like COVID-19




COVID-19 Hotline: 0800 029 999



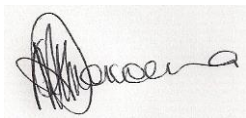
health  
Department:  
Health  
REPUBLIC OF SOUTH AFRICA



<h1>COVID-19</h1>	<h1>COVID-19</h1>
<p>Help prevent the spread of respiratory diseases like COVID-19</p>  <p>Clean and disinfect frequently touched objects and surfaces.</p>	<p>Help prevent the spread of respiratory diseases like COVID-19</p>  <p>Avoid touching your eyes, nose, and mouth.</p>
<p>COVID-19 Hotline: 0800 029 999</p>	<p>COVID-19 Hotline: 0800 029 999</p>
 <p><b>health</b> Department: Health REPUBLIC OF SOUTH AFRICA</p>	 <p><b>health</b> Department: Health REPUBLIC OF SOUTH AFRICA</p>
	

Available for download at: [https://www.gov.za/sites/default/files/gcis\\_documents/Poster-Prevent\\_COVID-19.pdf](https://www.gov.za/sites/default/files/gcis_documents/Poster-Prevent_COVID-19.pdf)

Kind regards



Anthony Mokoena

VSA- President