RETURN TO PLAY ROAD MAP
**Volleyball**

<table>
<thead>
<tr>
<th>Phase</th>
<th>Activity</th>
<th>Controlable</th>
<th>Uncontrollable</th>
</tr>
</thead>
</table>
| Phase 1 – Outdoor activity   | • Outdoor volleyball training/exercise – socially distanced with up to five other people from outside of your own household – as well as 2v2 gameplay if it is outdoors and follows mitigating measures.  
  • No gameplay/competitions. | • Social distancing and restrictions on gatherings remain in place.  
  • Training and 2v2 gameplay only.  
  • Suggestions on conditioned training provided. | • Outdoor facility availability/access. |
| Phase 2 – Restricted outdoor gameplay | • Outdoor volleyball training/exercise – socially distanced with up to five other people from outside of your own household.  
  • 2v2 outdoor volleyball gameplay with mitigating factors.  
  • No competitions. | • Social distancing and restrictions on gatherings remain in place.  
  • Restricted outdoor gameplay. | • Outdoor facility availability/access.  
  • Availability of players e.g. students who have not yet returned to university; players who have relocated to their home countries. |
| Phase 3 – Indoor and outdoor gameplay resumes | • All forms of playing and training allowed.  
  • Competitions resume.  
  • Click here to download the Return to Indoor Volleyball Action Plan and Guidance.  
  • Click here to download the Return to Indoor Volleyball Template Risk Assessment.  
  • Click here to download the Return to Outdoor Volleyball Action Plan and Guidance.  
  • Click here to download the Return to Outdoor Volleyball Template Risk Assessment. | • Gameplay allowed.  
  • Social distancing and restrictions on gatherings remain in place.  
  • Officials relax specific regulations to support return to play.  
  • All participants provide consent and agreement to parameters. | • Outdoor facility availability/access.  
  • Indoor Facility availability e.g. schools, universities, and leisure centres.  
  • Availability of players e.g. students not yet returned to university, players who have relocated to their native countries and cannot yet return.  
  • Cost of hall hire. |
| Phase 4 – No restrictions     | • No restrictions.  
  • Spectators can return. | • No restrictions. | • Indoor facility availability. |

Volleyball is currently in Phase 3, as highlighted above. Please note this is a working document which will be updated in due course to reflect new guidance and changing circumstances.

Please ensure you conduct a thorough risk assessment before organising any volleyball activity using the discipline specific risk assessment template.
# Beach Volleyball

<table>
<thead>
<tr>
<th>Phase 1 – Restricted activity</th>
<th>Activity</th>
<th>Controllable</th>
<th>Uncontrollable</th>
</tr>
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</table>
|                              | • Beach volleyball training/exercise – socially distanced with those outside of your own household.  
|                              | • No gameplay/competitions. | • Social distancing and restrictions on gatherings remain in place.  
|                              |                       | • Training only – no gameplay.  
|                              |                       | • Suggestions on conditioned training provided. | • Facility availability/access. |

<table>
<thead>
<tr>
<th>Phase 2 – Restricted gameplay allowed</th>
<th>Activity</th>
<th>Controllable</th>
<th>Uncontrollable</th>
</tr>
</thead>
</table>
|                                       | • 2v2 beach volleyball gameplay with mitigating factors.  
|                                       | • No competitions. | • Restricted gameplay.  
|                                       |                       | • Social distancing and restrictions on gatherings remain in place. | • Facility availability/access.  
|                                       |                       | • Availability of players e.g. students who have not yet returned to university; players who have relocated to their home countries. |

<table>
<thead>
<tr>
<th>Phase 3 – Gameplay resumes</th>
<th>Activity</th>
<th>Controllable</th>
<th>Uncontrollable</th>
</tr>
</thead>
</table>
|                            | • All formats of playing and training allowed.  
|                            | • Competitions resume following DCMS approved sport specific action plans for beach volleyball.  
| Click here to download the Return to Beach Volleyball Action Plan and Guidance.  
| Click here to download the Return to Beach Volleyball Template Risk Assessment. | • Gameplay and competitions allowed.  
|                            | • Social distancing and restrictions on gatherings remain in place.  
|                            | • Officials to relax specific regulations to support return to play.  
|                            | • All participants provide consent and agreement to parameters. | • Facility availability/access  
|                            |                       | • Availability of players e.g. students not yet returned to university, players who have relocated to their native countries and cannot yet return. |

<table>
<thead>
<tr>
<th>Phase 4 – No restrictions</th>
<th>Activity</th>
<th>Controllable</th>
<th>Uncontrollable</th>
</tr>
</thead>
</table>
|                           | • No restrictions.  
|                           | • Spectators can return. | • No restrictions. | • Outdoor facility availability. |

*Beach Volleyball is currently in Phase 3, as highlighted above. Please note this is a working document which will be updated in due course to reflect new guidance and changing circumstances.*

*Please ensure you conduct a thorough risk assessment before organising any volleyball activity using the discipline specific risk assessment template.*
## Sitting Volleyball

<table>
<thead>
<tr>
<th>Phase 1 – Outdoor activity</th>
<th>Activity</th>
<th>Controllable</th>
<th>Uncontrollable</th>
</tr>
</thead>
</table>
|                            | • Outdoor sitting volleyball training/exercise – socially distanced with those outside of your own household.  
• No gameplay/ competitions. | • Social distancing and restrictions on gatherings remain in place.  
• Training only – no gameplay.  
• Suggestions on conditioned training provided.  
• Increased hand hygiene due to contact with the floor/surface. | |
| Phase 2 – Outdoor activity continues, some indoor activity resumes. | • Outdoor sitting volleyball training/exercise – socially distanced with those outside of your own household.  
• Indoor sitting volleyball training/exercise – socially distanced with those outside of your own household.  
• No competitions. | • Social distancing and restrictions on gatherings remain in place.  
• Training only – no gameplay/competitions.  
• Guidance on conditioned training provided. | • Indoor facility availability  
• Availability of players e.g. students who have not yet returned to university; players who have relocated to their home countries.  
• Cost of hall hire. |
| Phase 3 – Indoor gameplay resumes | • All formats of playing and training allowed.  
• Competitions resume. | • Expected that some social distancing and restrictions on gathering will remain in place.  
• Gameplay allowed.  
• Officials to relax specific regulations to support return to play.  
• All participants to provide written consent and agreement to parameters. | • Indoor Facility availability e.g. schools, universities, and leisure centres.  
• Availability of players e.g. students not yet returned to university, players who have relocated to their native countries and cannot yet return.  
• Cost of hall hire. |
| Phase 4 - No restrictions | • No restrictions.  
• Spectators can return. | • No restrictions. | • Indoor facility availability. |

*Sitting Volleyball is currently in Phase 1, as highlighted above. Please note this is a working document which will be updated in due course to reflect new guidance and changing circumstances.*

*Please ensure you conduct a thorough risk assessment before organising any volleyball activity, [Click here to download a risk assessment template.](#)*
Governing principles in order of importance:

1) Government guidelines must be observed first and foremost – this includes any local restrictions in place.
2) Venue specific rules must then be observed e.g. access protocols, changing rooms, equipment etc.
3) Volleyball and volleyball discipline specific guidance as issued by Volleyball England.

Assumptions made:

- Social distancing will remain in place for some time.
- There will be no mass gatherings for some time.
- Industry wide guidance on leisure facilities will become available where volleyball is played including schools and leisure centres. Any organised activity would adhere to facility opening restrictions, capacity and hygiene requirements understanding that these will be specific to the facility size and functionality. Volleyball England would apply those requirements to individual activity, not define them.
- Equipment sharing remains possible while observing good hygiene.
- Restrictions may apply to participants such as age, demographic and geography. Volleyball England would apply those restrictions to activity, not define them.
- Volleyball England will define the requirements once players have ‘entered the field of play’/‘entered the playing area’ i.e. how social distancing and hygiene requirements are applied specifically to the game and any impacts that this has on the way the sport is played.

That all the above will be gradually eased where applicable.

Questions?

Please send an email to info@volleyballengland.org.