

RETURN TO PLAY



BRITISH
DODGEBALL

Adaptations for indoor dodgeball activity, applicable for all players, coaches, clubs, volunteers, officials and spectators. These guidelines have been produced in line with U.K. Government announcements on the easing of lockdown restrictions and the phased return of indoor leisure facilities.

This plan provides measures that should be taken by players, coaches, clubs, volunteers, officials and spectators before, during and after all indoor dodgeball activity as well as specific advice relating to clubs, coaches, match-play and children's activity. It should be read in conjunction with the latest U.K. Government [guidance](#) which is for England only and is subject to change in response to the current COVID-19 Alert Level.

The adaptations included within this plan are in place to reduce the risk levels associated with playing the sport of dodgeball. All adaptations have been constructed to provide risk mitigation strategies and support test and trace.

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1. INTRODUCTION

We know how important it is for people to be active, and the particular role dodgeball can have in the physical and mental wellbeing of those that play it. As a non-contact sport close person to person contact in dodgeball can be avoided by following the adaptations and considerations laid out within this plan. They include measures to maintain good hygiene and minimise unnecessary interactions with others.

Please be aware that not all facilities will open at the same time, as venues will need to make an assessment based on their own individual circumstances. Where they choose to remain closed, please respect this decision.

Where a local lockdown is in place alternative measures and guidelines may be in place.

We hope you enjoy getting back on court!

2. PRIOR TO ALL DODGEBALL ACTIVITY

- All players, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in dodgeball at training or at an event if they, or someone they live with, has symptoms of COVID - 19, currently recognised as any of the following:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow [NHS and PHE guidance on self-isolation](#)

- Any participants that have been asked to isolate by NHS Test & Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Participants should follow UK Government [guidelines](#) on shielding and protecting people who are extremely vulnerable from COVID-19 if it applies to them.
- All participants are strongly advised to comply with public health restrictions and avoid any high risk behaviour outside of dodgeball to reduce the risk to their fellow participants when they do attend.

- Personal hygiene measures should be carried out at home before and after dodgeball activity.
- Participants should bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures at all times.
- All participants are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. Walk or cycle if you can. People from a household or [support bubble](#) can travel together in a vehicle. See the government's [safer travel guidance](#) for passengers for further information.
- Club representatives should make all participants aware of expected social distancing and hygiene measures during play and whilst at the venue.
- Clubs should strictly limit the time spent congregating at a venue before their dodgeball session begins. Meet-up times should reflect this. All players are encouraged to arrive changed and ready to begin the warm up. Exceptions may be made where safety and safeguarding measures require this, for example supporting disability athletes with minimum time spent waiting or in changing rooms.
- All dodgeball clubs must develop a written COVID-19 plan and risk assessment in line with guidance from the Health and Safety Executive (HSE) prior to activity, a [risk assessment template](#) is available from British Dodgeball.
- All participants must be asked to consider if their underlying health may caution against participation. A [club checklist](#) must be followed to ensure appropriate measures are in place and this must be promulgated to all coaches, assistant coaches, club welfare officers and volunteers.
- All dodgeball clubs running activities for children should also consult the Department for Education [guidance](#) on protective measures for out-of-school settings, which sets out further practical steps providers of community activities, holiday clubs, after-school clubs, tuition and other out-of-school provision for children should follow to minimise the risk of transmission for children attending their club.

- Club representatives should make all participants aware of the increase in transmission risk associated with partaking in even socially distanced group activity and should ensure that all participants are clear that they are opting to participate in dodgeball activity.
- All dodgeball clubs should support track and trace efforts by collecting written information on participants at all training sessions. This must include participants name, email address and telephone number to allow NHS Test & Trace to contact all participants if a player becomes ill with COVID-19. These records must be kept by the club for 21 days. A template is available [here](#).
- All competing teams at British Dodgeball sanctioned tournaments, leagues and matches must complete a COVID-19 registration form for all participating players, coaches, assistant coaches, club volunteers and other club attendees. This form must include each players full name, email address and telephone number. This form must be handed into the British Dodgeball event coordinator prior to play and will be stored for 21 days.
- Each club should have 1 person designated to maintain and be responsible for all club equipment. Other club members may assist this person if they are part of the same household or support bubble.
- The marking out of dodgeball courts including any use of court surrounding nets must be applied and removed by the same person. Other club members may assist this person if they are part of the same household or support bubble.

3. DURING DODGEBALL ACTIVITY

- 6 a-side dodgeball can return as long as groups are limited to aid social distancing at the venue. Please check with your facility hirer.
- Participants should enter the site and warm up whilst maintaining social distancing.
- Equipment sharing during warm ups should be avoided. Where this is not possible, the practice of good hand hygiene must be adhered to.

- All players must practice social distancing during warm-ups.
- All participants should sanitise their hands prior to the start of the activity.
- Extra care should be taken to ensure you do not touch your face during play.
- Hand sanitiser should be used every 20 minutes or less.
- Hand sanitiser should be used prior to consuming any food or drink.
- All players, coaches, officials and other personnel should avoid shouting or raising their voices when facing each other during, before and after participating.
- All participants must remain socially distanced during breaks in play.
- All coaching staff and substitutes must be spread out to 1m+.
- Spare equipment must be stored in a specific spaced area. Individual refreshment storage such as water bottle containers should be used and there should be no sharing of water bottles. All participants must bring their own water bottle in a labelled container and this must be taken away at the end of play.
- The sharing of equipment must be avoided where possible, in particular there must be no sharing of clothing such as training bibs or playing tops. Where a player does not have a matching playing top they will be permitted to wear a non-matching playing top in order to participate.
- All referees and assistant referees should observe the guidance in the same way as participants are required to. All referees must remain socially distanced from players where possible during play.

- Injuries during play should still be treated as participant wellbeing is utmost. The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended. Face coverings are also advisable when undertaking treatment.
- After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum social distancing was maintained. Avoid touching your mouth, eyes and nose.
- Physios or their equivalent, should keep a record of each participant they have come into contact with for test and trace purposes.

4. AFTER ALL DODGEBALL ACTIVITY

- All participants should sanitise their hands after the completion of activity.
- Participants should exit the venue whilst maintaining social distancing.
- One club representative/volunteer should be responsible for collecting and disinfecting any shared equipment.
- Clubs should encourage all participants to report any infection of their household to the NHS Test & Trace system following use of the facility to limit the spread of the virus
- All cloth dodgeballs used should be left untouched for a minimum of 72 hours.
- All foam dodgeballs and other equipment should be disinfected using antimicrobial wipes after each session.
- After participating in dodgeball activity all participants must maintain government mandated social distancing for social interaction. This includes in any available facilities at the venue or other venue participants congregate in afterwards.

- All participants must take their kit home to wash it themselves.

5. ADDITIONAL ADVICE FOR SOCIALLY DISTANCED DODGEBALL MATCH PLAY

During training and match play the following adaptations must be implemented in order to reduce the level of risk. As dodgeball is a non-contact sport the level of risk will remain low following the below adaptations. Interaction between players will be fleeting (less than 3 seconds) and predominantly not face to face. Having completed the droplet transmission risk assessment the following COVID-19 adaptations must be implemented in order to avoid unnecessary breaking of social distancing:

- The court width should be increased to 9 metres for adult and high school dodgeball and 8m for under 11's dodgeball matches. Where this is not possible playing numbers should be reduced to 4 aside. Players are recommended to spread out where possible during game play.
- All outboxes are to be marked out no less than 1m by 5m with 1m markers for 'out' players in place to aid social distancing.
- Where the distance between the back line and the wall is 2m or less ball retrievers should only operate on the side of the court. Unless using substitutes, all ball retrievers should be named and fixed for a full match and must adhere to the same rules around hand hygiene as players.
- Pre or post-game handshakes or team huddles are not permitted.
- No foot support is permitted from a team mate during the opening rush.
- Face to face contact must be reduced to less than 3 seconds.
- Special consideration should be made to avoid throwing towards an opponent's head and face.
- Players are requested to not hold the ball close to their face when communicating with team mates.

- Avoid using your hands to pick up dodgeballs from other courts. Where possible use your foot to return them.
- Dodgeballs that go out of play and are touched by those not competing in that match should be replaced with clean ones.
- A 'hygiene break' should take place at the end of each half (adults and those playing full 15 minute halves) or at the end of each match (junior and those playing 6 x 2 minute games or 2 x 7 minute halves).
- During each 'hygiene break' the dodgeballs should be cleaned using an antimicrobial wipe and all participants hands are cleaned using hand sanitiser. This routine should also be followed at the start and end of any training activity or session. All finger tape must be disposed of correctly and replaced at each hygiene break. All hand and wrist supports should be clean on before each match and hands should be washed without tape or without wearing a support.
- Face to face confrontation with opponents and officials is not permitted. Any communication with the officials must be done whilst adhering to social distancing and without raised voices.
- No team celebrations are permitted.

6. ADDITIONAL ADVICE FOR CHILDRENS ACTIVITY

- For children, maximum group sizes of 30 should include one qualified coach per group plus additional adults required to meet British Dodgeball safeguarding [ratios](#). All groups are to be self-sufficient I.E. a coach cannot oversee more than 1 group.
- Parents should drop off and collect children via a protocol that maintains social distancing

7. ADDITIONAL ADVICE FOR COACHES

- These measures cannot cover every eventuality and coaches must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants and coaches safe.

- Playing and coaching dodgeball in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID-19, coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching dodgeball which continue to apply and must be complied with (DBS, safeguarding, First Aid etc).
- Coaches should make themselves aware of and abide by, all guidelines set out by the U.K. Government, the venue and British Dodgeball regarding use of facilities.
- It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.
- The coach should explain the safety guidelines of what is expected pre, during and post session including what the player is expected to do to maintain compliance with social distancing guidelines and all other health and safety guidelines.

8. ADDITIONAL ADVICE FOR CLUBS & CLUB REPRESENTATIVES

Adherence to the following guidelines should be worked out collaboratively between each club and the facility they hire. As all dodgeball clubs hire facilities they must adhere to the individual facilities specific facility operations plan that incorporates a full risk assessment. This plan will include, but may not be limited to, the following. Further government guidance on indoor sports facilities can be found [here](#).

8.1 PARTICIPANT NUMBERS

Clubs should liaise with their facility provider to discover what the specific capacity for the facility is. Government guidelines state that the maximum occupancy of each indoor facility should be limited by providing a minimum of 100sqft per person.

8.2 MOVEMENT ON SITE

- All venues must have entry and exit and parking arrangements to venues that ensures social distancing can be maintained.
- Venues must display the appropriate signage to facilitate at all points throughout the facility and car park.
- Venues will implement traffic flow systems where possible and appropriate.
- Venues will outline socially distanced areas for teams, officials and spectators.

- Venues will ensure that all accessible provision within the site and the facility are available.

8.3 CHANGING ROOMS AND SHOWERS

- Players should arrive changed and shower at home. Use of changing and shower facilities must follow [government advice on the use of indoor facilities](#) where available.
- If these facilities remain closed, exceptions may be made where safety and safeguarding measures require their use, e.g. supporting disability athletes, a child needs a change of clothing etc.

8.4 TOILETS

The facility guidance around the opening of toilets may vary but the following will usually be required:

- Toilets will need to be opened for pre-match, match and for 30mins following.
 - Signs and posters will be used to build awareness of good handwashing technique, the need to increase handwashing frequency and to avoid touching your face, and to cough or sneeze into a tissue which is binned safely, or into your arm if a tissue is not available.
 - Social distancing marking may be used in areas where queues normally form, and the adoption of a limited entry approach, with one in, one out (whilst avoiding the creation of additional bottlenecks).
 - Hand sanitiser may be available on entry to toilets where safe and practical, and suitable handwashing facilities including running water and liquid soap and suitable options for drying (either paper towels or hand driers) are available.
 - Increased frequency of cleaning in line with usage.
 - High ventilation in indoor facilities is paramount to reducing transmission of Covid-19; facilities will need to be kept well ventilated, for example by fixing doors open and opening windows where appropriate.
 - Special care should be taken for cleaning of portable toilets and larger toilet blocks.
 - A visible cleaning schedule should be put up.
 - More waste facilities and more frequent rubbish collection should be provided.
- Toilets capacity should be managed via entry and exit as per [government guidelines](#)

8.5 HYGIENE

Participants will be encouraged to refrain from spitting or rinsing out their mouths on or around the playing area.

8.6 CLUBHOUSES AND HOSPITALITY

- Venues will use clubhouses and hospitality facilities in line with [government guidance on hospitality settings](#).
- Groups in clubhouses and hospitality facilities must be restricted to six person gathering limits and spread out, in line with wider government guidance.
- High ventilation in indoor facilities is paramount to reducing transmission of COVID-19; the facilities will be kept well ventilated, for example by fixing doors open and opening windows where appropriate.
- If facilities remain closed, exceptions must be made for essential activity such as provision of first-aid or access to essential equipment for the match.

9. FURTHER GUIDANCE

9.1 FACE COVERINGS

Face coverings are required to be worn in any shops, including food shops and supermarkets, it is also recommended that you wear a face covering in other enclosed public spaces where social distancing may be difficult. Face coverings are not required to be worn in exercise or sports venues. We do not recommend the use of face coverings during play as this may risk harm or injury to yourself or others.

9.2 SPECTATORS

At this time British Dodgeball is not permitting any supporters, parents and other spectators to attend events. Where clubs are permitting spectators they must socially distance and be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.

9.3 ADHERENCE TO MEASURES

All players, coaches, volunteers, ball retrievers and spectators must follow the British Dodgeball Code of Conduct and adhere to the COVID-19 adaptations, referees and the British Dodgeball disciplinary committee will be empowered to ensure measures are adhered to through appropriate sanctions. Participants must be clear that they are opting in to participating as defined in the sport-specific guidance with regard to risk and risk mitigation.