



# Torexe Volleyball Club

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## Risk Assessment

### Introduction

The Exeter and Torbay Volleyball Club was formed in 1987 following the amalgamation of the Exeter VC & Torbay VC. The club plays and operates under its short name of Torexe VC and since 2000 has been based at the Riverside Leisure Centre in Exeter. The club is registered, licenced and insured by Volleyball England, the National Governing Body for the sport in England.

The club has about 60 club members and many more associate members.

The club operates a web site ([www.Torexevolleyball.com](http://www.Torexevolleyball.com)), an on line news group and various Facebook groups to inform its members.

### Operation

The sport of volleyball takes many forms, Torexe VC provides regular indoor, grass and beach volleyball sessions for beginners, juniors, intermediate and club players plus a number of tournaments and one off events.

Sessions for other forms of the sport are also run as and when required, these include three and four a side volleyball, Sitting Volleyball and social Glow in the Dark Volleyball.

All sessions are open to any player from any club, however new players to the sport must start at the beginner sessions before progressing to the next level. All players attending are recorded on the clubs attendance register, players are assessed before progressing to the next level, with the Club session being the top level.

All club players must meet a minimum training attendance figure before being allowed to represent the club.

All new players sign a club enrolment form on day one, provide name, address, contact details and emergency contact, juniors also provide a parent consent form.

### Torexe Volleyball sessions

All new players are assessed as to which session they should join and if unsure they start by attending the club beginners session or if a junior, at an appropriate junior session. Players are then assessed by the coach and if appropriate advised which other club sessions they can attend.

#### Restrictions

**Juniors:** Due to the type and weight of a Volleyballs, the club does not generally accept juniors below the age of 12.



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**Beginners Session:** The speed of the ball is restricted during these session, i.e. No over arm serving, no hard spiking.

**Intermediate Session:** Players can progress to intermediate once they have learnt the three main playing positions of the Setter, the Middle, the Outside player and how to switch to one of the named positions.

The speed of the ball is also raised, over arm serving is allowed but not jump serving. Limited controlled spiking is also allowed.

**Club Sessions:** Open to all players who understand the game and hence can join in safely with others to play the game. The speed of the ball is not restricted and hence experienced younger players will not be allowed to join in unless coaches are satisfied that they are physically strong enough.

**Warm up:** All players must warm up before a volleyball session or match.

No player is allowed to play or train until they have completed a warm up as part of a group or individually if arriving late. The warm up will include agility, movement, stretching and ball control with the three main elements of the sport: Digging, Setting and Spiking.

**First Aid:** A Volleyball related (quick response) first aid kit is provided court side by the coaches and includes: Plasters, Tape and Chemical Ice Packs. Additional First Aid facilities are provided by the Leisure Centre.

## Equipment

Torexe VC owns indoor and outdoor equipment which is used at a number of different venues. All equipment meets the international standard set by the National Governing Body.

With respect to this, all equipment is regularly inspected and maintained as appropriate by the club.

## Personnel

Torexe VC is run by a committee which meets approximately every six weeks. In addition to the committee the club has a good number of level 2 coaches that are responsible for running each session. All coaches are registered with Volleyball England and have the required DBS / CRB, First Aid and Safe Guarding certificates.



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## Venue Risk Assessment

Torexe Volleyball Club uses venues owned by Parkwood Leisure, Exeter School, Exeter City Council and East Devon District Council. The club purchases annual Public Liability Insurance from Volleyball England for the regular weekly sessions and one off event licences from Volleyball England for other events run or hosted by the club. Every session and event is risk assessed before the start by the nominated person in charge.

See additional Spreadsheet:

## Riverside LC

Court layout (reference FIVB volleyball rules)

A volleyball court is the 9 x 16m court lines plus the free zone around the outside of the court lines i.e. the rest of the sports hall.

All other equipment must be removed from the hall, within the free zone along the side of the court, space is reserved for match and event equipment. e.g. A score table, chairs for the officials, team benches, warm up area, players kit, substitution zones etc.

## Other items

We often share the venue with other sports, check that these will not present an issue. e.g. Loud music, people walking across the end of the court, flying objects from the other court.