

**Goalball UK Outdoor Activity Guidance**

**Version 2, published 14th May 2021**

This guidance is in reference to outdoor goalball activity only. Indoor goalball activity should continue to follow the main Goalball UK Return to Play Guidance found using the link here: <http://goalballuk.com/the-sport/r2p/>

This document has been designed with the intention of being fully accessible for screen readers. If you are unable to access any of the information, please get in touch by email at Covid@goalballuk.com

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## **Introduction**

With spring here and summer on the way, now is a great time to get outside and be active. There are lots of activities you can do with a goalball in outdoor spaces.

We have provided some activity ideas for organised club led sessions and informal self-organised activity. We encourage you to be creative and create your own activities and sessions in the space and time you have available.

If you do get outdoors with a goalball, we would love to see pictures and or videos of you in action. Tag @GoalballUK on Twitter, Facebook, or Instagram and use the hashtags #OutdoorGoalball and #GoalballFamily.

Goalball UK staff are here to support so, if you have any questions, would like further advice, and or input into your plans please email us at Covid@goalballuk.com.

## **Type of Activity**

There are two types of activity that will determine the restrictions on participant numbers and the protocols required to be in place for activity to take place: Organised activity or Informal self-organised activity.

### **2.1 Organised Activity**

Goalball activity formally organised by Goalball UK, a club, public body, qualified instructor, company, or charity, and which follows Goalball UK return to play guidance.

Before delivering any organised outdoor activity check government restrictions to ensure organised outdoor activity is permitted.

### **2.2 Informal Self-Organised Activity**

Goalball activity that is organised by an individual or a group of individuals with no involvement from an affiliated club or organisation. This activity type can only take place within the legal gathering limits which otherwise apply. We recommend all informal self-organised activity follows the guidelines set out in section 5. Health and Safety.

## **Organised Activity Guidelines**

To be classed as organised outdoor activity the following must be in place:

* Delivered by a coach (paid or voluntary)
* COVID-19 and activity risk assessment carried out ([Appendix A](#_Appendix_A_-))
* COVID-19 Officer appointed for the session ([Appendix B](#_Appendix_B_-))
* Contact details of all persons collected and maintained for the purpose of NHS Test and Trace
* Opt-in process in place for all persons ([Appendix C](#_Appendix_C_-))
* All persons advised to undertake self-screening before attending ([Appendix D](#_Appendix_D_–))
* Follow all the guidance set out in this document

### **3.1.1 Maximum Numbers and Groupings**

There is no restriction on the number of participants allowed for organised outdoor activity.

Based on participant numbers, it is at the discretion of the club or organisation delivering to create smaller groups within the session that don’t come into contact with one another during the activity

To deliver the session and provide the appropriate support to players each session can accommodate support personnel for players. This is defined as one of the following roles:

1. Coach
2. Referee
3. Volunteer
4. Medical personnel
5. Parent, Guardian, or Carer
6. Personal support assistance

We recommend limiting the support numbers to those that are essential to deliver the activity in a safe and appropriate way.

General spectators are allowed while following general outdoor social gathering guidance. However, we would advise you consider if spectators are essential to the session.

### **3.1.2 Player to Coach Ratio**

A minimum of one coach or volunteer with useful vison is required for every six participants.

### **3.1.3 Spacing in Sessions**

Within the space available create individual places people can leave belongings to avoid grouping of participants. Legal gathering limits should be adhered to all participants when not taking part in activity.

### **3.1.4 Social Interaction Before and After Activity**

Social interaction before and after playing any sport should be limited and only take place in line with legal gathering limits and other relevant restrictions. You should check the rules which apply to your local area. Observing the rules during play but then disregarding them after (e.g. by socialising in breach of the wider restrictions) is unlawful, irresponsible and jeopardises both public health and the case for safe sport to continue.

### **3.1.5 Risk Assessment**

Any organised outdoor activity must have an appropriate risk assessment in place for COVID-19 and the planned activity. A risk assessment template can be found in Appendix A. If you require any support with your risk assessment, please email Covid@goalballuk.com

## **Health & Safety Considerations (all activity)**

### **4.1 Pre-Activity Self Screening**

Any person involved in any type of goalball activity should complete a pre-activity self screening questionnaire ([Appendix D](#_Appendix_D_–)) and based on their answers follow the instructions.

### **4.2 Personal Hygiene**

Sanitise your hands:

* Before starting the activity / session
* At regular intervals and breaks during the session (approximately every 20 to 30 minutes)
* Before touching your face and eyeshades
* At the end of the activity / session

### **4.3 Social Distancing**

Follow two metre social distancing guidelines wherever possible before, and after the activity / session. Avoid unnecessary grouping or mixing to reduce the risk of transmission.

### **4.4 Equipment**

* Do not share personal equipment including eyeshades and padding.
* Consider using soft shades for new players or players that do not have their own. These can be washed easily and or kept permanently by the participant.
* If you loan pads, shirts, or other equipment ask the participant to take home and machine wash before returning.
* People should not touch other people’s personal items such as shades, towels, water bottles (including filling up) and or mobile phones.
* Clean all sport specific equipment before and after use. If equipment needs to be shared, balls for example, please ensure they are cleaned at regular intervals (approximately every hour). To clean the ball, use a disinfectant cleaning wipe to wipe the ball then leave to dry (for approximately 5 minutes).

### **4.5 Size of Space, Surface, and Sound**

When delivering outdoor activity there are some key considerations regarding the size of space, surface, and sound alongside the type of activity. Further advice can be found in [Appendix E](#_Appendix_E_-).

### **4.6 Face Coverings**

Face coverings that cover the mouth and nose should be worn in the following circumstances unless people have an exemption:

* When delivering where two metre social distancing can’t be maintained
* When guiding, both the person being guided and the guide
* When travelling to and from activity on public transport, taxi, private car

Participants do not have to wear a face covering while taking part in activity.

## **Activity Ideas**

We have listed some example activities to help you be active. We encourage you to create your own and do the activities you enjoy. If you do get outdoors with a goalball, we would love to see pictures and or videos of you in action. Tag @GoalballUK on Twitter, Facebook, or Instagram and use the hashtags #OutdoorGoalball and #GoalballFamily.

### **5.1 Example Warm-Up Exercises**

Repeat each of the following exercises, with eyeshades off, for 30 seconds (with a short rest period between if necessary). Then take a 30 second rest before repeating each of the exercises again, this time with eyeshades on, for 30 seconds.

Boxing themed circuit:

* Jogging on the spot
* High knees
* Heel flicks
* Jabs - alternate left then right punches straight ahead
* Skipping (with an imaginary rope) - jumping up and down whilst continuously rotating the wrists
* Upper cuts - alternate left then right punches upwards
* Speed ball - a fast, forward, circular motion with your forearms at chest height (like the signal for a substitution)
* Hooks - alternate left then right punches across your body
* Jabs with squats - left jab, right jab, squat, repeat
* Jogging on the spot with 5 second bursts of speed

### **5.2 Example Ball Familiarisation and Joint Mobilisation Exercises**

Repeat some (or all) of the following exercises, with eyeshades off or on, for a set number of repetitions (e.g. 20) or a set length of time (e.g. 30 seconds).

* Round the waist - players repeatedly pass the ball around their waist (clockwise/anticlockwise).
* Round the legs - players repeatedly pass the ball around their legs (left leg then right leg or figures of 8, etc.)
* Combinations - players repeatedly pass the ball around their waist, then their left leg, then their waist again, then their right leg, etc.
* High to low/low to high (kettle bell swings) – players repeatedly move the ball from above their heads to through their legs.
* Left to right/right to left – players repeatedly move the ball in a semi-circular motion from left to right then right to left.
* Clock face - players repeatedly move the ball in a circular motion (clockwise and anticlockwise) from 12 o’clock (high) to 6 o’clock (low) to 12 o’clock (high)
* Roll arounds:
	+ Standing - players roll the ball on the floor around their body, switching hands at the front and then at the back (clockwise/anticlockwise).
	+ Seated - players roll the ball on the floor around their body, switching hands at the front and then at the back (clockwise/anticlockwise).
* Quick hands:
	+ Overhead drop and catch - players start off holding the ball behind their head. They then let go of the ball and quickly try to catch it behind their back before it touches the floor.
	+ Hand switches - players stand with their feet shoulder width apart holding the ball with their hands in the space between their legs. Initially, their right hand is in front of their body and their left hand is behind their body. They then let go of the ball and quickly switch hand positions to try to catch it before it touches the floor.

### **5.3 Example Strength Building Exercises**

Repeat some (or all) of the following exercises, with eyeshades off or on, for a set number of repetitions (e.g. 20) or a set length of time (e.g. 30 seconds).

* Chest press - players hold the ball against their chest with their elbows out to the side at shoulder height. They then push the ball out, away from their chest, and then pull it back in, Towards their chest. (Out/In)
* Shoulder press – players hold the ball by their chin with their elbows down by their ribs. They then push the ball up, extending their arms above their head, and then pull it back down. (Up/Down)
* Triceps extension – players hold the ball behind their head with their elbows out to the side at ear height. They then push the ball up, extending their arms above their head, and then pull it back down. (Up/Down)
* Biceps curl – players keep their upper arm and elbows fixed to the side of their body and then raise their lower arms towards their chin. They then extend their lower arms back down. (Up/Down)
* Calf raises with a:
	+ Static hold – players firmly hold the ball against their chest and then repeatedly push up on to their tip toes
	+ Chest press – players push up on to their tip toes and then do a chest press (Out/In)
	+ Shoulder press - players push up on to their tip toes and then do a shoulder press (Up/Down)
	+ Triceps extension – players push up on to their tip toes and then do a triceps extension (Up/Down)
	+ Biceps curl - players push up on to their tip toes and then do a biceps curl (Up/Down)
	+ Foot hold pulses – players firmly hold the ball between their feet and then quickly push up on to their top toes (so the ball raises off the floor) 4 times before holding for 5 seconds the 5th time
* Lunges with a:
	+ Pass around the front leg
	+ Twist (right angle) to the same side as the front leg
* Squats with a:
	+ Static hold
	+ Chest press
	+ Shoulder press
	+ Triceps extension
	+ Biceps curl
	+ Calf raise (static hold)
* Overhead slams – from above head height, players throw the ball towards the ground as hard as possible. (NB. with strong players this can result in split goalballs!)
* Plank rolls - players are in a straight arm (high) plank position and repeatedly gently roll the ball from one hand back to the other.
* Seated twists - players sit on the floor with their legs crossed and feet raised, with the ball in their hands. They then repeatedly twist from side to side, gently touching the ball on the floor to their left and then their right.
* Folds – players lie on the floor, with their arms and legs fully extended, initially holding the ball between their feet. They then lift their arms and legs up, bringing them together, and take the ball with their hands. Their arms and legs then return to the extended position and the exercise is repeated with the ball this time being exchanged from their hands to their feet. (NB. Players need to have good control to prevent the goalball from being painfully dropped on their face!)

### **5.4 Throwing**

To create a throwing session, consider:

* The surface you plan to throw the ball on ([see appendix E](#_Appendix_E_-)).
* The starting orientation point - this could be a wall or a (tactile) orientation point on the ground.
* The target - this could be a large cone or a plastic bottle against a wall, or an audible cue from a person.
* The type of shot you want to practice (e.g. smooth, bounce, swerve or rotation).
* The speed you are throwing the ball – aiming to build up throughout the session.
* The hand you are using - practice with both if you can.

## **Appendices**

### **Health and Safety Executive LogoAppendix A - Goalball UK COVID-19 Risk Assessment Template**

Club name: Date of next review: [next session]

Date assessment was carried out: Any review should include COVID-19 Officer/s

Original Assessment carried out by: Name & Role

The table below has 7 column headers linked to assessment with rows providing blank space for each risk. If you would prefer to receive this information in non-table format, please contact Covid@goalballuk.com

| Hazard / Risk  | Who might be harmed and how? | What are you already doing to control the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
| --- | --- | --- | --- | --- | --- | --- |
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### **Appendix B - COVID-19 Officer Roles and Responsibilities**

**Introduction**

Prior to restarting goalball, each club must appoint individual/s who will take on the role of COVID-19 Officers for the club.

To help with workload we suggest this is two people.

1. Lead officer responsible for communications with the venue (indoor only), enforcement of procedures, and register as the club’s COVID-19 officer with Goalball UK.
2. Supporting officer responsible for communication with the playing population and workforce to ensure people are well informed of the risks and mitigations in place.

If required one person can oversee both roles.

These individuals will be responsible for ensuring that each session is run in line with Goalball UK’s ‘Return to Play’ guidelines.

It is recommended that either the Club Welfare Officer or Club Secretary take on the lead role as they are already familiar with the club’s existing health and safety policies and procedures.

Coaches should also help by taking an active role for their sessions to ensure that all necessary health and safety procedures are followed during their coaching sessions.

**Roles and responsibilities of the COVID-19 Officers**

* Be aware of the latest Government guidelines and COVID-19 related safety, hygiene and social distancing protocols by completing the CIMPSA ‘Reactivate’ training. Sign up here: <https://prozone.futurefit.co.uk/goalball-uk/plans/1005> You can then sign into your account anytime here: <https://prozone.futurefit.co.uk/goalball-uk/login>
* Lead and complete a COVID-19 risk assessment
* Work with the Club Committee to ensure each session is compliant with the guidance.
* Ensure all players attending sessions understand the guidelines for the session.
* Complete a COVID-19 risk assessment for each session
* Liaise with the session venue (indoor only) to gather information on the venue’s COVID-19 guidance to ensure the session adheres to this
* Ensure the session implements a pre-booking / registration process to manage the number of participants attending each session allowing for you to maintain social distancing measures.
* Ensure contact details for all players attending are collected prior to the session
* Manage session delivery and movement within the sports hall or outdoor space to ensure that group sizes are not exceeded, and social distancing is always maintained.
* Ensure cleaning products are purchased and available and protocols are followed linking to fomite transmission

**NHS Test and Trace**

All participants and workforce have a responsibility to notify the lead COVID-19 Officer should they get symptoms or test positive for COVID-19. The COVID-19 Officer should contact everyone who attended that session to advise them that an individual within the group has reported symptoms or tested positive. If the individual is a coach who has led additional sessions, all participants in these additional sessions need to be contacted.

Full details and process of person displaying symptoms can be found in Displaying of COVID 19 symptoms process in the main Goalball UK return to play guidance here: <http://goalballuk.com/the-sport/r2p/>

**Further support**

These guidelines are accurate at the date of publication but are subject to change in line with Government guidance. Keep checking <http://goalballuk.com/the-sport/r2p/> for the latest version and supporting information or if you have any questions please contact Covid@goalballuk.com

### **Appendix C - Opt-in notice to be used in communications**

By attending **[insert event or activity]** you are personally opting into the session on the basis that you have received relevant information to make an informed choice. If you feel you do not have all the information required, please request further information, or do not attend.

Any person found deliberately or consistently breaking the guidance at the discretion of the appointed COVID-19 officer set out by **[insert organisation]** will be asked to leave the venue / session with immediate effect.

In this instance details will be passed onto Goalball UK as the national governing body responsible for the measures in line with Government advice.

### **Appendix D – Individual Self-Screening Questionnaire**

You must **NOT** attend if you have:

1. Symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather)
2. A new persistent cough
3. A loss of taste or smell
4. Been in contact with a person with suspected COVID-19 within the past 48 hours
5. Been asked to remain at home by the UK Government track and trace system
6. Been advised to self-isolate due to a third party from another setting (i.e., school) that has been infected with COVID-19
7. Anyone within your household who has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by UK Governments

**People previously shielding**

If you were asked to shield previously by the Government (before 1st August), we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

**Opting - Out**

There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them. If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.

### **Appendix E - Outdoor goalball – Size of Space, Surface, and Sound considerations**

As with indoor goalball, it is important to consider the size of space, sound and surface of the outdoor playing area, to ensure that the planned activity is safe and effective in regards to movement of the players and movement of the ball.

Hard surfaces (e.g. 4G, asphalt, concrete, tarmac, paving stones, wet pour, etc.) are OK for throwing practice but are not advised for defending practice unless a mat is being used (see below).

Softer and less abrasive surfaces (e.g. grass) may be OK for defending practices but the ball may not run ‘true’ (if there are any divots or pot holes) and the sound may not be consistent making it harder to track.

Loose surfaces (e.g. gravel) are not advised for any type of activity.

Whichever surface is being used, it needs to be as smooth and flat as possible. It is also vitally important that it is thoroughly checked beforehand to ensure that it is as clean and safe as possible (e.g. no general rubbish, dog excrement, loose stones, tree roots, etc.)

Some form of tactile reference will be beneficial to help with orientation. Mats (e.g. sports or household) will also provide some protection for players when defending but you need to make sure that they are not a slip or trip hazard. You also need to be aware of possible ricochets. Alternative options could be ‘throw down’ rubber lines or lengths of thick rope (rather than the thin 3mm string that is used indoors).

Plastic disc/space marker cones, that provide the best possible colour contrast to the surface, could be used to mark out the playing area (or individual zones) for the benefit of those players with some useful vision (when not wearing eyeshades).

It may not be possible to accurately or safely mark out an 18m by 9m court as you would indoors. However, if you are intending to play games, it is important that there is sufficient distance for the ball to travel, to give the players sufficient time to track it. Similarly, having a high ball line marked (6m from each goal), even if only visible to the coach (e.g. a cone at either side), will be beneficial for providing accurate feedback.

When initially selecting where to hold your session, consider the proximity to other people, buildings, pathways and roads as a loose ball could be a hazard to a passing pedestrian, cyclist, motor vehicle or dog off a lead. Background noise also needs to be kept to a minimum.

A central meeting point may be required to then travel to the exact designated playing area together. An enclosed or secluded area is preferable to a wide, central, open area as it is easier to contain all the players, their personal belongings, any guide dogs and the equipment. Regardless, make sure valuables are kept as safely as possible. In line with your risk assessment, players should not have anything in their pockets whilst taking part in activity.

Finally, be aware of the weather conditions and how they may change during and between sessions – a grass surface may be suitable one week but then not the next if there has been heavy rain (and the grass is therefore muddy) or if it has been very hot (and the grass is therefore baked). Throughout the session, ensure players are dressed appropriately for the outdoor air temperature and the intensity of the activity, wearing suitable protective clothing and padding.

## **Disclaimer**

The support, tools and resources provided in this guidance are solely for general information. Goalball UK is not your adviser and any reliance you may place on this general information is entirely at your own risk.

Care has been taken over the accuracy of the content of the guidance, but Goalball UK cannot guarantee that such information is up to date or reflects any or all relevant current legal requirements.

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