

Volleyball

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in volleyball or beach volleyball as a curriculum activity, including skills development, training and competitions.

Mandatory/special requirements

Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.

Modified versions of volleyball (e.g. Spikezone) may include additional and/or alternate risks and equipment that should be considered in planning this activity.



Risk level

- **Medium** risk: Teaching of volleyball or beach volleyball skills, training and competitions.

Minimum supervision requirements

- Supervise net play closely at all times.

Minimum qualifications for supervisors

- A registered teacher with competence (knowledge and skills) in the teaching of volleyball or beach volleyball.
- OR**
- A registered teacher or other activity leader with [Level 1](#) coaching accreditation from Volleyball Australia. This course may be undertaken through the [Get Active Queensland Accreditation Program](#).

Minimum requirements for equipment/facilities

- A clearly defined playing area (including boundary clearances).
- Padding on posts and referee stands.
- Facilities and equipment that adhere, as close as practicable, to [Volleyball Queensland](#) regulations.
- For indoor facilities, adequate lighting (with lights protected) and ventilation.
- Footwear appropriate to the playing surface, type of activity (i.e. training or match) and age of participants.

Hazards and controls

| Hazards | Control measures |
|--------------------------|---|
| Environmental conditions | <ul style="list-style-type: none"> • Clearly define the playing and clearance areas prior to play commencing (recommended clearance of 3m surrounding the playing area). |

| Hazards | Control measures |
|------------------------|--|
| | <ul style="list-style-type: none"> • If the recommended boundary clearance is not met, provide instructions to the officials/supervisors and players about the limited clearance zone and the steps they could take to ensure safety, including the following: <ul style="list-style-type: none"> - reduce the size of the playing field to achieve an adequate clearance zone - remove spectators/dangerous obstacles within the clearance zone - station supervisors near any obstacles within the clearance zone - pad any obstacles located within the clearance zone. • Position referee stands and chairs for lines people with regard to player safety. • For beach volleyball: <ul style="list-style-type: none"> - cover the base of portable posts with sand and rake sand before use - ensure lines are of flexible, non-injurious material (i.e. cords or webbing). Wood, metal or other solid material should not be used - ensure sand depth is at least 30cm and extends beyond the court by at least 2m. • Ensure indoor court surfaces are non-slip. |
| Equipment | <ul style="list-style-type: none"> • Check equipment (including net posts) for any damage before play commences, and remove from use if necessary. • If using a ratchet winch net system, ensure care is taken when adjusting/releasing the high tension system. Refer to Creating Healthier Workplaces Hazard Alerts for further information. • Avoid the use of guy wires to support posts wherever possible. If used, they should be visible to players and covered with protective pads. • Ensure winch handles on posts are removed or padded if non-removeable. • For modified games (ages 8–11) use: <ul style="list-style-type: none"> - a smaller sized court (13m x 6.5m) - a lower net height - a softer and lighter ball - less players on the court - modified rules. |
| Student considerations | <ul style="list-style-type: none"> • Adopt procedures to minimise loose balls entering playing and warm-up areas, and establish safe procedures for their removal. |

Additional links

- Beach Volleyball
<http://www.beachvolleyball.com.au/>
- Queensland School Sport Unit
<https://queenslandschoolsport.eq.edu.au/Pages/default.aspx>
- Sports Medicine Australia Injury Fact Sheets
<http://sma.org.au/resources-advice/injury-fact-sheets/>
- Volleyball Australia
<http://www.volleyballaustralia.org.au/>

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