

Return to Dodgeball



The Irish government has announced that sporting activities will be allowed to resume from the 29th of June. While the Irish Dodgeball Association is happy that our country is continuously making progress in our management of the coronavirus pandemic, we want to make sure that dodgeball is resumed in a responsible and safe manner.

When played normally, it is impossible to play dodgeball in a socially distanced manner, and face masks are not practical when engaging in high levels of physical activity. Therefore, we understand if some clubs do not wish to resume training sessions from the 29th of June. However, we also understand how important it is for people to stay active, and the particular role dodgeball can have in the physical and mental wellbeing of those that play it.

If you wish to start playing again, Irish Dodgeball have developed a set of guidelines you can follow, so that dodgeball can be played in Ireland with minimal risk, where the situation allows it.

Venues:

Dodgeball venues across the country are all different and operate in different local contexts. Therefore, each dodgeball club should assess whether a safe exercise environment can be provided by the venues available to them.

Work with your venue operator in relation to clean up of the venue between various sporting activities and regarding the handover of a playing area from one sport organisation to another. For example, you may agree that dodgeball players arriving for practice wait until the venue is fully vacated before entering and that cleaning of the playing surfaces has been completed since the last activity in the hall. You could agree with the venue to implement a short buffer period (e.g. 10 minutes) between court bookings to allow time for players from one booking to leave before players from another arrive.

Ensure there are hand washing or sanitising facilities where you are playing.

Training management:

Coaches are encouraged to adopt new ways of incorporating physical distancing into their planned activities, where possible.

Training sessions should temporarily be limited to existing club members and restrictions applied on new joiners to the club.

Strict attendance records should be kept by club management for each training session, and this should be available for presentation to authorities should this be requested (for possible contact tracking).

If running multiple courts, please take measures to avoid balls from different courts mixing.

Where possible, eliminate the use of cash for payments in relation to training sessions, and instead utilise online banking or card services (e.g. Revolut), if possible.

Player Responsibilities:

Players should not play if they are feeling unwell.

Players should not attend more than one dodgeball club's training sessions.

Players should respect other players by following Government guidelines on other activities, if issued, such as not attending mass gathering or events and then coming to training, and to practice public health advice for hygiene.

Wash/sanitise your hands and face before and after sets. As hand washing is more effective than hand sanitation, hand washing would be our preferred method.

Given the length of time sporting activity has been suspended, it is advised that anyone returning to dodgeball ease themselves back in to play gently.

If present at dodgeball activities, but your team is not currently on court, please adhere to social distancing rules of staying 2 metres apart from other people present.

Gameplay:

Avoid head shots as much as possible. (If you receive a head shot, please wash your face immediately.)

Play in smaller groups to allow more distance between you and your fellow players on court, for example 2 V 2 or 3 V 3 games.

Please maintain physical distancing when standing in the outbox area.

Avoid touching your face.

We would encourage no running for the middle ball and recommend that only one person should run for the balls allocated to their team.

We would encourage the temporary elimination of neutral zones on court, with players only moving as far as the centre line during play.

We would encourage the temporary elimination of sacrifice plays.

If you need to cough or sneeze, please leave the court and wash your hands before resuming play.

Teams should be kept as consistent as possible and the mixing of players avoided throughout a training session.

Equipment:

As the coating of foam balls allow for easier and quicker sanitisation, we would recommend playing with them instead of cloth balls. However, as cloth dodgeball is the most popular form in Ireland and clubs are much more likely to only use these types of balls, please note that proper sanitisation of cloth balls will involve the wetting of their surface (therefore leaving them unsuitable for play until dry) or leaving them untouched for a considerable length of time (therefore leaving them unsuitable for play for the remainder of a training session). We would recommend swapping out cloth balls for unused/previously sanitised ones at regular intervals.

Please ensure to wash your hands after removing balls and before placing new balls on court.

Communication:

Communicate with your club members clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow.

Please don't forget, you are responsible for your own and your teammates health and safety, play responsibly and for fun. Please keep yourself and others safe.