



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM VOLLEYBALL

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

We're the beach volleyball group inside Keep Calm, the not-for-profit community for English speakers in Barcelona. We play year-round on the city's beaches, and there's no trial, no tryout, and no minimum skill level to show up.

Volleyball is more informal than some of our other sports. Instead of a booking system, games happen because someone in the WhatsApp group posts one, and whoever's free turns up. That means there's almost always something on, but it also means the group itself is where you find out what's happening.

If you've never touched a volleyball, that's genuinely fine. If you played competitively at school and haven't picked it up since, that's fine too. We mix skill levels across teams on purpose, so nobody spends a whole session on the sideline.

HOW A SESSION WORKS

There are two kinds of games:

- **Regular Saturday sessions.** These happen most Saturdays, roughly 14:00 to 18:00, at one of our usual beaches. An organiser posts the session in the group with the exact time, beach, and how many spots are available, and you join by responding to that post.
- **Ad-hoc games.** Anyone can start one. Someone posts something like "Volleyball at Nova Icaria at 6pm, who's in?" and a game comes together from whoever replies. You don't need to be an organiser to do this yourself.

We play on Barcelona's public beach nets, most often at Nova Icaria, Somorrostro, Bogatell, or Barceloneta. They're free and first-come, first-served, which is why sessions usually ask people to arrive a little early. Games are typically small mixed teams (two, three, four, or five a side) with rotation when serving, so the format naturally balances out different skill levels within a game.

We keep playing through the year. Beach sessions carry on into winter whenever the weather allows, and some members also organise indoor volleyball at local clubs when it doesn't.

HOW TO JOIN

1. Join the Keep Calm Volleyball WhatsApp group: keepcalm.fit/whatsapp/volleyball
2. Say hello, then watch the group for the next session post.
3. Reply to say you're coming (or, for the Saturday poll, vote) so the organiser has accurate numbers.
4. Show up at the meeting point. That's it.

Prefer a women-only space to start out in? Keep Calm also runs a dedicated women's volleyball group, alongside all the mixed sessions above, not instead of them: keepcalm.fit/whatsapp/womans-volley.

There's no cost to any of this. We use public beach nets, so sessions are free. The only exception is an occasional indoor booking at a club, which carries a small venue fee that's always communicated in the group before you'd need to pay it.

Keep Calm is an 18+ community. By joining any of our groups or sessions, you're confirming you're 18 or over.

SAFETY AND INCLUSIVITY

Turning up to a sport where you don't know anyone is genuinely daunting, so here's what's actually true about ours: sessions have a clear meeting point posted in advance, there's a named organiser running each one, and because we deliberately mix experience levels into every team, you'll never be the only beginner or the only newcomer on the sand. Bringing a friend along for your first session is completely normal, and welcomed.

A few practical things that keep everyone safe and comfortable:

- Bring water. Barcelona beaches often have no shade, and dehydration sneaks up on you.
- Sunscreen and a hat go a long way. The sun here is stronger than it looks.
- Warm up before playing, and if you're not feeling well, sit a round out rather than pushing through it.
- If your plans change after you've said you're coming, let the group know so someone else can take the spot.

For anything beyond what's here, our full safety, data, and conduct policies are at keepcalm.fit/policies.

RULES AND ETIQUETTE

- If you say you're coming, make the effort to show up. If you can't anymore, tell the group so someone else can take your spot.
- When a session is oversubscribed, priority goes first to existing community members, then to whoever voted or replied first.
- The organiser brings the shared equipment (net, balls) for everyone; help set it up and pack it down rather than leaving it to one person.
- Rotate teams and mix skill levels so everyone gets game time. This is a social game, not a tournament.
- Respect other beach users, take your rubbish with you, and look after the public nets we all rely on.

FAQ

I've never played volleyball. Can I still come? Yes. The beach format is forgiving, there are usually other beginners in the same session, and more experienced players are happy to help you along rather than keep score of your mishits.

What should I bring? Water, sunscreen, a hat, and comfortable beach clothing. The organiser usually brings the net and balls, though you're welcome to bring your own too. Most people play barefoot.

How much does it cost? Nothing, for beach sessions. Public nets are free. An occasional indoor club session may carry a small venue fee, always flagged in advance.

Do I need to book? No formal booking system. You join by replying to the session post (or voting in the Saturday poll) so the organiser knows numbers, but there's no separate registration step.

Can I bring a friend? Please do. It's one of the easiest ways to feel comfortable on your first session.

Who runs the sessions? Volunteer organisers from within the community. Keep Calm is not-for-profit, so nobody's being paid to run these, and anyone who wants to start organising sessions themselves is welcome to.

LINKS

- Join: keepcalm.fit/whatsapp/volleyball
- Women's volleyball: keepcalm.fit/whatsapp/womans-volley
- Policies: keepcalm.fit/policies
- Website: keepcalm.fit