



Updated 20th July 2020

Risk Assessment for preventing the spread of Covid-19 amongst players, parents and coaches/volunteers during outside competitive grassroots football

This risk assessment observes Government guidance and football-specific protocols outlined by the English Football Association and has been approved by members of the FC Redwing club committee. It applies to outdoor youth and adult football, as well as the small-sided game. For now, indoor football and futsal are not permitted.

In outdoor competitive training and matches, physical contact is allowed, but for all other activity (e.g. warmups/cool-downs) the Government guidance on social distancing should be observed. Two-metre social distancing should be observed where possible but, where not possible, 'one-metre plus' distancing should be observed. The guidance you are reading is FOR ALL – players, coaches, club officials, club welfare officers, match officials, league officials, volunteers, parents/carers, spectators.

If you're not comfortable returning to football, whatever your role, there is no pressure to do so. Everyone's health, wellbeing and safety are the priorities.

It is mandatory for parents/carers to acknowledge receipt and intent to adhere with the policy.

IMPORTANT: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you must stay at home until an NHS practitioner advises you that you no longer need to remain in isolation. If you, or anybody in your family, shows symptoms at any point AFTER a session (eg up to two weeks afterwards) please ensure that you notify your team manager or a member of the FC Redwing Committee.

In the table below level of risk is defined as

Red	High Risk
Amber	Medium Risk
Green	Low Risk

Activity/Risk	Who might be harmed and how?	What will we do	RAG Risk Rating	What else can you do to control this risk?	Final RAG Risk Rating	Action by whom	Target date
COVID-19 self-assessment	Everyone	<p>All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19- symptoms, as per NHS test-and trace guidelines. (See Appendix 1)</p> <p>Team managers will keep a register of anyone attending sessions (including parents), to help manage 'NHS test and trace', if an infection is reported to someone present.</p>		<p>This check should be done before each training session and must be recorded in regular risk assessments and it is important to note that no training session should take place without this having been done.</p> <p>Should an individual have demonstrated any such symptoms, they must not participate. Instead they should follow NHS and PHE guidance on self-isolation.</p>	<i>Green</i>		
Training at an appropriate location	Players/coaches/parents/public if social distancing cannot be complied with	Ensure that a controlled environment is identified and that the location has enough space to take the session(s)	<i>Amber</i>	Agree training areas prior with the club committee	<i>Green</i>	<i>FC Redwing</i>	<i>On-going</i>
Travel to and from training - Players who cannot get to training sharing transport	Some players may not be able to travel to the chosen training location	All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle.	<i>Amber</i>	<p>If participants do have to travel with people outside their household or support bubble they should try to:</p> <ul style="list-style-type: none"> • Share the transport with the same people each time; • Keep to small groups of people at any one time; • Open windows for ventilation; • Face away from each other; • Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch; • Ask the driver and all passengers to wear a face covering; • Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus if 	<i>Amber</i>	<i>Coaches and parents</i>	<i>On-going</i>

				<ul style="list-style-type: none"> possible, and the wearing of face coverings on coaches or minibuses; • Require regular hand sanitisation by passengers on a coach or minibus; • Limit the time spent at garages, petrol stations and motorway services; • Keep distance from other people and if possible, pay by contactless; • Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle; • When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible. 		
Training session formats	Players/coaches/parents not observing social distancing (where necessary) increases risk infection	<p>Ensure that all sessions are limited in accordance with FA Guidelines i.e. Group maximum to 30 which includes a minimum of two FA-DBS checked coaches/adults</p> <p>Ensure that if there are multiple groups at the location, there is enough space to keep the groups a suitable distance apart</p> <p>Ask accompanying parents to stay in sight but adhere to 2m social distance guidelines</p>	<i>Red</i>	<p>Use cones to mark out the training areas for each group with reasonable distance in between each training area</p> <p>Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.</p> <p>Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing.</p>	<i>Amber</i>	<p><i>FC Redwing & Coaches</i></p> <p><i>On-going</i></p>

<p>Personal hygiene and use of football equipment</p>	<p>Players/coaches at risk of cross contamination and risk spreading the virus</p>	<p>Players/coaches to washing hands before attending sessions</p> <p>GK to use own gloves and not share</p> <p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person.</p> <p>The nature of football means that the ball is not frequently handled. When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected.</p> <p>No high fives/handshakes</p> <p>All players to bring any additional equipment of their own and drinks</p>	<p><i>Red</i></p>	<p>Coaches remind players about sneezing and coughing routine i.e. cover mouth; sneeze into elbow.</p> <p>Coaches to be provided with team sanitiser for use on arrival and leaving</p> <p>Coaches to use sanitising wipes to clean equipment</p> <p>All equipment to be fully sanitised between ALL sessions e.g. multiple evening sessions and/or weekly session</p> <p>Small-sided football should be modified to provide more regular hygiene breaks in activity..</p> <p>Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.</p>	<p><i>Amber</i></p>	<p><i>Coaches</i></p>	<p><i>On-going</i></p>
<p>Training session planning and activity</p>	<p>Players/coaches if sessions aren't carefully planned to avoid close contact which will increase the risk of spreading the virus</p>	<p>Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).</p> <p>Care should be taken on busy sites with limited access points to ensure safe play.</p> <p>In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines on two metres or 'one metre plus'. You can read these guidelines.</p>	<p><i>Amber</i></p>	<p>Ensure plans completed and shared in advance of session so players know on arrival what to expect.</p>	<p><i>Amber</i></p>	<p><i>Coaches</i></p>	<p><i>On-going</i></p>

Symptomatic attendees	Coaches Players Parents and potentially siblings who attend training	Parent/player/coach responsibility not to turn up to training and put others at risk if they are Covid19 symptomatic Players and coaches to be reminded this applies to any illness or injury	Amber	All to agree not attending training and, if they have been to a session and subsequently display Covid-19 symptoms to report to the coach who will report to the committee. Symptoms on the PH Website are; <ul style="list-style-type: none"> • Continuous cough • High Temperature • Loss of smell/taste Any player displaying symptoms will be asked to leave the session.	Amber	Coaches	On-going
Players or coaches in what are considered high risk Category A or B Groups	Players who are in high risk categories or considered vulnerable to Covid19	Players/coaches in this category should not take part in training if they have received medical advice that they are in high risk categories	Amber	Player/parent/coach to declare and sign risk assessment that they are not in high risk category as outlined on the PH England website	Green	FC Redwing	On-going
Players not adhering to social distancing before and after football	Players/coaches if physical contact is made and or moving too close	Instruct group in advance of session of the expectations. Remind at each session	Amber	Stop training if social distancing is not adhered to	Green	Coaches	On-going
Attending to someone injured or hurt	Players and coaches if physical or close contact is necessary	Calling 999 if an emergency Parent to be called to attend to player Call emergency contact is the casualty is coach Face mask must be worn by first aider	Amber	First aid kits to be replenished and ensure gloves; medical mask tissues to be included	Green	FC Redwing	On-going
Access to toilet facilities	Players and coaches if facilities are not available or are not clean	Toilets on site will be open 30 minutes before and after football Parents and players advised.	Green	Where possible, use facilities prior to leaving home	Green	Coaches	On-going
Safeguarding of players - Children and young people whose health and	Coaches to be mindful that for some children and young people lockdown will have been a stressful and anxious experience and may have even experienced bereavement	The CWO or manager is willing to talk with parents about access to support if any family is experiencing difficulties	Amber	Coaches, players and parents are familiar with the CWO and how to report concerns or seek support if needed	Green	FC Redwing	On-going

wellbeing may have been impacted by Covid19		Coaches to be advised to look for changes in players that might indicate they have been affected				
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Player name	<p>I/we agree to my son/daughter to train under the conditions set out in this risk assessment.</p> <p>I/we have explained the information to them, and they have understood</p>	Parent or guardians' signature.
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Appendix 1

Each participant should self-screen prior to arrival at training to ensure they do not have any of the following symptoms (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection.	Check negative	Check positive
A high temperature (above 37.8°C) <ul style="list-style-type: none"> • Some clubs may include on-site temperature checking of participants as part of their SOP, this is more relevant to clubs who employ medical staff. 	<input type="checkbox"/>	<input type="checkbox"/>
A new continuous cough.	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath.	<input type="checkbox"/>	<input type="checkbox"/>
A sore throat.	<input type="checkbox"/>	<input type="checkbox"/>
Loss of or change in normal sense of taste or smell.	<input type="checkbox"/>	<input type="checkbox"/>
Feeling generally unwell.	<input type="checkbox"/>	<input type="checkbox"/>
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks.	<input type="checkbox"/>	<input type="checkbox"/>