



FOOTBALL TRAINING COVID-19 RISK ASSESSMENT

**Worthing United Youth and
Strikers**

Assessor: Greg Johnson

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Ref No: Covid-19 RA v1.1/2020

Brief of Training Activity:

This is a template document for use during the Covid-19 pandemic covering all football related training, for Worthing United Youth and Strikers FC. It relates to players, coaches, club officials, club welfare officers, match officials, league officials, volunteers, parents/carers and spectators. The management of training hazards and control measures associated with Covid-19, is broken down into the following task list:

Kit & Equipment

- Issuing process
- Return process

Venue Management

- Clubhouse
- Club and Council managed training venues
- Outside Hired Training venues

Training Management

- Refreshments
- PPE
- RPE
- Welfare

Test and Trace

This risk assessment has been written in conjunction with guidance from Government, Public Health England (PHE) and the FA but due to the fact this will be an evolving process as new guidance becomes available, this risk assessment will be subject to change. This risk assessment has been generated on the working assumption that training will be conducted in a respirable atmosphere.

RISK RATINGS

RISK RATING MANAGEMENT

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CONSEQUENCE (C)		LIKELIHOOD (L)		C x L	RISK	ACTION REQUIRED:
1	No Injury	1	Highly Unlikely to occur	1-5	Low (L)	Manage control measures for continuous improvement.
2	First Aid Injury	2	Unlikely to occur	6-15	Medium (M)	Implement control measures or further control measures, where possible, to reduce risk rating to as low as reasonably practicable.
3	Lost Time Injury (3 -7 days)	3	Possible			
4	Over 7 Day / Specified Injury	4	Likely to occur	16-25	High (H)	Consider stopping activity. Implement control measures or further control measures, where possible, to reduce risk rating to as low as reasonably practicable immediately.
5	Death / Life Changing Injury	5	Highly Likely to occur			

SUPPORTING REFERENCED DOCUMENTS:

Policies, FA documents:	Core Risk Assessments, other documents:
FA Level 1& 2 in Coaching Football FA Safeguarding Policy FA Guidance Notes 5.5 – Ratio of Adults to Children FA Updated Guidance on Permitted Grassroots Football Activity During Covid-19 – 1 June 2020	Worthing United Youth and Strikers Policy and Procedures Corona Virus Act 2020 Vale School hirers Risk assessment Worthing Leisure hirers Risk assessment Worthing Borough Council Policies COVID-19 Guidance on restarting outdoor grassroots football v1 (18 th July 2020) Test and Trace Guidance

General Information:

Covid-19 is caused by a coronavirus called SARS-CoV-2.

Centres for Disease Control and Prevention (CDC) have said that SARS-CoV-2 is a respiratory virus and as such, it is mainly transmitted between people through "respiratory droplets" when symptomatic people sneeze or cough. This idea, that large droplets of virus-laden mucus are the primary mode of transmission, guides the CDC's advice to maintain at least a 6-foot distance between people. • Droplets can remain on for surfaces several hours but have been found to be still active after 17 days.

It is fair to say that there is conflicting scientific data, so we must ensure that 'current' Government advice is adhered to, until there is evidence to the contrary on how the virus is transmitted between people, or the advice is to 'scale down' restrictions because the 'R' value is acceptable.

Although not listed in the PERSONS AT RISK section of this assessment, there is an acceptance that where a Coach or player becomes infected, there is a potential risk for cross contamination with that person's immediate family.

Coaches, players and players parents attending training are expected to be responsible and professional, in that they will not turn up for training if they display symptoms and therefore a training environment will be considered a respirable environment.

Nominated COVID Officer will review risk assessment and procedures in line with government and FA guidelines.

Existing Policy Controls:

All training sessions will be led by minimum FA Level 1 qualified coach

All coaches and assistants are current DBA checked.

All coaches and assistants are minimum FA Level 1 Introduction to First Aid in Football.

All players are registered with the FA and the club.

All Football Coaches are cognisant of the COVID-19 restrictions, Government and FA guidelines, which allows the initial risk ratings (likelihood) to be lower.

HAZARDS What has the potential to cause harm?	PERSONS AT RISK Who could be harmed and how?	Post – Existing Policy Controls			CONTROL MEASURES What further control measures are implemented to reduce and manage risk?	Post – Further Controls			Person/s Responsible & Further Action Required
		C	L	R		C	L	R	
<p>Issuing of kit and equipment causing potential risk of infection and cross contamination, due to:</p> <ul style="list-style-type: none"> Transferring of football related training equipment between different coaches and players. Coaches not adhering to social distancing guidelines. Ineffective cleaning of kit and equipment prior to training use. 	<p>Coaches Players</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<p>Prior to the commencement of training, all coaches and players should ensure good hand hygiene by washing their hands thoroughly and applying anti-bacterial hand gel.</p> <p>Prior to training beginning, all footballs will be wiped down with anti-bacterial wipes by a single coach at the point of issue.</p> <p>Any cones, or training aids being used should be set up in advance and wiped down (if suitable) by one coach.</p> <p>Players are NOT to be involved in the setting up of training aids unless instructed by a lead coach.</p> <p>All footballs will be kept away from players until they are immediately required for the training activity.</p> <p>Prior to footballs being issued, players should be verbally reminded:</p> <ul style="list-style-type: none"> They should avoid touching the footballs with their hands as much as possible. They should avoid touching their faces at all times, especially during and after training. <p>Coaches should plan to ensure that only essential kit and equipment is brought to training.</p> <p>Bibs can be used but should avoided swapping bibs during the session. Each player is issued with a bib during the session should take it home with them and wash it returning it the next session.</p> <p>Anti-bacterial wipes and hand gel MUST be available.</p>	5	2	M	Coaches

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<p>Return of kit and equipment causing potential risk of infection and cross contamination, due to:</p> <ul style="list-style-type: none"> Coaches not adhering to social distancing guidelines. Ineffective cleaning of kit and equipment prior to training use. 	<p>Coaches Players</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<p>Nominated coach must ensure that all kit and equipment, suitable for wiping, is cleaned at the end of the training session.</p> <p>On completion of training session, coaches MUST remind all persons that they should use anti-bacterial hand gel on their hands before touching personal kit and wash their hands thoroughly upon arriving home.</p>	5	2	M	Coaches
<p>Clubhouse Environment</p> <p>Potential risk of infection and cross contamination, due to:</p> <ul style="list-style-type: none"> Social distancing not adhered to. 	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<p>Coaches and players should change at home prior to attending training and return home post training, to change and shower etc.</p> <p>Toilets to be open 30 minutes before training/match play, during and for 30 minutes after training/match play.</p> <p>Where coaching staff or players require the use of toilet facilities, this must be dynamically assessed at the time to ensure social distancing can be maintained.</p> <p>If kit and equipment needs putting away 1 person at a time must enter clubhouse and or social distancing maintained.</p>	5	1	L	Coaches Parents Players
<p>Managed Training Venue</p> <p>Worthing United Youth and Council owned pitches.</p> <p>Potential risk of infection and cross contamination due to:</p> <ul style="list-style-type: none"> No one way system thereby causing potential pinch points Coaches / Players / Parents not adhering to social distancing guidelines. No anti-bacterial hand gel available. 	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<p>Signage placed where appropriate to ensure a 'One Way' system is observed but where this is not possible, coaches to advise parents to use a sensible approach when arriving for training and avoid pinch points and arriving on mass in one area.</p> <p>In order to ensure adequate space in which to socially distance - Coaches must communicate prior to training to ensure that there is not a clash with other age groups and should consider staggered start times where applicable.</p> <p>Coaches should communicate effectively with parents (preferably via written means) prior to training to ensure:</p> <ul style="list-style-type: none"> (Where possible) that only one parent attends training with their child. They must not be close enough to form part of the training group. <p>Coaches should identify suitable locations for the parents to wait and watch, if required.</p> <p>In order to comply with Government and FA guidelines, parents must not congregate with persons from outside their own household, in groups of more than 6.</p>	5	1	L	Coaches Parents

<p>Outside Hired Training Venues Vale School and Worthing Leisure Centre</p>	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> ● Fatality ● Scalable infection ● Lost time due to self-isolation ● Corporate liability <p>Damage to organisational reputation</p>				<p>The public have access rights as these are Council owned pitches/recreational grounds, which are fully open for public use. Therefore large numbers of public may preclude training due to the inability to effectively social distance. In these circumstances,</p> <ul style="list-style-type: none"> ● Coaches are to politely ask members of the public to make way to allow football training to continue. ● If this is not successful and coaching staff cannot ensure social distancing - then Coaches MUST NOT train or train in a different area. ● Coaches should consider training on different days to other teams to avoid overcrowding. <p>At all times coaches, Players and parents will comply with the activity risk assessment contained within this document and Fa Covid safe Guidelines.</p> <p>In addition Coaches to make themselves aware of the Specific venue risk assessment for each site used. Coaches , parents and Players to abide by Venue Risk assessment for Vale school and Worthing leisure centre at all times</p>				
<p>Considerations around the potential for injury, illness and cross contamination in respect of:</p> <ul style="list-style-type: none"> ● Requirement for first aid to be given. 	<p>Coaches Players Parents/Carers</p> <ul style="list-style-type: none"> ● Fatality ● Scalable infection ● Lost time due to self-isolation ● Corporate liability ● Damage to organisational reputation 	5	3	M	<p>All coaches MUST be current and competent in FA Level 1 Introduction to First Aid in Football.</p> <p>There MUST be an FA compliant first aid kit at every training session.</p> <p>Where a coach needs to administer first aid due to urgent nature or no contactable parent, the coach must wear a fluid resistant surgical mask and gloves.</p> <p>If a person is required to perform cardiopulmonary resuscitation (CPR), they should comply with Government guidelines:</p> <ul style="list-style-type: none"> ● Conduct a dynamic risk assessment. ● Adopt appropriate precautions for infection control. ● In adults, it is recommended that you do not perform rescue breath or mouth to mouth ventilation, perform chest compressions only. ● Cardiac arrest in children is more likely to be caused by a respiratory problem, therefore chest compressions alone are unlikely to be effective. ● Where a decision is made to perform mouth to mouth ventilation, a resuscitation face shield should be used (where available). 	5	3	M	<p>Coaches Parents Players</p> <p>Information communicated to parents regarding requirement to be immediately contactable.</p>

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					<p>Where a child requires first aid, priority must be given to their health and wellbeing and where the first aid requirement is considered not urgent:</p> <ul style="list-style-type: none"> A parent (or carer where applicable) should attend to administer aid. <ul style="list-style-type: none"> This will require the parent (carer) to be in the immediate vicinity whilst adhering to social distancing guidelines OR Be contactable by phone (mobile/landline). Where old enough, a player may self-administer minor first aid under the direction of a coach - social distancing guidance must be observed. 				
<p>Potential risk of infection and cross contamination, due to:</p> <ul style="list-style-type: none"> Provision of drinks Sharing of drinks and food 	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<p>Coaches MUST NOT provide drinks or food for any player or other coach.</p> <p>Players and coaches should bring a drink in their own bottle, and they must retain possession of this bottle throughout. There MUST NOT be any sharing of food or drink, or handing drinks bottles to each other at any point.</p> <p>Players should also Must Not squirt water bottles at each other that they have used for drinking.</p>	5	1	L	<p>Coaches Parents Players</p>
<p>Potential risk of infection and cross contamination, due to:</p> <ul style="list-style-type: none"> Poorly planned activities Coaches not adhering to social distancing Players not adhering to social distancing Parents not adhering to social distancing Poor briefing of parents and players prior to training 	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> Fatality Scalable infection Lost time due to self-isolation Corporate liability Damage to organisational reputation 	5	3	M	<ul style="list-style-type: none"> 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). Care should be taken on busy sites with limited access points to ensure safe play. Facilities should consider staggering start times and allowing cleaning time between change-overs. Clubs should determine the appropriate ratio of coaches to participants, following the relevant FA safeguarding policy outlined in safeguarding guidance notes 5.5. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other. 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'. Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with 	5	2	M	<p>Coaches Parents Players</p>

					<p>wider government guidance, ensuring space for officials, coaches and substitutes.</p> <ul style="list-style-type: none"> • Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off. • Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible. • Warm-ups/cool-downs should always observe social distancing. • Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made. • Match preparation meetings by officials should be held by video call or phone calls (where appropriate). • Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls. • Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time. • Goal celebrations should be avoided; • Interactions with referees and match assistants should only happen with players observing social distancing. • Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens. • 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. 				
Test and Trace requirements	<p>Coaches Players Parents</p> <ul style="list-style-type: none"> • Fatality • Scalable infection • Lost time due to self-isolation 	5	3	M	<p>Clubs and facility providers must support NHS test and trace efforts by collecting name and contact information on participants at both training and matches.</p> <p>This information should be stored for a minimum of 21 days in-line with the Government Recreational Team Sport Framework and collected/processed in accordance with the Data</p>	5	1	L	<p>Coaches Parents Players</p>

	<ul style="list-style-type: none"> Corporate liability Damage to organisational reputation 				<p>Protection Act 2018 and in line with GDPR principles. It should be used only for the purpose of NHS test and trace. Clubs and facility providers should follow current UK Government NHS test and trace Guidance.</p>				
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<p>Review Date:</p>	<p>The review of this risk assessment will be driven by Government and FA guidance.</p>
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