



## SOUTH WOODHAM FERRERS UNITED COVID 19 RISK ASSESSMENT



# 3G Matches & Training

Date	24th March 2021
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Risk Assessment Written by	Helen Pasquale Darren Thompson Chris Firminger	Date to be Reviewed	April 2021
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Description of Risk Assessment	This Risk Assessment is for any member of SWFU to follow during the COVID 19 Pandemic to minimise risk to coaches, players, parents and any other stakeholder within the club, and to opposition players, coaches and spectators.
Location details	This Risk Assessment is specifically aimed for use at the following locations: <ul style="list-style-type: none"> <li>• 3G, South Woodham Ferrers Leisure Centre</li> </ul>

With all training and matches, which involves children (and parents) in a social setting, preventing the spread of COVID-19 involves dealing with direct transmission i.e. when in close contact with those sneezing and coughing, and indirect transmission (via touching contaminated surfaces).

A range of approaches and actions must be employed to prevent both direct and indirect transmission. These can be seen as a hierarchy of controls that, when implemented, creates an inherently safer system and where the risk of transmission of infection is substantially reduced. These include:

- ✓ minimising contact with individuals who are unwell by ensuring that those who have COVID-19 symptoms, or who have someone in their household who does, do not attend training
- ✓ cleaning hands more often than usual - wash hands thoroughly for 20 seconds with running water and soap and dry them thoroughly, or use alcohol hand rub or sanitiser ensuring that all parts of the hands are covered
- ✓ ensuring good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach



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- ✓ cleaning frequently touched surfaces often, using standard products, such as detergents and bleach
- ✓ minimising contact and mixing by altering, as much as possible, the environment and training and pitch layout
- ✓ Ensuring that all stakeholders are aware of the safety measures being implemented and that they are following them at all times
- ✓ Ensuring that the players wellbeing is optimum at all times

It is important to understand the following guidelines by which children (and parents) should or should not travel to training, or go to training as outlined below.

<b>Social distancing</b>	Everyone must follow the same principles of 2-metre social physical distancing while travelling to and from training, and while at training.
<b>Self-isolation</b>	Anyone who has either a high temperature or a new persistent cough, or is within 14 days of the day when the first member of their household showed symptoms of COVID-19 should not come to training, and must follow the guidance on self- isolation.
<b>Person at increased risk</b>	Anyone who is at increased risk of severe illness from COVID-19 is strongly advised to stay at home and should be particularly stringent about following social distancing measures.
<b>Persons defined on medical grounds as extremely vulnerable</b>	Anyone identified as extremely vulnerable will be advised by their health authority and must follow the guidance on shielding and protecting extremely vulnerable people.
<b>Living with a person in one of the above groups</b>	Anyone living with a person who is at increased risk of severe illness, or an extremely vulnerable person who is shielding from COVID-19, should stringently follow the guidance on social distancing and minimise contact outside the home.



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### If someone falls ill

If a person develops a high temperature, or a persistent cough, or a loss of taste or smell while at training, they should:

- Return home immediately (with the person they arrived with)
  - Avoid touching anything
  - Cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough, and sneeze into the crook of their elbow.
- They must then follow the guidance on self-isolation and not return to training until their period of self-isolation has been completed.

## Key Updates to FA guidance (22.9.20)

- From 24th September 2020 all venues must display NHS Track and Trace QR codes
- From 29th March 2021: Grassroots leagues and FA competitions can commence

### The following key considerations need to be made:

- **Everyone should self-assess for COVID-19 symptoms** before and after every training session or match. **If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend**
- **Clubs and facility providers** should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19
- **Competitive training** is now permitted, with groups limited to a maximum of 30 people, including coaches



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- **Competitive match play** is now permitted, with social distancing in place before and after the match, and in any breaks in play
- **Player and officials** should sanitise their hands before and after the game as well as scheduled breaks throughout a game or training session
- **Ball handling** should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play
- **Goal celebrations** should be avoided
- **Equipment should not be shared**, and goalkeepers should ensure they regularly disinfect their hands and gloves in breaks in training or matches and thoroughly afterwards. Where possible, coaches should only handle equipment in training.
- **Participants should follow best practice for travel** including minimising use of public transport. People from a household or support bubble can travel together in a vehicle.
- **Clubs should keep a record of attendees** at a match or training session, including contact details, to support NHS Test and Trace

The following risk assessment outlines key considerations for use of the 3G and should be used alongside the latest Risk assessment produced by the club. This Risk Assessment is not exhaustive, and every measure must be taken to minimise risk for players, coaches, parents, any other members of SWFU, users of the 3G, opposition teams and the general public.



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Identified Hazard/Risk/Consideration	Who may be affected?	Risk Factor before control measures have been implemented				Existing Control measures	Additional Control Measures implemented by SWFU	To be actioned by:	Completion date:	Risk Factor after control measures have been implemented (if still severe-high, this activity must not be carried out)			
		severe	high	moderate	low					severe	high	moderate	low
<b>Travelling to and from the 3G</b>	-Players -Coaches -Parents -General Public		high			-Parents and carers are responsible for any travelling to and from the 3G -Coaching volunteers are DBS checked, but it is not recommended that coaches give players lifts to and from the 3G unless they are a) from their own family or b) accompanied by another adult	<b>-Participants should follow best practice for travel</b> including minimising use of public transport. -People from a household or support bubble can travel together in a vehicle.	-Players -Coaches -Parents	April 2021				low



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<p><b>Arrival and departure at the 3G</b></p>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Parents</li> <li>-general Public</li> </ul>				<ul style="list-style-type: none"> <li>-Parents and carers responsible for parking appropriately and safely to ensure their child arrives safely at training</li> </ul>	<ul style="list-style-type: none"> <li>- The staggering of drop-off and collection times by pre-arrangement</li> <li>-entrances to pitches via two gates dependent on which pitch you are training or playing a match on (A or B entrance) see map in pre-match protocol</li> <li>-Ensure a time gap between each match so that groups do not enter the 3G whilst another match is playing</li> <li>-Indicate the pitch area clearly, so that other 3G users do not cross or enter the area (use signs where possible)</li> <li>-Indicate where opposition and home team are to conduct warm ups, stand during play and to place their belongings</li> <li>-Match day benches must not be used due to all players needing to be socially distanced in breaks of play</li> <li>-Only players and coaches are to enter the 3G compound during training, other members must remain outside of the</li> </ul>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Parents</li> <li>-Public</li> </ul>	<p>April 2021</p>				
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						<p>green large gates and will not be permitted inside</p> <ul style="list-style-type: none"> <li>-One spectator will be permitted per player during matches</li> <li>- Implement a drop-off and collection system that optimises social distancing</li> <li>-Introduce a one-way system so that entrance and exiting the 3G ensures that social distancing is maintained</li> <li>-Provide a hand-cleaning station at entrance and exit of the 3G (hand sanitiser)</li> <li><b>-Every adult must scan the NHS track and trace QR code before entering the venue for training and matches.</b></li> </ul>					
<b>3G Pitch</b>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Parents</li> <li>-general Public</li> </ul>				<ul style="list-style-type: none"> <li>-Playre-coach ratio as directed by the FA</li> <li>-Only players and coaches are allowed access to the pitch</li> </ul>	<ul style="list-style-type: none"> <li>- Only players and coaches are permitted to enter the 3G pitch (green area)</li> <li>- Inform members of the public and spectators that they cannot enter the area during training, use signage where possible</li> </ul>	<ul style="list-style-type: none"> <li>-SWFU Committee</li> <li>-Coaches</li> </ul>	April 2021			



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						<ul style="list-style-type: none"> <li>-Only one spectator per U18 player is permitted for safe-guarding purposes and must remain socially distanced at all times</li> <li>-Spectators at matches must ensure they remain on the tarmac area of the 3G and not enter the 3G pitch, except in medical emergency cases where they are delivering emergency first aid to a member of their family</li> <li>-Allow plenty of space between players waiting to enter training and matches</li> <li>- <b>players and coaches should not attend if they are displaying any COVID 19 symptoms</b></li> <li>- where possible, have marshalls to encourage social distancing</li> <li>- Plan arrangements for access for emergency vehicles, should an emergency arise. Maintain this access point as solely for emergency access.</li> </ul>					
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							<p>regularly clean their hands and gloves, players should wash hands after contact with equipment</p> <p>-Ensure players bring their own water bottles- there must be no sharing of drinks</p> <p>- ensure players use the toilet at home before attending the match</p> <p>- enforce the 'catch it, kill it, bin it' respiratory hygiene good practice and ensure that hand cleaning is immediately taking place after a sneeze or cough</p>							
<p><b>Toilets, Changing rooms and Showers</b></p>	<p>-Players -Coaches -parents</p>					<p>-Public toilets are available at the leisure centre but a player uses these at their own risk as they are maintained by Chelmsford county council</p> <p><b><u>-No changing rooms are available for SWFU use</u></b></p>	<p>-All players should use the toilet at home before arriving at matches</p> <p>-Players should arrive already in their kit</p> <p>-There are no changing rooms available at this venue</p> <p><b>-Toilet facilities are used at the player/coaches own risk as these facilities are not maintained by the club</b></p>	<p>-Players -Parents</p>	<p>April 2021</p>					



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<p><b>First aid and Emergency situations</b></p>	<p>-Players -Parents -Coaches</p>			<p>-All first aid must be carried out by an FA accredited first-aider to avoid any breach of insurance and safeguarding</p>	<p>-First aid must be administered to preserve life and to minimise personal injury -First aid kits to be updated with disposable face coverings (mask for close contact and a face shield for CPR), disposable gloves, sealable plastic bag for disposing of any hazardous materials including those which have come into contact with bodily fluids such as saliva -All coaches must bring their own first aid equipment to their match to minimise cross-contamination between groups and individuals -First aid kits must be well stocked and cleaned after every use -Where possible, a family member should administer first aid, away from the pitch if casualty is able to be moved, or on the pitch socially distanced from others -Emergency planning should include significant delays to response times due to the</p>	<p>-Committee -Coaches -Parent</p>	<p>April 2021</p>				
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							<p>demand on emergency services at this current time</p> <ul style="list-style-type: none"> <li>- Consider how able a child is able to attend to their own minor injuries such as a nose bleed, with intervention from the coach to minimise contact</li> <li>-Ensure emergency services can have their own separate entrance and exit to the training ground, to minimise contact with the public</li> <li>-Ensure provision is in place for a parent to collect their child early should they need first aid, ensuring they do not come into contact with another group and can maintain social distancing</li> <li>-Any participant who becomes covid symptomatic must immediately leave the £G and return home</li> </ul>								
<b>Contact Tracing</b>							<ul style="list-style-type: none"> <li>-Coaches <b>must</b> record attendees of matches and training, if they are unable to check in with the NHS track and trace app</li> </ul>	<ul style="list-style-type: none"> <li>-Covid officer</li> <li>-Coaches</li> <li>-Committee</li> </ul>	April 2021						



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						<ul style="list-style-type: none"><li>-All attendees must use the NHS track and trace app to record their attendance</li><li>-The NHS app should be used for training and matches, every session. Failure to comply may mean a spectator is not allowed access to the pitch</li><li>-If a player/attendee becomes ill after a session, and it is suspected to be COVID 19, the parent must contact their coach, so that contact tracing can be established and correct isolation procedures must be followed (refer to government guidelines)</li><li>-If a SWFU member becomes unwell the COVID-19 action plan will be invoked</li><li>-If a member of the opposition becomes unwell, they must make contact with the SWFU team they played against so that the SWFU COVID-19 plan can be invoked</li><li>-Other players and parents should be informed to minimise further spread of infection</li></ul>						
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						<p>followed (refer to government guidelines)</p> <ul style="list-style-type: none"> <li>-The COVID-19 action plan must be invoked straight away by contacting Helen Pasquale (Covid-19 officer)</li> <li>-Other players and parents should be informed to minimise further spread of infection and to be extra vigilant of symptoms</li> </ul>					
<b>Use of equipment</b>	-Coaches -Player				-Coaches must bring their own equipment (equipped by the Club) to all sessions	<ul style="list-style-type: none"> <li>-Equipment to be kept to a minimum</li> <li>-Equipment should not be shared and goalkeepers should ensure they disinfect their gloves regularly in breaks of play, and thoroughly after training and matches.</li> <li>-Whistles should not be shared and should be disinfected after every session</li> <li>-Where possible, coaches should only handle equipment in training.</li> <li><b>-3G goals must only be moved by leisure centre staff and will be cleaned and</b></li> </ul>	-Committee -Coach -Player	April 2021			



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					<p><b>disinfected by leisure centre staff between sessions</b></p> <ul style="list-style-type: none"><li>-All equipment to be cleaned before and after a match with an effective cleaning fluid</li><li>-Use of feet to touch the ball is to be encouraged at all times</li><li>-Ball handling should be kept to a minimum, with the ball being disinfected in breaks of play, using the sanitisation equipment provided by SWFU.</li><li>-Players must minimise unnecessary contact with equipment and should be encouraged to clean their hands at regular intervals/ during stoppage time</li><li>-Players with special needs must have their needs met and provision should be adjusted for them so that they can participate fully</li><li>-Players and coaches should ensure their kit is clean when attending a session and that it is washed immediately after a session</li><li>-Players and coaches should wash hands before and after</li></ul>						
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						the session, for at least 20 seconds -It is recommended that players and coaches should shower at home after training and matches						
<b>Communicating Plans</b>	-Coaches -Committee -Parents -Players -Wider Public				-Communication comes via coaches and the committee to Parents and Players -Social media and local journalism used to reach the wider public	- Risk Assessment and Covid Action plan to be shared with coaches, parents and any other stakeholder that is affected by changes to provision i.e. Council -Any changes to the plan must be communicated immediately -Any changes to government and FA advice must be followed by all members of our football community -Parents will not be permitted to spectate during training within the 3G facility due to social-distancing regulations and considerable surfaces that would have to be cleaned after a session -1 spectator per U18 player for matches only -Training should only be attended by a registered player	-Committee -Coaches	April 2021				



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						<p>and parents should be encouraged to drop and then collect after training</p> <ul style="list-style-type: none"> <li>-Communication will continue to be paramount to ensure the safety of the entire community</li> <li>-Matches may be cancelled for a variety of reasons, particularly if the risk is increased or guidelines change. This will be communicated immediately to those who are affected.</li> <li>-Communication is encouraged between parents and coaches so that any other risks can be identified quickly and resolved or reduced</li> <li>-Coaches must communicate effectively with their team and the committee so that smooth operations can be maintained</li> <li>-Coaches and the Committee are responsible for health and safety, therefore matches cannot take place if this risk assessment is unable to be followed by any member/player.</li> </ul>						
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<b>Before a Match</b>	<ul style="list-style-type: none"> <li>-Coaches</li> <li>-Players</li> <li>-Committee</li> </ul>				<p>-Currently, arrangements for matches are between the SWFU coach and the opposition coach.</p>	<p>-Pitches must be secured via the correct channel with the correct amount of notice, so that all arrangements and allocations can factor in maintaining social distancing</p> <p>-Communication between the SWFU coach and opposition should be regular, ensuring that no member of either team is ill before arriving at the match</p> <p>-Pre match protocol must be shared with the opposition as soon as a match is confirmed</p> <p>-SWFU coaches should share this risk assessment with the opposition so that all players and coaches are aware of SWFU procedures</p> <p>-Coaches are responsible for informing their parents and spectators of where to park and stand during the match.</p> <p><b>No spectator is allowed on the 3G pitch unless there is a medical emergency and first aid is being administered to a family member</b></p>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Committee</li> </ul>	April 2021				
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						<ul style="list-style-type: none"> <li>-All coaches should complete a simple register of players who have attended training sessions and matches</li> <li>-All players and coaches must ensure they have cleaned their hands before a match begins</li> <li>-All equipment must be cleaned thoroughly by a SWFU coach before play can commence</li> <li>-All warm ups before a match, should be socially distanced, away from the opposition team and where possible, player on player contact should be kept to a minimum</li> <li>-No huddles are permitted</li> <li>-Team talks can resume as long as players and coaches are socially distanced</li> <li>-No handshakes before a match begins</li> </ul>							
<b>During a match</b>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Spectators</li> <li>-Officials</li> </ul>				<ul style="list-style-type: none"> <li>-Normal match play includes celebrations, contact, handshakes and stoppages of play</li> </ul>	<ul style="list-style-type: none"> <li>-All spectators should be socially distanced at all times, only one spectator is permitted per player for safe-guarding purposes</li> </ul>	<ul style="list-style-type: none"> <li>-Coaches</li> <li>-Players</li> <li>-Referees</li> <li>-Committee</li> <li>-Spectators</li> </ul>	April 2021					



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						<ul style="list-style-type: none"><li>-Players should clean hands frequently during stoppages of play</li><li>-The ball should be cleaned during stoppages of play</li><li>-Substitute players should be socially distanced and away from other players</li><li>-Individual player belongings should be placed in clearly marked areas where no other person's belongings can come into contact. All belongings including hand-sanitiser and water bottles must be clearly named</li><li>-At half time, all players should be socially distanced and all should clean their hands</li><li>-Goalkeepers should clean their gloves during natural stoppages of play, and must not wet their gloves with saliva</li><li>-If a ball/ equipment comes into contact with any bodily fluid, it must be cleaned</li><li>-Players must not spit, if they continue to do so they can be asked to leave the pitch</li></ul>						
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						<ul style="list-style-type: none"> <li>-No goal celebrations that involve physical contact</li> <li>-Where possible, physical contact should be kept to a minimum i.e. high 5's should not occur</li> <li>-Coaches should remain on the touchline, unless administering first aid. They could remain in their half for the entire game</li> <li>-Shouting should be kept to a minimum due to the increased risk of spreading the virus</li> </ul>					
<b>Maintaining Social distancing during a match</b>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Officials</li> <li>-Spectators</li> </ul>				<ul style="list-style-type: none"> <li>-Normal matches include some physical contact</li> </ul>	<ul style="list-style-type: none"> <li>-Competitive matches now permitted</li> <li>-Competitive match play is now permitted, with social distancing in place before and after the match, and during any breaks in play.</li> <li>-During breaks in play, players and coaches must remain socially distanced</li> <li>-Goal celebrations should be avoided</li> <li>- Youth football coaches are encouraged to limit persistent</li> </ul>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Committee</li> </ul>	April 2021			



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						close proximity of participants during match play and training. -The committee must ensure adequate pitch space is given - Physical contact should be kept to a minimum during training and matches					
<b>After a match</b>	-Coaches -Players -Spectators -Officials -Committee				After a match player and spectators usually mingle and discuss the match.	-After a match has finished, players and coaches should resume social distancing -They must vacate the 3G facility immediately, being aware of other users waiting to play -All players, officials and coaches should clean their hands -Goalkeepers should ensure their hands and gloves are cleaned thoroughly -All equipment, including goal posts, should be cleaned using the sanitisation products provided - <b>The SWFU coach must ensure all opposition and spectators have used track and trace systems to check in to the venue</b>	-Players -Coaches -Officials -Committee -Spectators	April 2021			



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						<ul style="list-style-type: none"><li>-All players and coaches must vacate the 3G pitch as soon as possible so that cleaning of the area can be undertaken and social distancing optimised</li><li>-Equipment must be collected quickly and cleaned away from the astroturf, using disinfectant (on concrete area of 3G)</li><li>-Cleaning of all equipment must be carried out by the SWFU coaches</li><li>-Players and coaches should leave via the correct egress point and avoid contact with anyone external to their group</li><li>-all players, coaches and spectators must use hand sanitiser on exit</li><li>-in the event of any player/coach/ official becoming unwell after the match, the covid officer- Helen Pasquale, must be informed so that the COVID-19 plan can be actioned immediately.</li><li>-Track and trace will be essential so clear communication will be required</li></ul>						
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