



## SOUTH WOODHAM FERRERS UNITED COVID 19 RISK ASSESSMENT



# Matches & Training on grass pitches

Date	24th March 2021
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Risk Assessment Written by	Helen Pasquale Darren Thompson Chris Firminger	Date to be Reviewed	12th April and when further updates are released
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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>• Compass Gardens</li> <li>• Saltcoats Park</li> <li>• WDF school pitches</li> <li>• Rettendon Pitches</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 government 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 (24.3.21)

- The NHS track and trace QR code must be displayed at all venues
- From March 29th 2021 Grassroots football can commence, with new guidance to follow on April 12th 2021

### 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 and must inform your coach/manager**
- **Clubs and facility providers** should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19



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- **Competitive training** is now permitted, with groups limited to a maximum of 30 people, including coaches
- **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. Players should 'check in' to venues using the NHS app and QR codes.

The following risk assessment outlines key considerations since the latest guidance release; This Risk Assessment is not exhaustive, and every measure must be taken to minimise risk for players, coaches, parents and any other member of South Woodham Ferrers United.



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## Before any football activity takes place

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>What needs to be in place before football activity starts</b>	-Players -Coaches -Parents -General Public		high			-all coaches and families to read the latest FA guidance -COVID-19 officers in place (Helen Pasquale and Tony Thomas) -Risk Assessments in place -relevant insurances in place	-FA guidance sent to all coaches and stakeholders, namely families of players.  -Risk assessments should be read by all members  -Risk assessments reviewed in line with government and FA guidance and sent to all coaches plus published on website	-Covid officers and committee	April 2021				low
<b>Symptoms</b>	-coaches -players -parents	severe				-COVID-19 is a highly infectious disease- all	<b>-Players and coaches should not attend training or matches if they display any</b>	-Covid officer -Committee	April 2021		high		



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	-general public				members of the community must follow government guidance	<b>of the following symptoms or if anyone in their household does</b> <ul style="list-style-type: none"> <li>- persistent cough</li> <li>- temperature</li> <li>- loss/change to taste or smell</li> </ul>	-Players -Coaches -Parents					
<b>Arrival at venues</b>	-Players -Coaches -Parents -				-Clear signage for one way systems and staggered drop off to venues in place -Track and Trace system in place	-Training and matches continue to be staggered so that individuals and teams do not mix with other groups -All adults to check into each venue when they arrive	-Covid officers and committee	April 2021				
<b>Safety briefings</b>	-Players -Coaches -Parents -				-All information on SWFU website -Coaches briefed regularly	-Players and coaches to be regularly updates as and when there are changes to rules or guidance	-SWFU Committee and Covid officers	April 2021				
<b>Changing rooms and showers</b>	-Players -Coaches -Parents				-No changing rooms available to use	-Players must attend training and matches already in their kit. <u>There are no changing rooms available for club use.</u>	-SWFU Committee -Players -Coaches -Parents	April 2021				
<b>Toilets and facilities</b>	-Players -Coaches -parents				-Public toilets are in use, but a player/coach uses this at their own risk as they are owned by the council	-All players should use the toilet at home before arriving at matches -Players should arrive already in their kit	-Players -Parents	April 2021				





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						<p>c) <b>A loss of, or change to their sense of smell or taste</b></p> <p>-No member is allowed to attend matches or training is they have these symptoms and must follow NHS &amp; government guidance</p> <p>-Anyone who has been instructed to self-isolate may not attend training or matches</p>								
<b>Player illness before, during or after the session</b>	-Player -Parent -Coach				<p>-A player/coach/official may become ill before the session and will therefore not be allowed to attend the session</p> <p>-A player/coach/official may become ill during the session and will be collected as soon as possible</p> <p>-A player/coach/official may become ill after the session</p>	<p>- <b><u>If a player or coach is displaying any COVID 19 symptoms they must follow government guidelines and not attend matches or training</u></b></p> <p>-If a player becomes ill during a match they must be isolated immediately, away from any other person and a parent must collect immediately.</p> <p>-This player must then follow government guidelines and medical advice and will not be able to return to matches or training until the isolation process has been adhered to</p> <p>-If a player/attendee becomes ill after a session, and it is suspected to be COVID 19, the</p>	-Parents -Players -Coaches -Committee	April 2021						





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						parent must contact their coach, so that contact tracing can be established and correct isolation procedures must be followed (refer to government guidelines) -Other players and parents should be informed to minimise further spread of infection -The coach must inform Helen Pasquale (COVID officer) immediately						
<b>Travelling to and from venues</b>	-Coaches -Player -Officials -Spectators -Volunteers				-Players are encouraged to make their own way to venues	-All participants must follow guidance on safer travel, namely: a) not sharing a car with someone from outside your household b) minimising use of public transport  -Coaches are not permitted to travel with players unless they are from their own household -Parents and players are advised to park safely, away from others and to ensure social distancing -Venues have clear entrances and exits and a one way	-Individual participants -Coaches -Committee -Covid officers	April 2021				



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						system is encouraged where possible							
<b>Safeguarding</b>	-Coaches -Committee -Parents -Players -Wider Public					-Safeguarding remains everyone's responsibility -A safeguarding officer ( Mike Warren) is available to contact via email and phone at all times	-The risk assessment is to be followed by all members of SWFU -Any concerns related to safeguarding must be reported immediately to Mike Warren -Members of SWFU to be vigilant and make sure that players are safe and fit to play	-Coaches -Committee -Safeguarding Officer	April 2021				
<b>Advance information</b>	-Coaches -Players -Committee -Parents					-Plans and arrangements shared with all members of SWFU in advance and shared via email and website	<b>-All parents of players aged under 18 must give written consent for their child to play, ensuring they are comfortable with SWFU's Covid-19 planning and risk assessments</b> <b>-By signing this consent, parents are agreeing to their child's participation and that they are happy with the club's COVID-19 arrangements</b> <b>-Consent must be given before any player can attend matches or training</b>	-Parents -Coaches -Committee	April 2021				
<b><u>During Training and Matches</u></b>													



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<p><b>Social Distancing during training</b></p>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Spectators</li> <li>-Officials</li> </ul>			<p>-Normal match play includes celebrations, contact, handshakes and stoppages of play</p>	<p>-Competitive training can take place for all participants in an outdoor setting</p> <ul style="list-style-type: none"> <li>-Start times should be staggered for training to avoid busy periods of time and congested change-overs</li> <li>-Time should be allowed for cleaning before another team enters a venue</li> <li>-All adults must check in to the venue using the NHS track and trace QR codes</li> <li>-Spectators are only allowed to attend training for safeguarding purposes and is limited to <u>one spectator per player aged Under 18 only</u></li> <li>-<u>Spectators must be socially distanced at all times</u></li> <li>-Spectators must check in to the venue using NHS QR code</li> <li>-During breaks of play and before and after sessions, social distancing between players, coaches and officials must be practised in line with government guidance</li> <li>-No huddles or celebrations that involve breaking social</li> </ul>	<ul style="list-style-type: none"> <li>-Coaches</li> <li>-Players</li> <li>-Referees</li> <li>-Committee</li> <li>-Spectators</li> </ul>	<p>April 2021</p>		
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						distancing guidelines are permitted						
<b>Maintaining Social distancing during a match</b>	-Players -Coaches -Officials -Spectators				-Normal matches include some physical contact	-Competitive match play is now permitted, with social distancing in place before and after the match, and during any breaks in play. -Players should have a space for their individual drinks bottles and sanitiser and for when they are a substitute. <u>Player benches are not permitted</u> at this time due to the nature of sitting in close proximity to one another. -No personal equipment, such as water bottles or hand sanitiser should be shared and must be clearly named -During breaks in play, players and coaches must remain socially distanced -Goal celebrations should be avoided - Youth football coaches are encouraged to limit persistent close proximity of participants during match play. -The committee must ensure adequate pitch space is given	-Players -Coaches -Committee	April 2021				



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						<ul style="list-style-type: none"> <li>- Physical contact should be kept to a minimum during matches</li> <li>-Any payments, i.e. to a referee should ideally be made in a contactless way i.e. bank transfer or using the FA matchday app</li> <li>-Spectators are only allowed for safe-guarding purposes and must remain socially distanced.</li> <li>-Spectators and all adults must check in to the venue using the NHS track and trace QR code</li> </ul>					
<b>Covid-19 modifications to match play</b>	<ul style="list-style-type: none"> <li>-Coaches</li> <li>-Players</li> <li>-Spectators</li> <li>-Officials</li> <li>-Committee</li> </ul>				<ul style="list-style-type: none"> <li>-normal match play involves some physical contact and traditions such as goal-celebrations</li> </ul>	<ul style="list-style-type: none"> <li>-No pre-match handshakes are permitted</li> <li>-Team talk huddles should not take place</li> <li>-Warm ups and cool downs should observe social distancing</li> <li>-match preparation meetings should be held by video call or text</li> <li>-Set plays- free kicks should be encouraged to be taken in a timely way to allow the game to proceed and avoid long defensive positions such as a wall</li> </ul>	<ul style="list-style-type: none"> <li>-Players</li> <li>-Coaches</li> <li>-Officials</li> <li>-Committee</li> <li>-Spectators</li> </ul>	AUG 2020			



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						<ul style="list-style-type: none"> <li>-Set plays- corners should be taken promptly to limit prolonged close contact of players involved in close-marking and goal posts and corner poles should be cleaned before, at half time and after a match</li> <li>-Goal celebrations must be avoided</li> <li>-Interactions with officials such as referees should only happen with players observing social distancing</li> <li>-Small-sided football should be adapted to allow for hygiene breaks (hand sanitising). Players should avoid touching equipment where possible.</li> <li>-Youth Football coaches are encouraged to limit prolonged close proximity of players in all match play and provide regular hygiene breaks in activity</li> <li>-Face coverings to and from the venue and in public spaces that are crowded should be encouraged and all members must follow government guidance on face coverings</li> </ul>						
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<p><b>Use of equipment</b></p>	<p>-Coaches -Players -Committee</p>					<p>-Currently coaches are provided with equipment and are responsible for bringing it to training and matches</p>	<p>-Sharing of equipment should be avoided where possible. -Participants should take their kit home and wash it themselves - where kit such as bibs need to be shared due to last minute arrangements i.e. player substitution, all people handling the kit must immediately sanitise their hands and the items i.e. bibs will need to be washed -The club provide sanitising fluid for coaches to use to clean balls, cones and any other equipment. This must take place at the beginning, during breaks of play and after a match or training. -Balls must only be handled by direct participants in the game and should be controlled with feet rather than hands where possible. Where there are breaks in play or training, balls should be sanitised, especially where there have been repetitive throw-ins -Shouting by players, coaches and/or spectators is</p>						
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						discouraged as there is an additional risk in situations where people are in close proximity and shouting or conversing loudly. -No players should spit and will be given a warning, if they continue to spit they will be asked to leave the field. -When coughing or sneezing, where possible use a tissue or upper sleeve and ensure all tissues are disposed of in a sealed bin as soon as possible.						
<b>Behaviour and Conduct</b>	-Players -Officials -Coaches -Committee				The club follow the FA code of behaviour	-The COVID-19 officer is responsible for ensuring that the code of behaviour has been communicated to all members of the club, namely players, coaches and parents. -Players must be fully aware that they are opting-in to participate in football activities and therefore agree to follow guidance from the FA, the Government and South Woodham Ferrers United -Failure to comply with rules may mean that players/coaches will be asked						





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						to leave a match or training, and in severe instances may be asked to leave the club following disciplinary action by the committee.						
<b>First Aid arrangements</b>	-Committee -Coaches -Players				All FA level one and above hold a first-aid certificate	-All injuries must be treated as participant health and safety is paramount -The club has provided PPE and this should be worn when treating and administering first aid in close proximity -Personal hygiene, such as handwashing is fundamental in ensuring the spread of COVID-19 is reduced - Where possible, the player should treat their own injuries or a member of their household -After close contact, hands should be sanitised immediately -All coaches should have a first-aid kit with them at all sessions -Any first aid equipment that has been used must be destroyed using correct methods	-Committee - Coaches	April 2021				



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						-Any player, coach or official who becomes covid symptomatic during a match must leave immediately and return home, following government and NHS advice -Coaches should have an up-to-date list of all emergency contact numbers for each of their players						
<u>After training and/or matches</u>												
<b>Social Distancing</b>	-Players -Coaches -Spectators				In normal circumstances, players and coaches may linger after a match and hold a team talk	-Players, coaches and officials must leave the venue as soon as possible to enable cleaning and reduced risk of busy times which could detrimentally impact social-distancing measures -All players, coaches, spectators and officials must immediately observe social-distancing after the match or training -team talks should occur via video-call where possible and must be socially distanced. <b>They must not be conducted on the pitch.</b> - No huddles, celebrations or handshakes are permitted	-Coaches -Officials -Committee	April 2021				



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<b>Hygiene</b>					In normal circumstances, players and coaches may use changing rooms or facilities	<ul style="list-style-type: none"> <li>-No changing or toilet facilities are available at this time</li> <li>-All participants must clean their hands immediately after training and matches using their own sanitiser</li> <li>-All kit that has been shared must be sanitised and washed if it is a material.</li> <li>-Players must wash their own personal kit immediately after the session</li> </ul>		April 2021				
<b>Leaving the venue</b>					In normal circumstances people would enter and exit the venue at the same time	<ul style="list-style-type: none"> <li>-Ensure a time-gap between the end of the match and commencement of the next</li> <li>-Follow one way systems and exit only points</li> <li>-Leave as quickly as you can, ensuring all equipment has been cleaned and recovered from the pitch</li> <li>-Spectators must not linger and must leave the venue as soon as possible observing social-distancing</li> <li>-Be aware that others' may be waiting to use the venue, ensure social distancing at all times and vacate as soon as you can</li> </ul>	<ul style="list-style-type: none"> <li>-Committee</li> <li>-Participants in the match</li> </ul>	April 2021				