



**Brightlingsea Regent Youth Football Club**

**Starting outdoor competitive grassroots football**

**Risk assessment**

**The aim of this risk assessment is to prevent the spread of infection from Covid-19 to players, coaches, volunteers and parents at football training sessions and friendly matches.**

This risk assessment covers a phased return to football at Bayard Recreation Ground.

1. Socially distanced fitness and ball work sessions.
2. Small group activities.
3. Full football training sessions as a squad.
4. Competitive training with groups up to 30
5. Friendly house matches

Date:	Assessed by the Covid-19 officer. (Becky Dixon)	Date:	Approved by full committee.
21/07/2020			

Until 31 July – Competitive training, with the overall group size (inclusive of coaches) being limited to 30 people

From August – Competitive matches to begin, for example pre-season fixtures currently only in house matches to be played at Bayard Recreation Ground.

From September – Grassroots leagues to commence

**This risk assessment has been approved by all members of the Brightlingsea Regent Youth Football Committee.**

This assessment follows The English Football Association and Public Health England advice and guidance and combined with good training practice and a common-sense approach aims to support players feel safe and happy.

**All parents/carers/players have agreed to our risk assessment and our Mission Statement when we recommenced football at Bayard Recreation Ground. Please ensure that they are made aware of the amendments and are happy for their child to continue, code of behaviour and safeguarding of children to be respected and followed.**

**This is to set out:**

- Club Risk Assessment
- Functionality of training – measures to prevent spreading of the virus.
- Club liability and insurance.
- Preparing for further disruption.

**Risk assessment applying to all training and preseason friendlies.**

*No player or coach will be judged, or disadvantaged should they choose to opt out of training and their choice respected.*

Activity	Risk	Who might be harmed	Steps to prevent harm	Further steps	RAG	Action by whom	Date
Symptomatic attendees and Covid 19 self-assessment	Risk of spreading the virus.	Coaches, Players Parents and potentially siblings who attend training.	<p>To make clear that it is parent, player, coach responsibility not to turn up to training and put others at risk if they are Covid19 symptomatic.</p> <p>All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19-symptoms.</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>Players and coaches to be reminded this applies to any illness or injury.</p> <p>Parents/carers to sign Mission statement to agree to steps set out.</p>	<p>All to agree not to attend 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.</p> <p>Symptoms on the PH Website are:</p> <ul style="list-style-type: none"> <li>• Continuous cough</li> <li>• High Temperature</li> <li>• Loss of smell/taste</li> </ul> <p>Any player displaying symptoms will be asked to leave the session.</p>	Amber	Parents, players, coaches, covid-19 officer.	

<b>Players or coaches in what are considered high risk Category A or B Groups</b>	Severe implications on personal health.	Players who are in high risk categories or considered vulnerable to Covid19	Players/coaches deemed vulnerable in respect of Covid 19 is reminded to follow the government's guidance. Only returning to football when its right for them to do so.	<b>Player/parent/coach to discuss with coach and CWO. Parent must understand the risks of their child returning and sign to acknowledge that they are happy for them to attend.</b>	Green	Personal liability. Covid-19 officer	
<b>Ability to track and trace</b>	Spreading of the virus.	Players, parents and coaches.	Coaches must support NHS test and trace efforts by collecting name and contact information on participants and supporters at both training and matches.  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 Protection Act 2018 and in line with GDPR principles. It should be used only for the purpose of NHS test and trace.	Written records of players/parents/guardians in attendance to be kept after each session for a minimum of 21 days. <b>Information needed</b> Childs name Parents name Contact number Has CV19 self-assessment been completed.  If match being players, details of another team to be provided	Green	Coaches, Covid-19 officer	
<b>Players not adhering to the 2m social distancing before, during a break or after training.</b>	Spreading of the virus.	Players/coaches and spectators if physical contact is made and or moving too close.	Instruct group in advance of session of the expectations. Remind at each session.	Stop training if social distancing is not adhered to.	Green	Players, coaches and spectators	
<b>Attending to someone injured or hurt.</b>	Spreading of the virus.	Players and coaches if physical or close contact is necessary.	<b>If a participant gets injured, a member of their household should assist if present and appropriate, but others (including match officials and teammates and coaches) will still need to socially distance unless a life- or limb-threatening injury necessitates compromising guidelines to provide emergency care.</b>	First aid kits to be replenished and ensure gloves; medical mask, alcohol hand sanitiser, tissues and disposable drinking cups included.  Any first aid incidents to be reported to Covid-19 officer (Becky Dixon)	Amber	Players, coaches, parents, Covid-19 officer	

			<p>If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.</p> <p>After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity.</p> <p>This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained.</p> <p>The first aider should also avoid touching their mouth, eyes and nose.</p> <p>Call emergency contact if the casualty is the coach.</p>				
<p><b>Safeguarding of players - Children and young people whose health and wellbeing may have been impacted by Covid-19</b></p>	Mental wellbeing.	<p>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.</p> <p><b>All coaches should reacquaint themselves with safeguarding policies</b></p>	<p>The CWO/ Covid-19 officer will talk to parents about access to support if any family is experiencing difficulties in the 'getting back to football' film. Coaches to be advised to look for changes in players that might indicate they have been affected.</p>	<p>Coaches, players and parents are familiar with the Covid-19 officer and how to report concerns or seek support if needed.</p>	Green	<p>Players Coaches Covid-19 officer</p>	

**Phase 1 – Socially distanced fitness and ball work sessions at Bayard Recreation Ground – completed see previous RA**

## Phase 2 – Outdoor competitive grassroots football

(60-minute sessions, including pre training briefing and post training cool down)

Activity	Risk	Who might be harmed	Steps to prevent harm	Further steps	RAG	Action by whom	Date
Travel	Travelling to training – car sharing.	Parents, children.	<p>All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible.</p> <p>People from a household or support bubble can travel together in a vehicle</p>	<p><b>If participants do have to travel with people outside their household or support bubble they should try to:</b></p> <ul style="list-style-type: none"> <li>• <b>Share the transport with the same people each time.</b></li> <li>• <b>Keep to small groups of people at any one time.</b></li> <li>• <b>Open windows for ventilation.</b></li> <li>• <b>Face away from each other.</b></li> <li>• <b>Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch.</b></li> <li>• <b>Ask the driver and all passengers to wear a face covering.</b></li> <li>• <b>Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle.</b></li> <li>• <b>When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.</b></li> </ul>	Green	Coaches and parents.	

Hygiene	Spreading of germs/contamination.	Parents, players, coaches.	<p>All players, parents and coaches must wash their hands before coming to training and provide their own alcohol based antibacterial sanitiser.</p> <p>The outside toilet will be open for emergencies. To ensure hands or washes after use. Toilet to be kept clean if a member of the team has used the toilet please ensure toilet sprayed with cleaning products to ensure cleanliness</p>	<p>Regular reminders to wash/anti bac their hands.</p> <p>Always wash hands and ensure let clean.</p> <p>Toilet to be cleaned after every session with anti-bac.</p>	Amber	Parents at home. Coaches at training.	
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Arrival at Venue – Bayard Recreation Ground.	Space needs to factor in 2m social distancing. (Avoiding pinch points on entry)	Coaches, players, parents.	<p>Staggered start times. Arrival boxes marked out using 2m social distancing for coaches to collect their players/parents. Parents will be aware of the new procedures before arrival.</p>	Route into training area to be clearly defined and agreed to before entry to Bayard Recreation Ground, utilising three entry points.	Green	Risk assessment committee, coaches, players and parents.	
Format of training session	Players/coaches/parents not observing 30 persons training together and 2m social distancing prior to, during breaks and after training or matches increases risk infection.	Players, coaches, volunteers, parents.	<p><b>Ensure that training sessions are limited in accordance with FA Guidelines.</b></p> <p><b>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). Ensure that if there are multiple groups at the location, there is enough space to keep the groups a suitable 2m distance apart.</b></p> <p><b>In all settings before and after the session, and in any breaks, all participants should practise social</b></p>		Amber	Risk assessment committee, Coaches, Players	

			<p>distancing, in line with Government guidelines on two metres or 'one metre plus'.</p> <p>Coaches must ensure the ratio of coaches to children is appropriate Always ensure there are always 2 coaches that hold a FA DBS present</p> <p><b>RATIOS</b> For 4 to 8 years – one adult to every 6 children (1:6)</p> <ul style="list-style-type: none"> <li>• For 9 to 12 years - one adult to every 8 children (1:8)</li> <li>• For 13 to 18 years – one adult to every 10 children (1:10)</li> </ul> <p>Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing.</p> <p><u>Covid-19 modifications – in matches and training</u></p> <ul style="list-style-type: none"> <li>• Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off.</li> <li>• Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors</li> </ul>				
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No friendlies at home until further notice.

Teams are permitted to play away games within the FA guidelines. Away team to supply a copy of their RA.

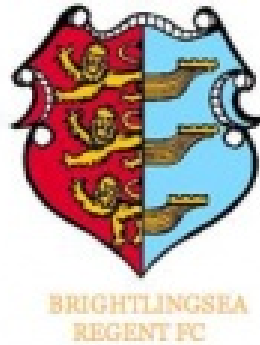
			<ul style="list-style-type: none"><li>• Warm-ups/cool-downs should always observe social distancing.</li><li>• Coaches, and substitutes are allowed, but must also always observe social distancing on touchlines. Social distancing must also be observed during interactions when a substitution is being made.</li><li>• 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.</li><li>• 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.</li><li>• Goal celebrations should be avoided; • Interactions with referees and match assistants should only happen with players observing social distancing.</li><li>• 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.</li></ul>				
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			<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>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>There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games. This is included within The FA's Code of Behaviour</p>				
Personal hygiene	Risk of cross contamination and spread of the virus.	Players, coaches	<p>Players, coaches to wash hands thoroughly before start of the session.</p> <p>No physical contact (high fives, hugs etc)</p> <p>Everyone should refrain from spitting</p>	<p>Coaches to use hand sanitiser before and after session.</p> <p>Players to only use their own water bottle.</p> <p>Mark out 2m apart for each water bottle area for water breaks.</p>	Amber	Players, coaches.	

				Coaches remind players about sneezing and coughing routine i.e. cover mouth, sneeze into elbow.			
<b>Use of equipment</b>	Risk of cross contamination and spread of the virus.	Players, coaches	<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>Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials.</p> <p>Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p> <p>All equipment to be fully sanitised before and after use.</p> <p><b>Goal posts and corner poles should be wiped down before matches, after matches and at half time.</b></p>	<p><b>Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that players use, and review the risk assessments you undertake in between sessions, learning from any changes you need to apply.</b></p> <p><b>Goals posts will need to be cleaned with disinfectant after usage at training once allocated and the before, at half time and after matches</b></p>	Green	Coaches, players.	

<b>Spectators and Social distancing</b>	Spreading of the virus.		<p><b>Supporters, parents, and other spectators should remain socially distanced whilst attending events.</b></p> <p><b>Spectator groups 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.</b></p>	Markers used to remind of social distancing	<b>Green</b>	Players, coaches and spectators	
<b>Leaving Bayard Recreation Ground – exit strategy</b>	Space needs to factor in 2m social distancing. (Avoiding pinch points on entry)	Coaches, players, parents.	Route back to exit point lead by coach, children to follow using 2m social distancing. Staggered finish times.	Markers used to remind of social distancing on exit.	<b>Green</b>	Coaches.	



## **CODE OF BEHAVIOUR**

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions.

All those returning to competitive grassroots football must adopt the following code of behaviour:

- Be aware of your own personal health. If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- Be responsible. Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.
  - Practise good hygiene. Wash your hands regularly and before, during and after a game.
- Where possible maintain social distancing. This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.
- Support NHS Test and Trace. You're likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.
- Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done. Avoid shouting or raising your voice if face to face with other players.
- After the game. Be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed and any socialising must follow the Government's guidance on social distancing