



# AYLESBURY UNITED LADIES & GIRLS FOOTBALL CLUB

## COVID-19 RISK ASSESSMENT



Please append this to normal training and matchday risk assessment forms. Please share with your players / parents and the opposition manager before every home match

DATE OF RISK ASSESSMENT: 28 <sup>th</sup> April 2021		RISK ASSESSMENT CARRIED OUT BY: James Byrne	
HAZARDS	ACTION REQUIRED	BY WHOM	WHEN
<p><b>Someone already has Covid-19</b></p> <ul style="list-style-type: none"> <li>Someone with Covid-19 attends a training session or match and spreads it to the rest of the group</li> </ul>	<ul style="list-style-type: none"> <li>All players should undertake the following self-screen check list before travelling to a training session or other football activity. If the answer to any one of the questions is 'yes', you should NOT travel to the training session or match and follow all applicable Government Guidance (e.g. call NHS 111). It is important to remember some people can pass on the virus before they develop symptoms, or never have symptoms despite being infectious:  <a href="https://s3-eu-west-1.amazonaws.com/files.pitchero.com%2Fclubs%2F50691%2FidEVz5lIR3a5TBZvCjbq_AULGFC+Self-screening+checklist+-+April+2021.docx">https://s3-eu-west-1.amazonaws.com/files.pitchero.com%2Fclubs%2F50691%2FidEVz5lIR3a5TBZvCjbq_AULGFC+Self-screening+checklist+-+April+2021.docx</a></li> </ul>	Parents / Players	Prior to attending training sessions or matches
<p><b>Track and trace</b></p> <ul style="list-style-type: none"> <li>Someone displays symptoms of Covid-19 following training / match</li> </ul>	<ul style="list-style-type: none"> <li>All parents to update emergency contact details</li> <li>Managers to ensure that they keep a register of their players who attended each training session / match</li> <li>Managers to bring QR Code poster for their team to all home matches and encourage all adults in attendance to scan it</li> <li>Manager to ensure that they have contact details for opposition managers</li> <li>Manager to contact opposition manager for anyone played in the last 2-weeks in the event of one of our players displaying symptoms</li> <li>Opposition managers are responsible for recording names, contact details and attendance for their players. Also, for letting us know if one of their players displays any symptoms within 2-weeks of playing us</li> </ul>	<p>Parents to ensure emergency contact details are correct</p> <p>Managers to ensure they record attendance of their players and contact opposition if necessary</p> <p>Opposition managers to ensure they record attendance of their players and contact us if necessary</p>	Ongoing - every training session and match
<p><b>Travelling to and from training / matches</b></p> <ul style="list-style-type: none"> <li>Limited space</li> <li>Lack of air circulation</li> </ul>	<ul style="list-style-type: none"> <li>Although ideally there would be no lift sharing at all, if it is required to get players to matches or training, it should be kept to an absolute minimum with as few people in one car as possible. This may mean sharing those requiring lifts amongst several parents.</li> <li>There should never be more than 6 people in any one car as this would be breaking the law as it stands.</li> </ul>	Managers and parents to work together to ensure that lift sharing is kept to a minimum with as few people from outside of the same household in the car as possible	Ongoing - every training session and match

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<ul style="list-style-type: none"> <li>• Surface areas</li> <li>• The virus spreads by touching of contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• If lifts are given to people outside of your own household the windows should be open or partially open to increase ventilation and all those in the car aged 11 or over should wear a face mask.</li> <li>• Anyone providing a lift to someone outside of their own household must ensure that they notify the player's parents if anyone in their household is displaying symptoms within 2-weeks of providing the lift. Similarly, if someone has given someone in your household a lift, then you must notify the person who gave the lift if someone in your household is displaying symptoms within 2-weeks of the lift being provided</li> <li>• Coaches should ensure they are never left in a car alone with any child not in their own household.</li> <li>• Coaches must have a valid MOT and Insurance and must send a copy of their MOT and Insurance Certificate to Mark Rogers before giving any lifts</li> <li>• Only those coaches with a current, up to date CRC should provide lifts</li> <li>• Where possible, travel to training or matches should not be via public transport</li> </ul>	<p>Everyone to ensure that guidelines are followed whenever people from outside the same household are sharing a lift</p> <p>Any coaches providing lifts should send a copy of their MOT and Insurance Certificate to the CWO</p>	
<p><b>Training / match day general</b></p> <ul style="list-style-type: none"> <li>• The virus spreads by close contact</li> <li>• Someone becomes unwell during a training session or match</li> <li>• The virus spreads by touching of contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• Training and matches will be in large outdoor areas</li> <li>• Staggered start times to reduce congestion if other AULGFC teams are using the same venue</li> <li>• Players are to wash their hands prior to leaving the house for training/ matches</li> <li>• Each player will be allocated a socially distanced 'Safe Zone' to store their refreshments and belongings. These will be 2 metres apart from any other players and during break times within training or matches, players will go to their 'Safe Zone'</li> <li>• Players are to bring their own hand sanitizer with their name on, this will be stored in their 'Safe Zone'</li> <li>• Players to sanitize their hands during break times in training and matches</li> <li>• Players will be discouraged from using their hands to touch the ball unnecessarily</li> <li>• Players will bring their own refreshments, and these will be kept in their individual 'Safe Zone' and not shared</li> <li>• Spectators are to ensure that they maintain a 2-metre distance from anyone not in their household at all times</li> </ul>	<p>Managers to liaise with other AULGFC managers to arrange staggered start times, setup 'Safe Zones' and ensure their players use them</p> <p>Parents to ensure that players bring their own water bottle, hand sanitiser, sun cream and any necessary medication. All items belonging to their children should be labelled with their name and should not be used by anyone else</p> <p>Players to ensure that they use the 'Safe Zones' and sanitize their hands during break times</p> <p>No spectators allowed for adult matches or training. For youth players (under 18) or adults with SEN, only one</p>	<p>Ongoing - every training session and match</p>

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		parent or guardian allowed. All spectators to ensure they keep 2-metre distance from those outside of their own household	
<b>Training / match day pre-match</b> <ul style="list-style-type: none"> <li>The virus spreads by close contact</li> <li>The virus spreads by touching of contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>No pre-match handshakes</li> <li>As part of the team talk, the manager will give a safety briefing reminder to players and remind them that they should be following the procedures set out in this document</li> </ul>	Managers to give safety briefing  Players to ensure that they do not shake hands with the opposition	Ongoing - every training session and match
<b>Training / match day during the match</b> <ul style="list-style-type: none"> <li>The virus spreads by close contact</li> <li>The virus spreads by touching of contaminated surfaces</li> <li>The virus spreads by people shouting</li> </ul>	<ul style="list-style-type: none"> <li>No goal celebrations</li> <li>Players will be discouraged from using their hands to touch the ball unnecessarily</li> <li>Players will be discouraged from unnecessary physical contact with anyone else</li> <li>Spectators will refrain from shouting</li> </ul>	Players to ensure that they do not celebrate goals and avoid unnecessary contact with the ball and opposition  Spectators will ensure that they do not shout	Ongoing - every training session and match
<b>Training / match day post-match</b> <ul style="list-style-type: none"> <li>The virus spreads by close contact</li> <li>The virus spreads by</li> </ul>	<ul style="list-style-type: none"> <li>No post-match handshakes</li> <li>At the end of the session, players are staggered at putting their balls back in the ball bag to maintain social distancing and expected to sanitize their hands afterwards</li> <li>Players are expected to sanitize their hands before re-joining their families and going home</li> </ul>	Players to ensure that they do not shake hands with the opposition and sanitize their hands before re-joining their families and going home	Ongoing - every training session and match

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touching of contaminated surfaces			
<b>Training / match day equipment</b> <ul style="list-style-type: none"> <li>The virus spreads by touching of contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>Corner poles, goalposts, match balls and respect barriers must be wiped down with appropriate cleaning equipment before the match kicks off, at half time and during any other breaks in play</li> <li>Signage reminding people to wash their hands should be attached to respect barriers at matches</li> <li>All equipment (balls, bibs and cones etc) must be regularly wiped down with appropriate cleaning equipment and cleaned thoroughly after every training session or match</li> <li>Bibs should not be shared. Once a player has used a bib, it cannot be used by anyone else until it has been cleaned</li> </ul>	<p>Covid Officer to ensure equipment wiped down and signage attached to respect barriers</p> <p>Manager to ensure that bibs are not shared</p>	Ongoing - every training session and match
<b>First Aid</b> <ul style="list-style-type: none"> <li>A player becomes injured during training or matches, requiring first aid</li> </ul>	<ul style="list-style-type: none"> <li>A fully qualified first aider will be present at every training session and match</li> <li>In the event of an emergency requiring first aid, the first aider will use their judgement to assess the level of emergency and if necessary, attend to the individual at a distance from anyone else. PPE will be included in the first aid kit</li> </ul>	<p>Managers to organise</p> <p>First Aiders to check first aid kits and attend sessions</p>	<p>Ongoing - every training session and match</p> <p>Checks to be done prior to training and matches</p>
<b>Toilets</b> <ul style="list-style-type: none"> <li>Limited space</li> <li>Lack of air circulation</li> <li>Surface areas</li> <li>The virus spreads by touching of contaminated surfaces</li> </ul>	<ul style="list-style-type: none"> <li>Toilets will be allowed to open, 30 minutes before and 30 minutes after training and/or matches</li> <li>Toilets wiped down before, during and after period hired for</li> <li>Frequent disinfecting of areas</li> <li>Deep clean before each period of hire</li> <li>Hand gels and soap provided in suitable quantities</li> <li>Paper towels provided to remove need to use air dryers or hand towels</li> <li>Players to sanitize their hands after going to the toilet</li> <li>Toilets will not be available during training sessions</li> </ul>	Whoever we are hiring the venue from	Ongoing - every training session and match
<b>Changing Rooms</b> <ul style="list-style-type: none"> <li>Limited space</li> <li>Lack of air circulation</li> <li>Surface areas</li> </ul>	<ul style="list-style-type: none"> <li>Teams should not use changing rooms</li> <li>Players should arrive in their kit</li> <li>Players should go home in their kit</li> <li>Kit should be washed before it is used again</li> </ul>	<p>Managers</p> <p>Parents / players</p>	Ongoing - every training session and match

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<p><b>Impact of Covid-19</b></p> <ul style="list-style-type: none"> <li>Some players may be anxious or unsure about resuming activity.</li> <li>Concerns may relate to levels of fitness, skill or friendship groups, others will be delighted to be able to return to football.</li> </ul>	<ul style="list-style-type: none"> <li>Club should only support their return to football when they and their parents/carers feel confident for them to do so.</li> <li>Club should offer to speak to parents/carers of children about potential issues if needed and make gradual introductions if needed, particularly when needing to incorporate new protective measures</li> </ul>	Managers Parents / players	Ongoing
<b>Assessment To be Reviewed:</b>	Ongoing, to be reviewed each time the Government or FA update their guidelines		

Please also refer to the latest FA guidance on the return of grassroots football:

<https://www.thefa.com/news/2021/apr/08/grassroots-football-update-step-two-20210408>