



Prudhoe Youth Club Football Club ("the Club")

COVID-19 Risk Assessment

Rev 2.3 25th September 2020

Introduction

The FA announced updated guidelines effective from the 2nd December 2020 for the continuance of grassroots football. These guidelines are also subject to FA and Government guidelines and specific restrictions for various Tiers:

This risk assessment has been prepared in accordance with the latest FA guidelines and Government advice, to assist relevant duty holders at Prudhoe Youth Club FC in their effective management of the risk to people from Coronavirus (COVID-19).

Parental Consent

By permitting attendance of your child at any Club training session or match you are giving consent for your child to take part; you are confirming that you have read and understood the activities being offered to your child and agree with the measures the Club has put in place to manage any risks, including its Covid-19 measures in line with current Government and Northumberland FA guidance and the Club's risk assessment. If your child suffers from a pre-existing medical condition please discuss with your teams' coach and agree the best way to support your child's needs e.g. you staying to watch nearby and taking responsibility to administer the medication. If you wish to withdraw consent to your child participating in any or all activities, please notify your team manager as soon as possible.

Track & Trace

Effective 24th September 2020 all parent / carers attending matches or training must check in to the Club's venues at Eastwood Park and Eastwoods School using the NHS Test and Trace App or otherwise ensure their presence is registered manually by other means (e.g. Pitchero App). The Club must by law display NHS posters with our QR Code at all site entrances. These are located at the Eastwood School site entrances, Eastwood Park Entrances and at the Eastwoods Pavilion door entrance on the inside table and on the table outside the outdoor serving hatch where takeaway refreshments are served. Visitors to our sites can scan the QR code quickly and easily using the NHS Test and Trace App. It is strongly recommended that all Parents and visitors to our sites download and use this App accordingly.

In order for the Club to participate in effective track and trace all coaches **MUST maintain a record of attendees at training and matches** and it is therefore **strongly recommended** that all coaches and team's parents and carers ("Parents") and / or players therefore use the Club's Pitchero Team App for confirming attendance. Away teams should ensure they have a record of all players and parent/carers in attendance with their team.

Overview

Context

Coronavirus COVID-19 may be present in minute water droplets that are expelled from the body through sneezing, coughing, talking and breathing. Transmission occurs directly between people when virus expelled by an infected person comes into contact with the mouth and/or nose and/or eyes of another person. Transmission also occurs indirectly when the virus can be transferred to the hands and from there to surfaces. It can survive on surfaces for a period after transfer (depending on such things as the surface type, its moisture content and temperature).

Most people infected with the virus experience disease with mild or moderate symptoms, however a significant minority become severely unwell requiring hospitalisation and for some people the disease is fatal.

The risk of serious disease and death are unevenly distributed, the population groups at increased risk are:- older people, people with pre-existing health conditions, men, people from BAME communities.

Basic Principles.

The control measures follow the basic principles outlined in the current advice provided by government around safe social distancing, hand and respiratory hygiene, self-awareness of risk group (extremely vulnerable, vulnerable, general population) and of symptoms of high temperature and / or new continuous cough and/or loss of, or change in, normal sense of taste or smell as a symptom which require self-isolation for the case for 7 days and no longer experiencing high temperature and household contacts for 14 days.

The Risk Assessment.

This document is intended to be a living document applicable for the duration as required.

It will therefore be subject to regular review and revision as change occurs and assessed needs direct in order to ensure its continued adequacy, in so far as it is reasonable and practicable to do so. If events change on the day, dynamic assessment based upon professional judgement will direct the necessary additional control measures.

As a responsible Football Club, we must protect people from harm. This includes taking reasonable steps to protect our players, coaches and parents from coronavirus. This is called a risk assessment and it will help us manage risk and protect people.

We must:

- identify what activity or situations might cause transmission of the virus
- think about who could be at risk
- decide how likely it is that someone could be exposed
- decide if the activity is safe

Sanitisation.


Hand sanitiser gels and sanitising sprays will be made available by the Club for coaches, and players to use before, during and after training sessions. Coaches should ensure all gels and sprays are returned to the pavilion or specific site container after sessions and matches.

Consultation.

The Club Secretary has consulted with all Prudhoe Youth Club Coaches as part of putting measures in place as below.

COVID-19 Officer

All clubs must identify a Covid-19 officer who will be responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 officer should continually monitor how compliance is being observed within the club. The Club's COVID-19 Officer is Duncan Graham 07795 627002 pycfc@hotmail.co.uk. On matchdays and training sessions, each team manager has delegated authority as COVID-19 officer **and is responsible for compliance** by their team players and Parents carers and where applicable, opposition teams' officials, players and Parents.

Risk Assessment	COVID-19 coaching arrangements for Prudhoe Youth Club Football Club (“the Club”)	
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Task/Activity:	Implementing Protective Measures to Mitigate against Covid-19 Infection
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Author Rev 1.0	Steve Cockburn	Date:	17/06/2020
Author Rev 2.0	Duncan Graham	Date:	20/07/2020
Author Rev 2.1	Duncan Graham		24/07/2020
Author Rev 2.2	Duncan Graham		16/08/2020
Author Rev 2.3	Duncan Graham		25/09/2020
Author Rev 2.4	Duncan Graham		02/12/2020

Quality Assurance Check by Club Secretary	Duncan Graham	Date:	01/12/2020
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Activity to Manage	Current Control Measures	Additional Control Measures	Action by who?	Action by when?	Done
Club Members continuance of contact training and competitive football activities	Sustained awareness of all coaches, parents and players of coronavirus symptoms and the need to self-isolate when any of these are experienced by an individual or a member of their household as per Government/ FA Guidelines. All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19-symptoms. No-one should leave home to participate in football if they, or someone they live with, has any of the following: • A high temperature (above 37.8°C); • A new, continuous cough; • A loss of, or change to, their sense of smell or taste.	<p>Training times and home matches will be co-ordinated to minimise the number of players on the playing fields at any one time.</p> <p>Parents should be advised of the safety measures in place before training or matches commence. Parents should be asked to refrain from gathering at the start/ end of matches / sessions and leave promptly when the match / session is over.</p> <p>All Parents to read this Risk Assessment.</p>	<p>Club Secretary / Club Coaches</p> <p>Coaches / Parents / Players</p> <p>Parents</p>	Ongoing until further notice.	
Facilities and Welfare preparation and	As above	If using old Eastwood Middle School site, use the East (Park end) or West (Tip end) gates for access. The South (Broomhouse Road) gate will remain closed. At both Eastwoods Park and	Coaches / Parents / Players	Each Training Session and Match	

Activity to Manage	Current Control Measures	Additional Control Measures	Action by who?	Action by when?	Done
information		<p>Eastwood School, if other groups are arriving or leaving ensure that social distancing is observed at the entrance and exit points and no more than one person is passing through the gates at any one time.</p> <p>Eastwoods Park Pavilion will be open for toilet use only during training sessions and Matches. A maximum of 2 persons will be permitted entry at any one time. For the time being no seating will be available inside. Anyone queuing for toilets must observe social distancing. Soap dispensers and sanitising gel will be available.</p> <p>The Pavilion Kitchen is open on Saturday mornings for takeaway service only form the outdoor serving hatch. Social distancing must be maintained when queuing.</p> <p>Daily general cleaning to be implemented at end of each day with specific attention to sanitising of touch points. (e.g. gates, toilet taps; toilet handle, door handles etc.). Pavilion floor to be mopped every day. (Mop handle to be sanitised after use).</p> <p>At Kimberley Park a one way system for entry and exit is in place and must be strictly observed.</p> <p>Parents / Players should ensure that they / their child has their own water bottle, hand sanitiser, sun cream and any necessary medication (e.g. inhaler). All items belonging to each player should be labelled with their name and should not be used by anyone else</p>	<p>Club Secretary / Coaches</p> <p>All customers</p> <p>Club Secretary / Coaches /Team Helpers</p> <p>Parents / Coaches / Players</p>	<p>Each Training Session and Match</p> <p>Daily</p> <p>Each Training Session and Match</p>	
Training Sessions and match attendance & planning	As above	<p>See Appendix 1 attached which summarises current FA guidelines.</p> <p>The Club also requires that its teams' players do not engage in post-match line-ups with opposition players involving walking down a line to shake hands, elbow or fist bump or</p>	Trustees / Officials / Coaches / Parents / Players	Each Training Session and Match	

Activity to Manage	Current Control Measures	Additional Control Measures	Action by who?	Action by when?	Done
		<p>similar unnecessary face to face contact.</p> <p>All training sessions and matches should be planned by the coaches to take into account these guidelines. The parts of the guidance and documentation that apply to them should be read respectively by Club Trustees and officials, managers, coaches, Parents and players.</p>			
Travel to / from Training Sessions and Matches	As above	Adults and children should only travel with a member of their household or someone within their 'support bubble'. Please note that separated parents, living in different households and those in 'support bubbles' announced by Government on 10 June 2020, can also car share.	Parents / Players/ Coaches	Each Training Session and Match	
Player Behaviour and Adherence to Guidelines	As Above	See Appendix 2 attached Code of Behaviour. All players must adhere to the guidelines specified in this Risk Assessment, the FA Guidelines and the Code of Behaviour attached in Appendix 2.	Secretary / Coaches to communicate. Parents / Carers / Players to adhere	Each Training Session and Match	
First Aid / Injuries	As above	If a player gets injured, a member of their household or support bubble, can aid them if in attendance, but others will still need to socially distance unless a life threatening, or serious injury necessitates compromising guidelines to provide emergency care. Coaches may administer first aid wearing suitable PPE (e.g. gloves, mask and / or visor) In all cases, FA and NHS guidance on should be followed.	Coaches / Parents / Players	Each Training Session and Match	
Training Session and match Arrival / Departure	As above	Travel to / from training & matches should follow FA guidelines, as listed in Appendix 1 . Hand sanitizer will be provided by the Club at all entrance points for use by the players on arrival and exit. Wherever possible players should arrive changed. Until further notice changing rooms and showers will not be available.	Secretary / Coaches / Players	Each Training Session and Match	
Equipment Hygiene		Clean equipment between uses: – Identify who will regularly maintain the equipment hygiene e.g. balls, cones, goalposts and bibs; – Thoroughly clean the equipment e.g. balls, cones, If individuals are going to share equipment, including balls, always ensure the individuals' hands are thoroughly cleansed using alcohol-based hand gel, if clean running water and soap	Coaches / Team helpers	Each Training Session and Match	

Activity to Manage	Current Control Measures	Additional Control Measures	Action by who?	Action by when?	Done
		are not available, before and after use.			
Pre-Session or Pre-Match briefing	As above	In competitive football activities the Covid-19 officer of each club (for individual teams the team manager is designated as the COVID-19 Officer delegate) must ensure a safety briefing is provided before the commencement of any fixture. This briefing will remind both sets of players and officials about their responsibilities in complying with the Code of Behaviour set out in Appendix 1 to this guidance	COVID-19 Officer / Managers / Coaches	Each Competitive Activity	
Spectators	As above	For the time being ONE (1) Parent / Carer ONLY to attend junior matches or training. Groups of 6 persons maximum, suitable socially distanced in and between groups. All other applicable FA and Government advice must be observed.	COVID-19 Officer / Managers / Coaches COVID-19 Officer		
Team Coaches Preparation Notes:	As above	Set up socially distanced cones outdoors for players individual drinks and equipment / clothing Goal posts should be sprayed with sanitizer before matches, after matches and at half time Ensure Sanitizer spray (provided by club) and wipe are available pitch side to disinfect balls during breaks in play.	Coaches / Team Helpers Coaches / Team Helpers Coaches / Team Helpers	Each Training Session and Match Each Training Session and Match Each Training Session and Match	

Appendix 1

FA Guidelines Summary

Latest FA guidelines and documentation as at 2nd December 2020 are available on

<https://www.thefa.com/news/2020/dec/01/fa-guidance-on-return-to-grassroots-football-011220>

The following is a Summary of the FA Guidelines still in force:

- Before and after sessions or games and during breaks and for warm up and cool downs **social distancing should still be practiced**, but actual training can be contact
- No Pre-match handshake. Players 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;
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing;
- All players must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes.
- Water bottles or other refreshment containers **should in no circumstances be shared**. Participants are advised to bring their own drinks or refreshments, in a named container.
- After activity participants must maintain government mandated social distancing for social interaction.
- This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards. **Note: Until further notice PYC FC will not use changing rooms (or showers).**
- Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner.
- Players should be advised not to handle footballs wherever possible (except Goalkeepers)
- Bibs (if used) should not be exchanged between players. All bibs shall be washed between each training session.

- Goalkeepers gloves should be clean and sanitised wherever possible.
- Kit handlers must wash or sanitise their hands immediately after.
- When the ball goes out of play it should be retrieved by players 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.
- There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games.
- **NO spitting**
- Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups where permitted must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance
- Written consent of all parents to coaches or club to participate in games. Written consent is deemed to be given when confirming training session or match attendance via the Pitchero Team App, WhatsApp, text or other electronic communication.
- 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.
- 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.
- **Travel to / from Training & matches:** All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible. People from a household or support bubble can travel together in a vehicle. If participants do have to travel with people outside their household or support bubble they should try to:
 - Share the transport with the same people each time;
 - Keep to small groups of people at any one time;
 - Open windows for ventilation;
 - Face away from each other;
 - Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch;
 - Ask the driver and all passengers to wear a face covering;
 - Consider seating arrangements to maximise distance between people in the vehicle – this may mean using more than one coach or minibus if possible, and the wearing of face coverings on coaches or minibuses;
 - Require regular hand sanitisation by passengers on a coach or minibus;
 - Limit the time spent at garages, petrol stations and motorway services;
 - Keep distance from other people and if possible, pay by contactless;
 - Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle;
 - When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.

APPENDIX 2

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.

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 cooperate.
- 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.