



# COVID-19 Risk Assessment

**Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal**

**Players and persons from the same house must not attend training sessions if:**

- If you are showing symptoms of the virus or have been in contact with someone displaying symptoms of the virus in the last two weeks then you should stay at home until a NHS practitioner advises that you no longer need to remain in isolation.**
- If you players or family members are clinically extremely vulnerable (e.g. if you have cancer, people with respiratory conditions etc. These people are likely to have been written to by the NHS)**

**This risk assessment has been prepared for members of CAFC. All players, coaches, parents/guardians must read this before attending any sessions held at the club.**

<b>What are the Hazards?</b>	<b>Who is at Risk?</b>	<b>Potential Risk.</b>	<b>Controls Required</b>	<b>Additional Controls</b>
<b>Spread on COVID-19</b>	Coaches Players Users Parents	Contaminated equipment passes on COVID-19	<ul style="list-style-type: none"> <li>• All equipment should be wiped down with anti-bacterial spray/wipes before training commences. Equipment includes balls, cones, hurdles, goal, ladders, slalom posts and any other such items.</li> <li>• Equipment is cleaned with anti-bacterial spray after each session.</li> <li>• Each child is asked to use their own anti-bacterial gel to use on both hands at the beginning of each session. This procedure is continued at regular intervals throughout a training session.</li> <li>• All children to avoid touching any equipment including footballs with their hands.</li> <li>• No spitting or chewing gum is prohibited.</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment is wiped down immediately with anti-bacterial spray if any child's body fluid comes in contact with equipment.</li> <li>• Coaches try to minimise equipment to cones and balls only.</li> <li>• All teams have been provided with anti-bacterial spray and if run out should inform the club straight away to be replaced.</li> </ul>
<b>Spread on COVID-19</b>	Coaches Players Users Parents	Breaching social distancing measures	<ul style="list-style-type: none"> <li>• Sessions should be organised with current social distance restrictions in mind.</li> <li>• Coaches will stick to the current guidelines on group size.</li> <li>• Each player/team will remain in their designated area for the duration of the session.</li> <li>• Players must only leave their area when instructed to do so by the coach.</li> </ul>	<ul style="list-style-type: none"> <li>• Training areas will be established at the ground and teams allocated times to train which limit the number of people on site.</li> <li>• Parents remain on site for the duration of the session, in their cars away from other parents.</li> </ul>
<b>Spread on COVID-19</b>	Coaches Players Users	Contamination using facilities	<ul style="list-style-type: none"> <li>• Clubhouse will remain closed until further notice.</li> </ul>	<ul style="list-style-type: none"> <li>• Will be assessed as guidelines change and when the club decide to open up the clubhouse again.</li> </ul>

<p><b>Spread on COVID-19</b></p>	<p>Parents Coaches Players Users Parents</p>	<p>Potential of children passing COVID to one another</p>	<ul style="list-style-type: none"> <li>• Children must bring own bag containing clearly labelled water bottle, anti-bacterial hand gel, and appropriate clothing. Bags will be positioned two meters from each other.</li> <li>• Children will be situated in their own training space two meters apart from each other. In younger years sections should be colour coded to make the restrictions more understandable.</li> <li>• Children are not to touch or have any other body contact with anyone outside their household.</li> <li>• Children are instructed by the coach before sessions begin of the safety restrictions &amp; guidance.</li> <li>• Parent, guardian, appropriate adult is provided with the guidance prior to the training session so to communicate to their child before attending.</li> <li>• Parents, guardians, appropriate adults must attend training session and must be visible to the coach at all times</li> <li>• If any child presents any signs of COVID they will be asked to leave immediately.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents/guardians must explain to their child the expectations of the session before they attend. Sessions will be very different to previous ones before lockdown and they need to know what it will look like and be prepared for the training.</li> <li>• Anyone not following the guidelines will be asked to leave the session.</li> <li>• Parents/guardians must remain in attendance for the duration of the session.</li> </ul>
<p><b>Spread on COVID-19</b></p>	<p>Coaches Players Users Parents</p>	<p>Potential of others including parents, guardians, appropriate adults &amp; siblings</p>	<ul style="list-style-type: none"> <li>• Any parent, guardian, appropriate adult or sibling must remain two meters from the training area.</li> <li>• Any parent, guardian, appropriate adult or sibling must remain two meters from people from other households.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents/guardians must not arrive before the allocated training session begins. Must not congregate during the session and leave promptly at the end of the session.</li> </ul>

		passing COVID to others	<ul style="list-style-type: none"> <li>• Any parent, guardian, appropriate adult or sibling must only attend to their child if instructed by the coach.</li> <li>• Children must return to their parent, guardian, appropriate adult or sibling once training has finished</li> </ul>	
<b>Spread on COVID-19</b>	Coaches Players Users Parents	Coach passing on COVID to child	<ul style="list-style-type: none"> <li>• Coaches to wear cleanly washed clothing, including footwear.</li> <li>• Coaches to sanitise hands with anti-bacterial gel at the beginning of each session and continue to do so at regular intervals throughout the session.</li> <li>• Coach has access to PPE equipment (gloves and wipes) and will use before attending to any injured child.</li> <li>• Coaches not to pick up any child. If a child is hurt and needs to be removed from the training area the coach will signal the parent, guardian, appropriate adult to do so.</li> <li>• At the end of the session coaches will dismiss the children one at a time to allow a speedy departure for all at the end of training.</li> </ul>	<ul style="list-style-type: none"> <li>• Parent/guardians are responsible for first aid should the need arise and be prepared to treat any injury that may occur to their child.</li> <li>• Coaches will only help in life/limb threatening situations occur.</li> </ul>

<b>Spread on Covid-19</b>	Coaches Players Spectators Parents Users	Playing matches Friendly or Competitive	<ul style="list-style-type: none"> <li>• All players to arrive in kit ready to play, changing rooms to remain closed until further notice and not to be used for team talks, tactics, changing etc.</li> <li>• Self-check needs to be completed prior to arrival on site, any sign of symptoms not to travel to game.</li> <li>• Balls, flags, goalposts to be cleaned before and after match. With balls sanitised regularly during the game.</li> <li>• Social distancing stuck to throughout with players staying apart during breaks in play and intervals. Use this time to also sanitize hands.</li> <li>• Travelling to and from the game must be done following guidelines in place, no car sharing and avoid public transport if possible.</li> <li>• Track and trace all people that come on to site from own team and opposition.</li> <li>• Substitutes and coaches should remain socially distance whilst game is being played.</li> <li>• Toilets will be open before and up to 30 minutes after the game.</li> <li>• Warm ups and team talks should adhere to social distancing rules, no huddles or close proximity of players.</li> </ul>	<ul style="list-style-type: none"> <li>• Managers to have hand sanitizer readily available and used regularly throughout the game.</li> <li>• Toilets should be cleaned prior to team's arrival and cleaned after by the team manager.</li> <li>• No pre/post match handshake should take place.</li> <li>• No goal celebrations.</li> <li>• Water bottles should not be shared, players should bring their own water.</li> <li>• Players take own kit home to wash.</li> <li>• Wash hands at earliest opportunity after the game.</li> <li>• Leave site promptly.</li> </ul>
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