

Allestree Juniors Football Club; COVID-19 Risk Assessment Rev3

Risk Assessment aims

- i. Identify potential risks associated with COVID-19 and implement controls that shall reduce the risk of infection transmission between all persons directly or indirectly involved with AJFC activities to As Low As Reasonably Practicable levels (ALARP); this include players, coaches and both home and away supporters
- ii. Reduce the impact of COVID-19 to the club whilst constantly maintaining the ALARP mindset behind the actions of those in authority, specifically committee members, coaches and managers.
- iii. Provide written guidance and instruction at all levels, based on this Risk Assessment, Government and FA guidance; also demonstrate and promote good practice to all involved in the club, including players, parents and supporters
- iv. Monitor and follow current Government and Football Association (FA) guidance and revise this Risk Assessment as necessary, to ensure it remains up to date.
- v. Monitor the implementation of the identified control measures, assess their effectiveness and subsequently revise controls as required. Encourage parents and spectators to be involved with this through development of the club App
- vi. Develop controls for in the event of suspect or confirmed case(s) of COVID-19 within the club or persons associated with it
- vii. Set a good example to other local clubs – be known for maintaining high standards with regard to COVID-19 controls

Scope

This Risk Assessment applies to all persons directly and indirectly involved with AJFC, from board member, coaches, players, parents and our own supporters and also visiting clubs and their supporters; *no matter who is involved with the club, in whatever context, we intend to reduce transmission risk to ALARP through the controls recorded in this Risk Assessment.*

Away fixture facility providers will be responsible to ensure COVID-19 compliance, our managers and support staff shall ensure these controls are in place before we visit their grounds

Note, additional Rev3 text in yellow

| Ref No. / Hazard observed | Risks before control measures implemented | Control measures to be implemented | Who is responsible | Risk rating if controls in place |
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| <p>1) Transmitting Infection</p> | <p>An infected person transmitting COVID-19 to other people</p> | <ul style="list-style-type: none"> • Everyone should self-assess for COVID-19 symptoms at home before every training session or match – ‘everyone’ means all those planning to come to the event including players, family members and coaches etc. The symptoms are a high temperature (above 37.8°C); a new, continuous cough; a loss of, or change to, their sense of smell or taste. • If anyone is symptomatic or living in a household with possible or actual COVID-19 infection they must not participate or attend. Follow Government guidance to support the test and trace policy. Anyone who has already been instructed to self-isolate by a health care practitioner or PHE should continue to follow this advice and may not participate. • If a participant becomes COVID-19 symptomatic during the activity, they should immediately remove themselves from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed. • The event shall be paused or cancelled whilst COVID-19 suitable cleaning of all possible affected areas is undertaken • Coaching staff / other club officials, shall verbally confirm everyone is self-assessed and clear before the event begins [this is in support of the guidance and instruction provided on the App for all to see]. This confirmation applies to both home and away events • The Safety Briefing (Appendix 1) shall be provided before the commencement of any fixture • No spectators are allowed at grassroots football as part of step one of the Government’s roadmap. One parent or guardian per child is permitted, where clubs and facilities can safely accommodate this and follow all appropriate guidance. This is permitted at AJFC facilities. For away games the coach shall ensure one parent or guardian per child is permitted at the away ground – otherwise alternative arrangements shall be made which include controls for Safeguarding. | <p>Players, Coaches, Spectators</p> | <p>Low</p> |
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| 2) Tracing contact | Identifying who was in attendance with a person who has contracted COVID-19 | Coaches should keep a record of attendees at a match or training session, including contact details held by the coach and/or club, to support NHS Test and Trace. The records shall cover all persons including supporters. | Coaches | Low |
| 3) Home venues – including Derby Rugby Club – not COVID-19 ready | Facility is not compliant with Government guidance or its own internal requirements | <ul style="list-style-type: none"> • Coaching staff / other club officials shall ensure all requirements are met prior to the first persons attending the event; if confirmation of controls cannot be achieved in time the event shall be cancelled and a notification placed on the App as soon as possible • The following guidelines apply to our facilities; <ul style="list-style-type: none"> • Ensure sufficient provision of hand sanitiser dispensers • Ensure all handwashing facilities are well stocked (no shared towels) and in good working order; furthermore, that 2m social distancing can be maintained, this may include adding signage to toilet doors for example, ‘one person to use this toilet at a time’ etc • Minimise the amount of touchpoints eg prop doors open and limit access to parts of the facilities. Remove nonessential items that may be difficult to clean • Record any cleaning undertaken before and after the event. Regularly clean touch points such as handrails, light switches and door handles • What one-way systems can be introduced eg around doorways and pedestrian thoroughfares. Seek further guidance from the COVID-19 Officer or others if required • Watch out for overcrowding, plan and monitor the event for this purpose • Use any poster / floor signage materials provided | Coaches | Low |

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| 4) Away venue not COVID-19 ready | Facility is not compliant with Government guidance | <ul style="list-style-type: none"> • Facility providers / away club, should ensure that the facility is compliant with Government legislation and guidance related to COVID-19 • AJFC coaching staff shall check (emails/phone etc) the required controls are in place before any AJFC associated persons visit the facility. If necessary use the App to cancel the event • Once on the site, AJFC coaching staff shall be responsible for ensuring a check of all expected controls at the facility is completed prior to the event commencing i.e. obtain any further assurances needed to reduce exposure risk to AJFC persons | Coaches | Low |
| 5) Travelling to training and games | Travelling on public transport or car sharing with someone could increase the risk of infection | <ul style="list-style-type: none"> • Participants should follow best practice for travel including minimising the use of public transport and walk or cycle if possible • People from a household or support bubble can travel together in a vehicle • If absolutely necessary (and safeguarding controls are in place) other passengers may be carried – all persons to wear facemasks and hand sanitise before / after the journey upon exiting the vehicle. Ensure good ventilation | Players, Coaches, Officials, Spectators | Low |
| 6) Personal Hygiene | Players and Coaches spitting, sneezing and coughing at training and in matches | Players and coaches should refrain from spitting. If a players needs to sneeze or cough, encourage them to do so in a tissue and advise them to avoid touching their face. Tissues should be disposed of immediately and hands washed. The Government advice is to Catch It, Bin It, Kill It. | Players, Coaches, Officials | Low |
| 7) Club Affiliated | Not being affiliated to an FA will limit the support in terms of receiving up-to-date guidance | AJFC are affiliated to the Derbyshire Football Association | Club Officials | Low |

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| 8) Misbehaviour/ misconduct | Players not following social distancing guidance | Coaches will ensure appropriate behaviour of players taking part. A player not following social distancing guidance or pretending to cough as an example towards another person, will be sent home with their parent. The club can withdraw the opportunity to train if they are not confident that the player can behave appropriately. | Players, Coaches | Low |
| 9) Exceeding the number of players in a session | Increases the risk of infection by exceeding 30 players in a training session | Any joint session, two teams training together, will not exceed 30 players. This includes the coaches. | Players, Coaches | Low |
| 10) Medical needs | Injury to player | <ul style="list-style-type: none"> • Injuries during play should still be treated, as participant health and safety is of utmost importance. In all cases but particularly where medical treatment is needed, the best form of protection is through rigorous cleaning, personal hygiene and regular hand sanitising • If a player gets injured, a member of their household can 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. • A First Aider 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 • 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. • All coaching staff shall familiarise themselves with 'FIRST AID GUIDANCE FOR RETURNING TO OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL' version1.0 18.07.2020, issued by the FA | Players, Coaches | Low |

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| <p>11) Not social distancing when it is possible (non players)</p> | <p>Transmitting COVID-19 to others</p> | <ul style="list-style-type: none"> • Social distancing must be in place during and after the match, and in any breaks of play during the game and at half-time. Spectators should follow social distancing guidance whilst watching games and training. Spectators to be in discrete groups of 6 as per FA directive • Everyone – players, coaches and spectators etc – is empowered and encouraged to, if necessary, bring a halt to the event if compliance to controls is not maintained • No spectators are allowed at grassroots football as part of step one of the Government’s roadmap. One parent or guardian per child is permitted, where clubs and facilities can safely accommodate this and follow all appropriate guidance. This is permitted at AJFC facilities. For away games the coach shall ensure one parent or guardian per child is permitted at the away ground – otherwise alternative arrangements shall be made which include controls for Safeguarding. • | <p>Players, Coaches, Spectators.</p> | <p>Low</p> |
| <p>12) Transmitting infection through touch</p> | <p>Transmitting infection through touch or handling something that an infected person has touched</p> | <ul style="list-style-type: none"> • Players, Coaches and officials should sanitise hands or wash their hands with soap for a minimum of 20 seconds before and after a game as well as scheduled break i.e. half-time, throughout a game or training session • Parents should ensure their child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else. • Fees / subs should be paid online wherever possible – online transactions to be the norm | <p>Players, Coaches, Officials, Parents</p> | <p>Low</p> |

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| 13) Transmitting infection through touching the ball | Transmission of COVID-19 through touching the ball that an infected person has touched. | <ul style="list-style-type: none"> • Ball handling should be kept to a minimum, i.e. a throw-in, with most contact via a boot, this should include collecting the ball to take a set piece and the ball must be disinfected in breaks of play i.e. half-time or when an injured player is being assessed • When the ball goes out of play it should not be retrieved by non-participants • Goalkeepers should ensure that they disinfect their gloves regularly in breaks in training or matches i.e. before set plays and half-time, and thoroughly after the game • Where possible, coaches should only handle equipment in training, i.e. packing away. | Players, Officials | Low |
| 14) Transmitting infection by breaking social distancing guidelines (players) | Players less than 2m apart increase the risk of transmitting infection | <ul style="list-style-type: none"> • <i>It is recognised that players will come into contact with each other but;</i> Coaches are encouraged to limit persistent or unnecessary close proximity of players during training and matches. If need be, stop the activity for a team talk or be prepared to discipline / remove individuals • Be especially conscious of young children who will often group together / follow the ball collectively • All coaches to familiarise themselves with Appendix 3 | Coaches, Players | Low |
| 15) Transmitting infection in the changing rooms and toilets | An infected person handling surfaces in the changing room and/or toilets | Where possible, players, coaches and officials should arrive changed and shower at home. Use of changing, shower facilities and toilets must follow Government advice on the use of indoor facilities. | Coaches, Players, Officials | Low |

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| 16) Transmitting infections whilst celebrating | Celebrating a goal or victory by touching a teammate or shouting near a teammates increases the risk of transmission as saliva could leave the mouth of an infected person | Celebrations will not involve contact with another person, players and coaches should watch to avoid breaking the 2m rule | Players, Coaches | Low |
| 17) Players with a disability | COVID-19 controls not aligned with existing support provided | For players with additional disability or medical needs, it should be ensured discussions are held between the parents/player and the club so that any needs can continued to be met whilst still complying to this Risk Assessment | Coaches, managers, parents and players | Low |
| 18) Players returning to the club | relevant information and consent not available when child returns to the club | <ul style="list-style-type: none"> • Consent shall be given by parents / carers before the child returns to the club. • Parents / carers to be issued with Appendix 2 as part of the consent process, as available on the App | | |
| 19) Fixtures – exposure to excessive amounts of people | Numbers not limited, thereby increasing exposure risk | The number of fixtures at venues will be reduced from last season, it is a requirement stipulate by Derby City Council on the Derby Junior Football league | Club officials | Low |

Appendix 1 – Code of Behaviour

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.

Appendix 2 – Parent / Carer consent information

- If you choose for your child to take part, you will need to give your consent to the club and or coach. Ensure you are comfortable with the club's Covid-19 planning arrangements before doing so.
- You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them.
- Your child must arrive changed and ready to exercise.
- Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else.
- Please ensure your child/children know how to maintain good hygiene and hand washing;
- Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or 'one-metre plus' look and feel like – for example, related them to arm spans or standing jumps for example;

- Despite the changed circumstances the organiser of the activity still has a responsibility to implement The FA's safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training;
- Through the AJFC App, you will have access to the clubs COVID-19 Risk Assessment.

Appendix 3 - Other COVID-19 Modifications that all Coaches should adhere to:

- Pre-match and post-match handshakes should not happen.
- 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;
- Social-distancing must also be observed during interactions when a substitution is being made;
- Match preparation meetings by officials should be held by video call;
- 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;
- 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.
- Interactions with referees and match assistants should only happen with players observing social distancing;
- Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner. The FA Matchday app allows affiliated teams using Full-Time to receive cashless payments from their players.

AJFC COVID-19 Officer and Risk Assessment author: Steve Heath

The COVID-19 Officer shall continually monitor how compliance is being observed within the club.

Coaches should not just rely on the information in this risk assessment but read and follow the advice published by the FA

All persons – please contact Steve Heath through the App with any questions, concerns, good practices observed ref COVID-19 to improve our controls further. Your support is necessary. Thank you