

Covid 19 Safeguarding Risk Assessment for the return of Grassroots football Training and Match day play

For LEA Sports PSG carried out by Catherine Cardy, Club Welfare Officer

Date of next review: Ongoing Date assessment was initially carried out 14/08/2020 (updated 11/9/20, 15/9/20, 5/12/20. 24/3/21)

Club members, including parents/carers must read this RA in conjunction with the latest FA guidance as of 24/3/21 and the FA documents detailed below, all found via the following website:

<https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324>



Football activity master guidance for re-starting grassroots outdoor football - 24 March 2021

1.6MB (PDF)



COVID-19 safeguarding risk assessment guidance and template - 24 March

3.6MB (PDF)



First aid guidance for returning to competitive grassroots football - 24 March 2021

3MB (PDF)



Identified hazards	Areas to consider	Who may be affected	Suggested action	Actions taken to control measures	Who needs to carry out the action?	When is the action needed by?	Done
Pre-planning	Number of players	All club players, coaches, managers, and the General public.	The club must ensure social distancing guidelines can be maintained. This should include assessing the maximum number of players and staff that can safely operate in each area.	A maximum of 30 players as per FA and government guidelines*. Social distancing measures put into place. Match day play will be a greater number than at a training session due to both teams having a match day squad plus coaches, first aiders and match day officials like referees and lines person	All coaches and players.	Straight away	Ongoing This is an ongoing Risk Assessment due to Government guidance changing week by week.
	Training sessions	All club players, coaches, managers, and the General public.	The type, duration, layout, and location should all be considered. Sessions should be pre planned to ensure that social	Limited drills such as fitness only drills and small sided games no more than 5 a side*.	All coaches and players.	Straight away	

			distancing can always be maintained and structured to enable adherence to the risk assessment.				
	High risk players and staff / volunteers	All club players, coaches, managers	Limit coaches and players with underlying health conditions from attending or working with a training session or match day play.	Advise all coaches and players of the measures that have been put into place to minimise the spread of the infection. Players/coaches will be advised of the risk due to their underlying condition to refrain from attending training or match day play. At this point a player/coach can make their own decision.	All coaches and players	Straight away	
Safeguarding children	The impact of Covid-19 may have caused some children to become anxious or unsure about resuming	Players	Clubs should offer to speak to parents/carers of children about potential issues if needed and make gradual introductions if	Clubs should only support their return to football when they and their parents/carers feel confident for them to do so.	CWO, coaches, managers, parents.	Immediately	Ongoing

	<p>activity. Concerns may relate to levels of fitness, skill or friendship groups, others will be delighted to be able to return to football.</p>		<p>needed, particularly when needing to incorporate new protective measures.</p>				
Written consent	<p>Consent for children to take part in football training and matches.</p>	<p>Parents/carers and children</p>	<p>Make sure parents are aware of the Covid 19 risk assessment and measures put in place.</p>	<p>Parents must provide a written consent for children (email or paper version). Coaches/Managers to collect consent forms/emails. Retain emails, but send list of players with consent to Club Secretary.</p>	<p>Coaches/Managers</p>	<p>Straight away</p>	<p>Before training recommences.</p>
Communication	<p>Communicate information to all staff, volunteers, players.</p>	<p>All club players, coaches, managers, and club staff.</p>	<p>The Covid 19 risk assessment and symptoms, and the practices that should be undertaken to mitigate the risks.</p>	<p>All players, coaches, managers, and staff will be sent a list of symptoms to be aware of, all of the rules they will need to comply with, a copy of the risk assessment</p>	<p>All players, coaches, managers, and club staff.</p>	<p>Straight away</p>	<p>Ongoing</p>

				and other supporting FA documents to make sure they are fully aware of what's expected.			
First Aid consumables	Where are you going to dispose of any first aid consumables	All club players, coaches, managers.	A designated bag that all used gloves and wipes be can be put in and disposed of accordingly and safely.	We will have a designated clear plastic bag for all used gloves and wipes. These bags can be zip tied and placed into an appropriate bin.	Designated first aider	Straight away	Ongoing
Dirty hi-vis bib bag	If bibs are used, players using bibs must not be shared and washed before use again.	All players	Bibs can not be shared and must be washed before anyone uses them again. Separation will be required.	Players take them home and wash bibs.	Players/parents/carers	After training/matches	Ongoing
Pre-Match Day play	Separation of both teams before the game home and away games.	All club players, coaches, managers, and the General public.	Both teams to arrive separately and maintain social distancing prior to the game starting. Separate car park areas sign-posted in advance of match day. Substitutes, coaches, and any	As a club we will liaise with the team we are playing that particular week and communicate that on arrival, during, and post-match we will separate both teams by being opposite sides of the pitch enabling	All players, coaches, and club staff.	Straight away	

			club staff must maintain social distancing throughout the game and at the end of the game.	us to have bigger areas to practise social distancing. Players will be required to space out their match day numbered bags by 2 meters along the quoted area set back from the side-line by 3/4 meters where possible. This must be maintained throughout the entire game.			
	<p>Home game teams will need to look at provisions for:</p> <ul style="list-style-type: none"> • Goals • Nets being put up and taking down • Pegs and ties • Corner flags 	All players, coaches, First Aiders, and match day officials (referees and lines person if in attendance)	A plan is in place whereby home teams must account for how they intend to carry out these actions. All equipment will be disinfected after use.	All equipment will be disinfected after use. GOALS: Two people will be needed to put out goals. NETS: A nominated person will set up nets. PEGS AND TIES: A nominated person will set up nets and. CORNER FLAGS. MATCH BALLS: Two match balls will be completely sanitised before	All players, coaches, club staff, and nominated persons.	Straight away	

	<ul style="list-style-type: none">• Match balls• Warm up balls			<p>the game and set aside with no one being able to use these balls and allocated to the referee on the day. We will not pass these balls to the referee he/she will be told that they are in a certain place (on the side line at the half way line point) a nominated person will be required to make sure this action is carried out in line with the risk assessment. Match day balls will be sanitised again at the end of the game before being stored away.</p> <p>WARM UP BALLS Out-field players will only be able to use one pre-sanitised warm up ball per 6 players to reduce the use of too many balls and reduce contamination. This</p>			
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				falls in-line with current fa and government guidance. Goalkeepers will use a separate ball to warm up with the goalkeeper coach but only the goalkeeper will be able to touch the ball with his/her gloves.			
Match Day play	Social distancing throughout the game. At the start, during the game and post-game.	All club players, coaches, managers, and match day officials.	Social distancing must be maintained at the start of the game, at half time, any drinks breaks, and at the end of each game.	We will require all players, coaches, managers, First Aiders to social distance before the game, at half time, and during any drink breaks. We plan to do this where their bags/water will be spaced out 2 metres apart by cones which is where they will remain before the game until allowed to warm up. A team talk will be done whereby players will be in a socially	All club players, coaches, managers, and match day Officials.	Straight away	

				distanced circle with the manager in the middle. At half time players will need to return to their own cone to have a drink and return to a circle for a half time team talk. Any drinks break, the players will be required to follow the above procedure before re-entering the field of play.			
	Sanitisation of balls	All club players, coaches, managers	Manager	If a ball leaves the pitch and is touched by anyone other than the player that is retrieving it the ball will need to be changed for a sanitised clean ball.	Manager	Straight away	
	Substitutes	All players, coaches, managers, and club staff	Substitutes will be socially distanced before entering the field of play.	Managers will ensure that substitutes are spaced out.	All players	Straight away	
	Confrontation	All players.	Players removed and will be required	Players removed and will be required	All players on the field of play.	Straight away	

	Head to head contact.		to sanitise their forehead using wipes.	to wipe their forehead.			
	Sanitise at breaks in play.	All players.	At breaks in play such as half time and drinks breaks players are encouraged to sanitise their hands.	At breaks in play such as half time and drinks breaks players will be encouraged to sanitise their hands and wipe their heads with wipes.	All players on the field.	Straight away	
	Goal celebrations and post-match handshakes	All players	Players are reminded to refrain from close contact goal celebrations with elbow to elbow being a better option. Post-match handshakes are not permitted.	Players will be reminded to refrain from close contact goal celebrations with elbow to elbow being a better option at a last resort. Post-match handshakes will not be permitted.	All players, coaches, managers, and club staff.	Straight away	
	Post-match dispersal.	All club players, coaches, managers, and club staff.	All club players, coaches, managers, and club staff are advised to leave the vicinity of the match as quickly and safely as possible.	All club players, coaches, managers, and club staff are advised to leave the vicinity of the match as quickly and safely as possible.	All club players, coaches, managers, club staff, and any spectators.	Straight away	

	Post-match clean-up of all rubbish.	All club players, coaches, managers, and club staff	All players should take away all their own rubbish and dispose of at home.	All players will be asked and instructed to take away all their own rubbish and dispose of at home. Any rubbish left after this will be cleared away using the correct PPE.	All players, coaches, managers, club staff	Straight away	
Symptom checking	The existence of any COVID 19 symptoms in the last 7 days and that they have not been in contact with a COVID 19 confirmed or suspected case in the last 14 days, and that no one in the same household is unwell.	All club players, coaches, managers, and club staff.	Conduct pre-event observation and/or questioning of all players and coaches about. [1] The existence of any COVID 19 symptoms in the last 7 days for example: *New cough. *Fever/temperature. *shortness of breath. *Loss of smell. *Red eyes or sticky eyes. *New abdominal pain or diarrhoea. *New blocked or runny nose. *New unusual fatigue with muscle and joint pains. *Headache.	Parents/carers and children will be clear on government guidelines. Any symptoms or contact with Covid 19, stay at home.	All coaches and players	Straight away	Ongoing

			*Feeling unwell in any other way. 2] That they have not been inContact with a COVID 19 confirmed or suspected case in the last 14 days, and that no one in the same household is unwell.				
Arrival	Track and trace	All club players, coaches and managers	Keep a register of all training days and matches. Sign in using trace and trace code.	Managers will keep either a paper or electronic copy of attendance. This needs to be obtained before start of play and then kept for 21 days.	Managers	On training and match days and kept for 21 days	Ongoing
Arrival	Hygiene	All club players, coaches, managers	Train all players and coaches on hand hygiene, disinfection, and respiratory etiquette.	All equipment will be disinfected prior to arrival. All players and coaches will be required to hand sanitize on arrival, during and at the end of each session and throughout match day play. All players and staff will be required to	All coaches and players	Straight away	Ongoing

				bring their own personal hand sanitisers. The club will provide antibacterial spray for the cleaning of all equipment. Gloves for staff will also be provided by the club.			
	Parking arrangements	All club players, coaches, managers	Awareness and prevention must be considered from arrival. Where possible arrange social distancing in relation to car parking spaces.	Players will be told to arrive no more than 10/15 minutes before the session is due to start.	All club players, coaches, managers	Straight away	Ongoing
	Pre-training groups	All club players, coaches, managers	Players and team staff should not congregate and should ideally stay in cars until just before the session starts.	Players and staff will be told to arrive 10/15 minutes before session or match day they will need turn up at the required time stated in the squad message. But to stay with their vehicle until just before the start of the session or meet time on match day.	All coaches and players	Straight away	Ongoing

	Car-sharing	All club players, coaches, managers, parents and carers	Share most recent guidance regarding car sharing with parents/carers. As of 24/3/21 car shares should only be within the household or support bubble.	Ensure parents/carers follow Government guidance. Pirton residents encouraged to walk/cycle/park elsewhere to free up car park space.	All coaches and players, parents and carers	Straight away	Ongoing
Use and availability of personal protective equipment (PPE) - sanitiser/masks/gloves etc	Player and coach hand sanitiser and wipes	All club players, coaches, managers	All players and club officials to have their own hand sanitiser.	Players and club officials have their own hand sanitiser.	All coaches and players	Straight away	Ongoing
	Masks and gloves for all staff	All club players, coaches, managers	These should be provided by the club or by staff where the risk assessment deems these items necessary, e.g.: bagging of rubbish or whilst cleaning equipment.	The club will provide the use of gloves and masks for all staff if needed. Each team will be given a bag of PPE.	The club itself	Straight away	Ongoing
Equipment	Limit team shared equipment and sanitise regularly	All club players, coaches, managers	Only equipment deemed as essential should be used during training and match day play. Any equipment used by a player should be thoroughly cleaned/sanitised	Coaches to limit equipment used and to sanitise all balls and any equipment used before and after each session or match day play with dirty wipes	All coaches and players	Straight away	Ongoing

			<p>before it can be used again.</p> <p>The use of team shared equipment balls, cones etc should be limited whenever possible to one group of players at a time and sanitised between uses.</p> <p>Any towels or clothes should be taken home by players and staff and laundered after all sessions or workouts and match day play.</p>	<p>and gloves going into a dirty bag and disposed of accordingly.</p> <p>When a ball goes out of play players will only be allowed to fetch the ball and by only using their feet. Once they have returned to the area of play, they must ONLY kick the ball back in NO throw ins allowed in training. Match day play will be different. To minimise any cross contamination clean sanitised balls will be placed around the pitch and the ball that has gone out will be cleaned and returned to the side of the pitch ready to use again.</p>			
Food and drink	Water bottles	All club players, coaches, managers	Players and staff should bring their own personalised water bottles to all team activities.	All players and staff to bring their own named water bottle Players bags will be set out two		Straight away	Ongoing

			Individuals should take home their bottles for cleaning/ sanitisation or disposing of in the correct manor.	metres apart from each other on a cone in a line/circle away from the area that training, or match day play is taking place.			
	Food	All club players, coaches, managers	Ideally food should not be consumed on pitch side among players.	Food consumption among players to be discouraged near pitch	All coaches and players	Straight away	Ongoing
Kitchen selling drinks/snacks	The kitchen is closed.						
Toilets	Social distancing and hygiene	All club players, coaches, managers and spectators	All club players, coaches, managers	One male toilet is now designated as a Unisex toilet and only one person at a time is allowed in. The toilet will be cleaned after Saturday games and after Sunday games. Note that the hot water taps may not be used - they run from the immersion heater which is not currently in use, so there is a risk of legionella disease.	All club players, coaches, managers and spectators	Immediately	Ongoing

				Hand sanitiser is provided and should be used on entry and exit. There will be no access from the corridor into the main lounge.			
Player conduct	Players must refrain from spitting and the use of chewing gum. Sneezing or coughing in upper sleeve then hand sanitiser.	All club players, coaches, managers	Ensure instruction is clearly delivered to players and staff.	Ensure instruction is clearly delivered to players and staff and players know to abide by the rules.	All coaches and players	Straight away	Ongoing
	Shouting	All club players, coaches, managers, spectators	Shouting to be discouraged.	Ensure instruction is clearly delivered to players and staff.	All coaches and players and spectators	Straight away	Ongoing
	No handshakes or celebrations	All club players, coaches, managers	Players should refrain from Physical contact, including handshakes, high fives, chest bumps, and group celebrations.	Ensure instruction is clearly delivered to players and staff.	All coaches and players	Straight away	Ongoing

<p>Spectators</p>	<p>23/3/21 Guidance states no spectators are allowed, however for safeguarding reasons we permit one per player at under 18 trainings and matches. The one adult per player must then observe socially distance rules as per Government guidance. Spectators not to touch/kick ball if it goes off pitch. No spectators at Adult matches.</p>	<p>All club players, coaches, managers, and spectators</p>	<p>Maintain social distancing away from the session and match day play.</p> <p>This is harder to enforce due to the open recreation ground, but we have sent a firm message to all teams and away teams.</p>	<p>Respect barrier will keep spectators at a 2 metre distance from the match game.</p>	<p>All coaches and staff/volunteers</p>	<p>Straight away</p>	<p>Ongoing</p>
<p>First Aid provision</p>	<p>First Aider PPE</p>	<p>All club players, coaches, managers</p>	<p>Consider the first Aid provision and arrangements for first aiders. All First Aiders to read the updated FA</p>	<p>Only essential first aid to be given until such time that its deemed safe to resume to normal. If the incident is of</p>	<p>First Aiders</p>	<p>Straight away</p>	<p>Ongoing</p>

			<p>guidance as of 24/3/21 and to confirm this with the CWO.</p>	<p>a serious nature medical attention will be called. The team First Aider will be required to wear face mask, gloves If the incident is too great, then call for medical help. The first aider will always be pre-prepared with relevant PPE so to be ready. The guidance is for face masks to worn and changed after 4 hours unless compromised for any reason then it should be changed straight away. The nominated First Aider should be the only person to touch the medical kit and its contents, and be responsible for cleaning of any equipment used i.e. ice spray etc. This person will also keep the bag with them after</p>			
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				<p>training and match play and take home with them. We will keep a log of medical first aid giving and close contact with and player or staff as to have all info available for NHS track and trace if so needed.</p>			
Access to defibrillator	Access during matches and training	First Aiders	Move to area in the club house that is open	The defibrillator will be stored for the time being in the Away dressing room.	First Aiders	When necessary	As appropriate
Post event	Cleaning	All club coaches and managers	Team staff should clean and dispose of all rubbish from player seating or side-line areas when departing sessions or match day play using dedicated PPE and refuse sacks.	All players have their own match day kit and training kit and should arrive at either session or match fully kitted up and ready to go. All players will be responsible for cleaning any rubbish that they have left. Any rubbish not cleared away by each	All coaches and players	Straight away	Ongoing

				individual will be required to be cleared using the correct PPE and refuse sacks and disposed of accordingly			
	No congregation	All club players, coaches, managers	Players and team staff should quickly exit the session and match day play location after the event and go directly to their cars without congregating with other players.	Ensure instruction is clearly delivered to players and staff.	All coaches and players	Straight away	Ongoing
Insurance	All insurances to be in place along with public liability.	All players and staff.	All insurances to be in place along with public liability.	All insurance in place along with public liability.	Club board	Already in place	done
Positive test	Anyone who tests positive, the club would need to comply with NHS Track and Trace	All players and staff.	All players and staff attending training or matches will be recorded along with contact details by the club and held for the required 21 days by the club.	All players and staff attending training or matches will be recorded along with contact details and held by the club for 21 days. All members would be notified of any positive test immediately and all	All players and staff	Straight away	Ongoing

				equipment quarantined straight away.			
Match day payments, fines, and signing on fees, and referee payments	Match day subs.	All players	Contactless payments	Any payments will be electronic and via bank transfer.	All players	Straight away	Ongoing
	Fines		Contactless payments	All fines to be bank transferred with reference to their name	All players	Straight away	Ongoing
	Signing on fees	All players and staff	Contactless payment	All signing on fees are to be bank transferred with a reference of their name.	All players	Straight away	Ongoing
	Referee payments	Referees and coaches	Contactless payment	A bank transfer will be made to the referee when we confirm the match with him/her prior to the game.	Club secretary/Manager	Straight away	Ongoing
Covid 19 officer	A person/s who would oversee that all measures that have been discussed in the risk assessment have been put	All players and staff	Appoint a covid 19 officer to oversee that all measures that have been discussed in the risk assessment have been put into place and are being carried out in	As a club we have appointed a covid 19 officer and an assistant covid officer to oversee this role to cover all youth and adult teams.	Catherine Cardy (Covid Officer) Nathan Moorhouse (Assistant Covid Officer)	Straight away	Ongoing

	into place and are being carried out in accordance with the risk assessment.		accordance with the risk assessment.				
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*subject to change as FA Guidance is updated.