

ROCHESTER UNITED FC COVID-19 RISK ASSESSMENT

ID: RA/COVID-19 20/07/2020		OPERATING PROCEDURE & RISK ASSESSMENT	
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Assessed by:			
Task: COVID-19 GUIDANCE FOR RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL		This assessment is for all – players, coaches, club official, club welfare officers, match officials, league officials, volunteers, parents and carers and spectators.	
Location:			
Equipment/Plant: Various			
Training or Competence Requirements: Infection control monitoring where relevant. General understanding of Covid-19 government and F.A. guidance.			

COVID-19 RISK ASSESSMENT

Number	Safety Hazard – Areas of risk	List of control methods that must be followed to protect your health and safety.	PPE/Training Requirements	Concerns
1	COVID 19 SYMPTOMS & SELF ASSESSMENT	<ul style="list-style-type: none"> • In line with current Government guidance, all participants (players, coaches, club official, club welfare officers, match officials, league officials, volunteers, parents and carers and spectators) should check for symptoms of COVID 19. If an individual is symptomatic and/or living in a household with a possible Covid-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known Covid-19 case, must not exercise outside their home or garden and must not exercise with others; • No one should leave home to participate in football if they, or anyone they live with, has any of the following: <ol style="list-style-type: none"> 1. A high temperature (above 37.8°C) 2. A new continuous cough 3. A loss of, or change to, their sense of smell or taste. 	ISOLATION, FOLLOW GOVERNMENT GUIDANCE	Spread of COVID-19
2	Spread of COVID-19 Changing rooms and showers	<ul style="list-style-type: none"> • Home and Away dressing rooms. • Match day officials will use designated facilities. • Kit will be laid out for each player, under no circumstances should any part of the kit be swapped or used by t or more players. • All kit must be separately bagged at the end of the match and laundered as soon as possible after the game. 	Social distancing must be observed. Sanitiser made available in dressing rooms. Disposable gloves should be worn by kitman and any other person distributing kit or equipment. Introducing enhanced cleaning of all shower	Social distancing not being adhered to. Using other persons towels etc Hand sanitiser gel in short supply

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		<ul style="list-style-type: none"> • Issuing and collecting of kit must be carried out using disposable gloves • No horseplay in dressing rooms, under no circumstances should anyone use another person's towel/shampoo/soap etc. • Taking <u>steps</u> to ensure that all water systems, for example showers and sinks, are safe to use after a prolonged facility shutdown to minimise the risk of legionella and other diseases associated with water. 	<p>facilities regularly during the day and at the end of the day.</p>	
3	<p>Spread of COVID-19 Toilets</p>	<ul style="list-style-type: none"> • Provide additional hand sanitisers throughout the clubhouse. • Clearly direct people to where they can wash their hands. • Ensure that all handwashing stations are in good working order and provide soap, water and hand sanitiser. • Provide hygiene standards promotional poster and signage throughout the clubhouse. • Use disposable paper towels in handwashing facilities. • Regular cleaning throughout the clubhouse. • Identify high-contact touch points for more regular cleaning (e.g. door handles, grab rails, vending machines). • Frequent cleaning of work areas and equipment between use. • Provide more waste facilities. • Remove any non-essential items that may be difficult to clean. 	<ul style="list-style-type: none"> • Hourly check process (sanitiser, soap and paper towels and handwashing stations). Daily stock check (sanitiser, soap and paper towels). • Daily check (promotion posters and signage). • Train all workers on new protocols and the importance of good hygiene. • A responsible person to check cleaning has taken place as planned. • Weekly stock check (cleaning products). • Empty waste facilities regularly. 	<p>Hand sanitiser gel in short supply</p> <p>Paper towels in short supply</p>

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		<ul style="list-style-type: none"> • Follow Public Health England guidance if a COVID-19 case is reported at the facility. 		
4	Travel to training and matches	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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; 	Sanitiser Face masks if required	Sharing of transport with the same people may not be realistic

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		<ul style="list-style-type: none"> • 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. 		
5	Administering First Aid	<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 hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended in The FA's supporting medical guidance. If a participant 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. If there is a first-aider or other medical personnel present, they 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 	<ul style="list-style-type: none"> • All first aiders have received at least FA Emergency First Aid training. • Face masks, Disposable gloves, sanitiseer • Disposable plastic apron (single use); • Eye protection (e.g. goggles or visor. Personal spectacles are not the same) - can be worn without removal for up to a four-hour session, must be changed if visibly soiled, damp or damaged. Can also be re-used if cleaned according to PHE standards 	PPE availability

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		<p>thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose. Physios or their equivalent or anyone who is administering any form of treatment, should keep a record of each participant they have come into contact with for NHS test and trace purposes.. 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.</p>		
6	<p>COVID-19 Matches and training changes</p>	<p>Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;</p> <ul style="list-style-type: none"> • 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; • 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 	<p>Sanitiser Disposable Gloves Face masks</p>	<p>All teams need to strictly follow these guidelines?</p>

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		<p>unnecessarily prolong set play set-up, such as defensive walls;</p> <ul style="list-style-type: none"> • 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. • Goal celebrations should be avoided; • Interactions with referees and match assistants should only happen with players observing social distancing; • Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens. • 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. 		
7	<p>Social distancing during breaks (half-time)</p>	<p>All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed. Players and officials should also observe social distancing during sin-bin instances. Water bottles or other refreshment containers should in no circumstances be shared.</p>	<p>Clubhouse posters and signs displayed.</p>	<p>Clubhouse posters and signs must be observed, all staff, committee members etc. must advise visitors to the club of these instructions.</p>

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		<p>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. 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</p>		
8	Use of equipment	<p>The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person. Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made</p>	All players must be made aware.	Nominate people to carry out actions required.
9	Ball transfer	<p>The nature of football means that the ball is not frequently handled. When the ball goes out of play it should not be retrieved by non-participants 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.</p>	All players must be made aware.	Nominate people to carry out actions required.

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10	Shouting	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. This is included within The FA's Code of Behaviour (see Appendix 1).	Need to make supporters aware of these issues.	
11	Spitting	Everyone should refrain from spitting. If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible. Match officials should observe The FA's guidance in the same way as participants are required to.	Need to make supporters aware of these issues.	
12	Match Official - Social distancing Spectators	Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes	Need to make everyone aware of these issues.	
13	Entry & Exit To The Ground	Spectators and Opposition Teams should enter the regular car park and entrance gate. The gate should be kept open to avoid excess contamination of the handles.	All associated with the clubs should be made aware and spectators.	Match notifications need to be modified so all club officials can enforce.

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14	Clubhouse Bar	<p>A maximum of 25 people can enter the clubhouse at any time and must maintain social distance at all times with those not in their household or bubble.</p> <p>All customers must be seated and not stand in the bar proximity. Only one customer may approach the bar to be served at any time.</p> <p>The bar surface and all tables must be cleaned every hour.</p>	<p>All volunteers must be aware of rules and duties to regularly clean</p>	<p>Clear signs should be on display.</p> <p>All furnishings spaced out</p>
15	Tea Hut	<p>A maximum of two people can operate in the tea hut.</p> <p>Surfaces must be cleaned every hour.</p> <p>Customers must form a line with 1 meter distance between each person.</p> <p>Maximum of 25 customers in the line at any time.</p>	<p>All volunteers must be aware of rules and duties to regularly clean</p> <p>Volunteer should manage any lines formed outside the hut.</p>	<p>Clear signs needed.</p> <p>Not much space to manage an acceptable social distance crowd should more than five line up.</p>