

Lewes FC Juniors - COVID 19 Risk Assessment - Restarting Competitive Football - July 2020

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COVID 19 - RISK ASSESSMENT

What are the hazards?	Who might be harmed?	Controls required	Additional controls	Responsible person who will make sure that action is taken
Spread of Covid-19	Coaches Players Parents/carers	Preventing congestion on Malling Field and in car park Ensure sufficient space to train whilst maintaining social distancing	No more than 4 squads to train at a time over the 2 main pitches at Malling (half-pitch per squad)	Coaches
Spread of COVID-19	Coaches Players Parents/carers	Infection control Coaches or players must not attend training or matches if they have been showing possible Covid-19 symptoms within the last 2 weeks and should seek medical attention. Any coaches, players, parents or carers that have been asked to isolate by NHS Test and Trace must not attend training or matches.	Coaches to ask players as they arrive whether they have been showing possible Covid-19 symptoms within the last 2 weeks. Coaches should contact the parents of any players that arrive at training with possible Covid-19 symptoms (either now or within the last 2 weeks) and ask for them to be collected from training immediately.	Coaches

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Spread of Covid-19	Coaches Players	<p>Handling of equipment, e.g. balls, flat markers, cones, goals, goalkeeper gloves</p> <p>Equipment to be handled as little as possible by coaches and players.</p> <p>When the ball goes out of play, it should be retrieved using the feet rather than by hands where possible. The ball should be disinfected at the next break in play after a throw-in or handling.</p>	<p>Equipment used during a training session to be wiped thoroughly with anti-bac wipes after the session has ended.</p> <p>Bibs must not be used unless they can be washed between every training session and not shared at any point during a session.</p>	Coaches
Spread of COVID-19	Coaches Players Parents/carers	<p>Physical Contact</p> <p>Physical contact is now permitted during competitive training and matches, provided this takes place in groups of no more than 30 (including coaches).</p> <p>For all other activities (e.g. warm ups, cool downs) and before and after training or matches, social distancing should be observed.</p> <p>Social distancing should be observed during goal celebrations.</p>	<p>Coaches to set up training sessions so that players can keep to the 2 metre distance rule during any non-competitive play parts of a training session.</p> <p>In competitive play, coaches should encourage players to take free kicks and corners promptly to avoid prolonging set play set-up and to limit persistent close proximity of players during match play.</p> <p>Coaches to provide regular hygiene breaks during competitive play.</p>	Coaches
Player injury	Players	<p>Intensity of training</p> <p>As players may be more susceptible to injury after a break from training, coaches must consider the physical demands of a training session and be able to adapt them so as to be appropriate for the current fitness level of the players involved.</p>	Coaches include a thorough warm up at the beginning of training sessions.	Coaches

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Spread of COVID-19	Coaches Players	<p>Fixtures - pre-match briefing</p> <p>Before any competitive home match, a briefing should be given to both sets of players and officials to remind them of their responsibilities in complying with the Code of Behaviour.</p>		Coaches
Spread of Covid-19	Coaches Players Parents/carers	<p>Administering First Aid</p> <p>Ideally a member of the players' household (if attending the training session) will aid an injured player.</p> <p>If that is not possible, a first-aider will equip themselves (and also the injured player, where possible) with PPE before administering first aid and wash or sanitise their hands thoroughly afterwards.</p>	<p>Coaches to be provided with PPE (face masks, gloves and hand sanitiser) for their first aid kits.</p> <p>Monthly check on stocks of PPE to be undertaken.</p>	Coaches/First Aiders Zac?/Gem?
Safeguarding	Players	<p>Toilets</p> <p>As there are currently no toilet facilities at Malling, should a player need to use the toilet, they should be taken to the toilet at Tesco by their parent/carer or a DBS-checked person.</p> <p>If no DBS-checked person is available, a responsible adult can accompany a minimum of 2 players to the toilet.</p>	Coaches to issue a reminder to parents that players should go to the toilet before arriving at training/matches.	Coaches/ parents
Spectators	Parents and carers	<p>Spectators</p> <p>Spectators should spread out to ensure that social distancing rules are respected and groups should be restricted to no more than 6 people.</p>	Coaches to remind parents to respect the social distancing rules when spectating and that the maximum number for groups of spectators is 6.	Coaches/ parents

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Spread of COVID-19	Coaches Players	<p>Infection control - players' personal items</p> <p>Players must bring their own named personal items to training and matches, including:</p> <ul style="list-style-type: none"> ● Water bottle ● Hand sanitiser ● Medication ● Sun cream <p>These should not be used by others.</p>	Coaches to remind players not to share personal items, to avoid the spread of infection	Coaches
Spread of COVID-19	Coaches Players Parents/carers	<p>Travelling to training and matches</p> <p>As far as possible, coaches and players must travel to training and matches only with members of their own household - lifts to other coaches or players should not be given.</p> <p>If it is <i>essential</i> to travel with someone outside their own household, additional precautions should be taken, e.g. wearing face coverings, opening windows for ventilation, hand sanitisation before and after the journey, sharing the journey with the same people each time.</p>	Coaches to remind parents/carers that they should avoid travelling with people outside their own household to training sessions and matches.	Coaches

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Spread of COVID-19/ safeguarding	Coaches Players Parents/carers	<p>Consent from parents for competitive training and matches</p> <p>The Club will send all parents the latest guidance from the FA "Covid-19 - Guidance on Re-Starting Outdoor Competitive Grassroots Football", so that they can understand their role in keeping training sessions and competitive matches safe.</p> <p>Parents to give informed consent in writing (email/text sufficient) for their child(ren) to attend competitive training and matches.</p>	Coaches to check that for each player attending competitive training and matches, that they have written consent from a parent/carer to do so.	Club/ Coaches
Spread of COVID-19	Coaches Players Parents/carers	<p>NHS Test and Trace</p> <p>A register of players attending training and matches to be kept in order to aid NHS Test and Trace in event of Covid infection.</p>		Coaches
Spread of COVID-19	Coaches Players Parents/carers	<p>Local Restrictions</p> <p>If local restrictions are put in place, guidance in relation to this should inform the club's decision as to whether the club must pause activity for the duration of the local restrictions.</p>	The club must keep abreast of any local restrictions and take action if necessary.	Covid-19 Officer