

# Garden City FC - 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**

<b>Players and persons from the same house must not attend training sessions if:</b>	<ul style="list-style-type: none"> <li>• If they have COVID-19 symptoms (high temperature, a new continuous cough) fever, cough.</li> <li>• 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)</li> </ul>
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Hazard/ Task	Who might be harmed	Controls required	Additional controls	Who
Arrangement required to maintain social distancing	Players, family members, spectators & members of the public	<p>Signage to direct flow of people to assist social distancing.</p> <p>Ground markings to remind people of social distancing.</p> <p>Reduce congestion at entrances and exits.</p> <p>Consider how parking arrangements will be affected.</p>	Coaches and committee members to remind people of social distancing.	
Facilities; Good hygiene and regular cleaning	Players, family members & volunteers	<p>Facilities and equipment must be kept clean.</p> <p>Direct people to where they can wash their hands.</p> <p>Provide signage to remind people of the importance of washing their hand thoroughly.</p> <p><u>Consider enforcing a complete ban on chewing gum, as it is either spat out or rolled into a ball and taken out and thus poses a high risk of cross contamination.</u></p>	<p>Committee members to monitor this.</p> <p>Coaches to monitor</p>	

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Facilities; Good hygiene and regular cleaning	Players, family members & volunteers	Provide paper towels for drying hands.		
Travelling to and from venue	Players and family members	<p>Adults and children should only travel with a member of their household or someone within their 'support bubble'</p> <p>Where possible it is encouraged players and family should walk or cycle to training sessions.</p> <p>Discuss with club officials and parent the options of how best to manage social distancing amongst parents who bring their children to the activity e.g. staying in their own cars, or in separate social distancing groups of up to six people.</p>	Coaches to monitor arrivals.	
Health checks and insurance	Players Coaches Parent/Guardian	Each participant to undertake the self-screen check list before travelling to a training session or other football activity. If anyone answers 'yes' to one of them they should <b>not</b> travel to the training session and follow all applicable Government Guidance (e.g. call NSH 111)		

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Insurance	Players Coaches	Ensure that the relevant insurance provisions (public liability and personal accident cover) are in place and that there is suitable cover for training sessions and other football activities taking place during the COVID-19 pandemic.	Even with the insurance cover, we must still follow Government guidance, to ensure that we do not risk invalidating our insurance cover.	
Arrival at the venue	Coaches	Coaches to check that each participant has followed the self-screen check list before attending. Ensure everyone understands the importance of this simple process being completed before travelling.  If a participant says they forgot to self-check before their arrival, then the coach should ask them the health check questions before they join any group at the facility. If they answer 'yes' to one or more of the questions, participants must not take part in the activity and should be told to safely return home.		
First aid	Players Coaches	Normal first aid kit to be provided.  A supply of masks to be provided to all coaches if first aid is required.		

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Injuries	Players	<p>Gloves will be worn when administering first aid in normal practices of good hygiene.</p> <p>For younger players it will be encouraged for family members to initially check the child's injury.</p> <p>If a player gets injured a member of their household or support bubble, can aid them if for example they are watching from their car, but others will still need to socially distance unless a life threatening, or serious injury necessitates comprising guidelines to provide emergency care.</p> <p>In all cases, NHS guidance on further management should be followed.</p>		
Hand hygiene	Players Coaches	<p>All players and coaches are to wash their hands prior to leaving their house.</p> <p>When they arrive at training all players are to use alcohol hand sanitiser prior to each training session in front of the coaches.</p> <p>After the training session has finished alcohol hand sanitiser must be used.</p> <p><i>Spitting it be discouraged by all.</i></p>		

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<p>Training session &amp; other football activities;</p> <p>Equipment</p>	<p>Players Coaches</p>	<p>Clean equipment between uses:</p> <ul style="list-style-type: none"> <li>• Identify who will regularly maintain the equipment hygiene e.g. balls, cones, goalposts &amp; bibs.</li> <li>• Thoroughly clean the equipment e.g. balls, cones, goalposts etc.</li> <li>• Bibs should not be used unless they can be washed between sessions.</li> </ul> <p>Limit sharing of equipment where possible:</p> <ul style="list-style-type: none"> <li>• Ensure equipment is handled as little as possible by as few people as possible</li> <li>• Each participant should bring to training their own water bottles, sun cream and medication each of which should be clearly labelled with their name.</li> </ul> <p>Have strict hand hygiene:</p> <ul style="list-style-type: none"> <li>• If individuals are going to share equipment including balls, always ensure the individuals' hands are thoroughly cleansed using alcohol-based hand gel, if clean running water and soap are not available, before and after use.</li> </ul>	<p>Training balls can be numbered and issued to a player at the beginning of each training session.</p>	
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<p>Training session &amp; other football activities;</p> <p>Football and training activity</p>		<p>Keep a register of anyone attending sessions, to help manage 'NHS test and trace', if an infection is reported to someone present.</p> <p>Carefully plan each training sessions or football activity and ensure that they are structured to ensure the Government guidance are maintained.</p> <p>Consider whether pitch markings or cones can be put in place to ensure that social distancing is maintained.</p> <p>Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches). Ensure activities follow the latest guidance.</p> <p>If space allows, increase social distancing between players during heavy exertion.</p>		
<p>Safeguarding</p>	<p>Players</p>	<p>Normal safe guarding policies apply.</p>		
<p>Toilet facilities</p>	<p>Players Family members Coaches</p>	<p>One person at a time allowed in toilet area to ensure social distancing is adhered to.</p> <p>Wash hands before and after using the facilities.</p>		

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Changing rooms and shower facilities	Players Coaches	No changing rooms and showers are to be used. Players are requested to go home to change and shower,		
Disposing of PPE	Coaches	Used disposable masks/ gloves should be double bagged and either placed in the specific bin on site or they should be stored for 72 hours then disposed of in the normal general waste.		

**Risk Assessor:**

Signature: Mark Horne

Date: 17/08/2020

Review Date: September 2020

Name: Mark Horne