**Hereford Pegasus FC COVID 19 Risk Assessment**

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| **Date completed:** | 16th August 2021 | **Assessor(s):** | A Tootell/ K Bishop  |
| **Review date:** | 1st October 2021 | **Approved by:** | K Bishop |
| **Key information:**Risk assessment written following a site visit and is intended to ensure the safe return to football for players at Pegasus FC. It should be used in conjunction with the following:* FA Guidance on return to football

<https://www.thefa.com/news/2021/mar/24/fa-guidance-for-return-to-grassroots-football-20210324>* Updated FA Guidance on return to football 16th July

Found in useful resources: <https://www.thefa.com/news/2021/jul/16/20210716-non-elite-football-update-step-4-government-covid-19-roadmap>Covid 19 officer identified as: Kevin Bishop, Chairman. |

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| **What are the hazards?**  | **Who might be harmed?** | **Controls required** | **Additional controls** | **RAG** | **Person(s) responsible** |
| Not adhering to NHS track & trace programme | Coaches/ players / parents/ carers.Those classed as vulnerable. | NHS Test and Trace QR codes are not required by law, but will be encouraged.Ensuring information for all training sessions and matches is collected by one of the methods set out below;* register for an official NHS QR code and display the official NHS QR poster
 | * Hereford Pegasus will continue to display QR codes
* For those who do not have a smart phone, a manual process should be used to collect information. This information should be collected, processed and stored in accordance with the Data Protection Act 2018 and GDPR principles for 21 days in line with the Government Recreational Team Sport Framework then deleted. It should be used only for the purpose of NHS Test and Trace and, where requested to share with the NHS for Test and Trace purposes, the shared information should relate only to the match or training in which the player or supporter tested positive.
 | **AMBER** | KB |
| Health of coaches/ players / parents | Coaches/ players / parents/ carers.Those classed as vulnerable. | **COVID-19 SELF ASSESSMENT*** Previous risk assessment maintained
* Coaches will be informed of TABLE 1: SELF-SCREENING CHECK LIST PRIOR TO EACH TRAINING SESSION (see appendix 1)
* All coaches to be made aware of process for self-assessment
* All players, officials, volunteers and spectators must undergo a self-assessment for any Covid-19 symptoms. The main symptoms of coronavirus are:

• A high temperature (above 37.8°C); • A new, continuous cough; • A loss of, or change to, their sense of smell or taste* All players, officials, volunteers and spectators

will be made aware of any increased risk associated with taking part in activity. | * This self-assessment will be done before each training session and should be recorded.
* If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.
* Should an individual have demonstrated any such symptoms, they must not participate. Instead they should follow NHS and PHE guidance on self-isolation available here.
* 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. Everyone should comply with public health restrictions and avoid high-risk behaviour outside the football setting to reduce the risk to fellow participants and other attendees.
 | **AMBER** | All coaches |
| Health of coaches/ players / parents | Coaches/ players / parents/ carers.Those classed as vulnerable. | **SYMPTOMS IDENTIFIED*** Display ‘symptoms’ poster at entrance and surrounding area
* Ensure all coaches and other club members are aware of symptoms
* Brief coaches and other club members on those people considered vulnerable e.g. People with asthma, children with other respiratory conditions, adults
* Communicate control measures with all coaches and other club members
* Communicate clear guidance on not attending training if any of symptoms are shown
 | * Be aware of vulnerable groups as defined by Government advice

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>* Be aware of the Public Health England (PHE) report published [here](https://www.gov.uk/government/publications/covid-19-review-of-disparities-in-risks-and-outcomes), which has highlighted a greater risk from Covid-19 to people from BAME communities.
 | **AMBER** | KB |
| Non-compliance to covid-19 protocols | Coaches/ players / parents carers. | **COMMUNICATION*** Clear communication with all stake holders i.e. coaches, players and parents/ carers of safety protocols
* Club officials to ensure that coaches are fully briefed on risk assessment and FA Guidelines
* Coaches to communicate the above with parents/ carers and players
 |  | **GREEN** | KB |
| Poor hygiene leading to increased risk of transmission. | Coaches/ players / parents carers. | **PROMOTING GOOD HYGIENE: TO BE MAINTAINED**• Provide additional hand sanitisers at entrance, exit and toilet facilities.• 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 hand washing advice posters• Use disposable paper towels in handwashing facilities. **KEEP FACILITIES AND EQUIPMENT CLEAN:** • Regular cleaning throughout areas used on site • Identify high-contact touch points for more regular cleaning (e.g. door handles, grab rails, gates). • Frequent cleaning of work areas and equipment between use. • Maintain waste facilities. • Remove any non-essential items that may be difficult to clean.  | • Regular stock check (sanitiser, soap and paper towels). • Regular check (directional signage and information posters). • Communicate with all coaches and other club members on new protocols and the important of good hygiene. • A responsible person to check cleaning has taken place as planned. • Weekly stock check (cleaning products). • Empty waste facilities regularly. • Communicate with all coaches and other club members how to manage reported COVID-19 symptoms | **GREEN** | KB/ All coaches |
| Lack of social distancing leading to increased risk of transmission. | Coaches/ players / parents carers. | **MAINTAINING SOCIAL DISTANCING AND AVOIDING CONGESTION:** • Risk assessment below to be maintained with some adaptations: • Provide signage so people can find their destination quickly. ~~• Clubhouse not in use for hospitality~~ * The clubhouse will be in use for hospitality with no restrictions on capacity or how people order food or drink. The area will be carefully managed to ensure the best possible ventilation.

• ~~Apply two metre markings to entry to pitch entrance and exit, and toilet in away changing room~~ • One-way signage to help direct movement of coaches, players and parents. • Single-use doorways where possible to avoid congestion i.e. one-way only entrances / exits. • Single / limited use of toilet facilities to avoid congestion in confined spaces. | • Monitor effectiveness, especially at peak times. • Communicate with all coaches and other club members to promote compliance to facility users. • Communicate with all coaches and other club members to report / deal with issues of noncompliance to welfare officers/ club officialsIt is important to note that the definition of close contact remains the same in step four. Examples of close contact include: • Face-to-face contact under one metre for any length of time – including talking to someone or being coughed on; • Being within one metre of each other for one minute or longer; • being within two metres of each other for more than 15 minutes in total in one day. This means that while it will no longer be mandated to wear masks or socially distance, businesses and facilities should think carefully about how best to avoid risk of transmission. | **GREEN** | KB |
| Lack of social distancing leading to increased risk of transmission. | Spectators | **MAINTAINING SOCIAL DISTANCING AND AVOIDING CONGESTION:** • Provide signage so people are reminded of responsibilities  • Ensure all coaches communicate expectations with parents/ carers • There will be no limit on spectators, including parent and carers.   | * ~~No spectators are allowed at grassroots sport as part of step one of the Government’s roadmap. This means that at this stage, no spectators are allowed at grassroots football.~~
* ~~This does not apply to carers for people with disabilities, or adults needed to supervise under-18s in a safeguarding role. Where it is necessary for them to be present, supervising adults should not mix with others from outside their household or support bubble.~~
* ~~Where clubs and facilities can accommodate this safely, one parent/carer per youth player is permitted to be present at football activities, although they must observe the relevant Government Covid-19 guidance.~~
 | **GREEN** | All club staff |
| Increased risk of transmission through physical contact between players, players and coaches, players/coaches and equipment. | Coaches/ players / parents carers. | **DELIVERY OF SESSIONS*** Start each session by ensuring participants have completed the self-screen check before travelling
* ~~Start each session with a safety briefing and maintain vigilance with hygiene rules e.g. players must not touch cones/ goals, drinks must remain separate etc.~~
* ~~Where possible coaches maintain 2m social distancing by having a coach’s area to communicate with the children~~
* Where possible coaches maintain 1m+ social distancing recognising the definition and implications of a close contact (see additional notes)
* Sessions will be set out with FA guidance in place recognising that on-field adaptions for playing football are no longer required.
* Players will be informed that spitting must be avoided
* Players will be informed that chewing gum is not permitted at the Club

 * ~~Try to design sessions with minimal contact and social distancing measures in place~~
* ~~Full contact allowed but maintain social distancing for as much of the session as possible:~~
	+ ~~Warm up 2m apart~~
	+ ~~Keep 2m apart in drills and skill practices where possible~~
	+ ~~Players to be 2m apart when being addressed by the coach~~
	+ ~~No goal celebrations~~
	+ ~~No hand shaking~~
	+ ~~No Shouting~~
	+ ~~No Spitting~~
	+ ~~Maintain 2m distancing on subs bench~~
* ~~Try to use minimal equipment where possible~~
* ~~Encourage children to adhere to the FA social distancing rules~~
* ~~All session to be delivered in open air~~
* ~~Avoid sharing equipment, gloves, balls, cones etc~~
* ~~Group sessions will adhere to the FA guidance on coach and player ratios~~
* ~~Contact within sessions will adhere to FA guidance~~
* ~~Drinks areas will be marked out for each group~~
* All will bring bottled drinking water for their own use. No one will share at any time
* Coaches will encourage participants to bring their own named hand sanitiser (use alcohol-based hand sanitiser)
 | * Parents to follow social distancing rules when arriving to, observing sessions and leaving site

It is important to note that the definition of close contact remains the same in step four. Examples of close contact include: • Face-to-face contact under one metre for any length of time – including talking to someone or being coughed on; • Being within one metre of each other for one minute or longer; • Being within two metres of each other for more than 15 minutes in total in one day; • Travelling in the same vehicle. If a player tests positive on a team there is not a need for the other players to self-isolate (or a game to be postponed), unless they were in close contact, have been contacted by Test and Trace, they have developed symptoms or tested positive themselves. Therefore, players and clubs should consider how they can reduce the likelihood of close contact occurring. From the 16th August, those who are fully vaccinated and under-18s will not have to self-isolate, unless they test positive for Covid or develop symptoms, in which case they must isolate. | **AMBER** | All coaches |
| Increased risk of transmission through physical contact between players, players and coaches, players/coaches and equipment. | Coaches/ players / parents carers. | **USE OF EQUIPMENT*** Maintain and clean own equipment with disinfectant after each session.
* No Sharing of equipment between staff unless it has been disinfected appropriately
* Goals and any surfaces touched by staff, players or spectators will be regularly disinfected
* ~~Goals and any surfaces touched by staff or players washed and disinfected on regular basis~~
* ~~Coaches to disinfect all goals and other equipment used during session using spray and paper towels provided~~
 | * Individuals will take their own 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.
 | **AMBER** | All coaches |
| ~~Exposure to infected people and/or surfaces, etc.~~ | ~~Coaches/ players / parents carers.~~ | **~~PARKING & TRAVELLING~~*** ~~Avoid the use of public transport~~
* ~~Travel only within family bubbles i.e. by car, motorbike, bike, walking, etc.~~
* ~~If staff or parents have no choice but to share transport:~~
* ~~Journeys should be shared with the same individuals and with the minimum number of people at any one time.~~
* ~~Good ventilation (i.e. keeping the windows open) and facing away from each other may help to reduce the risk of transmission.~~
* ~~The vehicle should be cleaned regularly~~
* ~~Vehicles must not park in ways likely to cause concern or nuisance to customers and the local community.~~
 | ~~All coaches, parents and players to refer to “safer travel guidance”~~ [~~here.~~](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers) | **~~GREEN~~** | ~~All coaches~~ |
| Exposure to infected people and/or surfaces, etc. | Coaches/ players / parents carers. | **TOILETS AND OTHER FACILITIES*** Regular and frequent cleaning of hands with soap or steriliser will be available when appropriate
* Make everyone familiar where the toilet is and the rules of use
* Ensure players, parents and staff go to toilet one by one
* Make familiar where the hand washing stations and sanitisers are on site
 | * ~~Changing rooms will not be used in step one in the roadmap out of lockdown~~
* Changing rooms will be used where necessary ensuring adequate ventilation and the use of face masks where there is a risk of prolonged close contact.
* Toilets will be opened 30 minutes before and 30 minutes after training and/or matches
* All government guidance on hygiene and social distancing measures will be followed
 | **GREEN** | All coaches |
| Exposure to infected people and/or surfaces, etc. | Coaches/ players / parents carers. | **FIRST AID*** Minimum of 1 qualified first aider on site always
* Avoid person to person contact where possible, if not then wash hands before and after giving first aid
* Chest compressions only for non-breathing casualties – **no rescue breaths**
* Ensure de-fib is available for use (regularly inspect) if on site. Ensure you are aware of its location
* Clean and disinfect all equipment used after use
 | * 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 compromising guidelines to provide emergency care.
* 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. 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.
 | **GREEN** | All coaches |

**Appendix 1**

