

Wideopen Football Club

Covid-19 Risk Assessment



The aim within Wideopen FC is to provide a safe environment for all players, parents / guardians, coaches and volunteers following guidance from the Government, The FA, Northumberland FA and any relevant guidance from the leagues our teams are part of.

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Wideopen Football Club – Covid-19 Risk Assessment Arrangements

Area of Concern	Arrangements	What is needed? Important additional notes
Anyone showing signs of Covid-19 symptoms	<p>Anyone showing any of the following Covid-19 symptoms must not attend</p> <ul style="list-style-type: none"> • Fever • Dry Cough • Headache • Sore Throat • Breathing Difficulties • Loss of Taste or Smell • Generally feeling unwell • Been in close contact with a suspected or confirmed case of Covid-19 in the previous two weeks • If anyone displays any of the above symptoms they should follow Government guidance. Please also inform team coach and club official(s). Confidentiality is expected. • Any player, coach, parent / guardian showing Covid-19 symptoms during activities must be sent home to self-isolate immediately – this should be reported to club officials 	<ul style="list-style-type: none"> • Club to keep a record of any reported symptoms
Travel to training sessions, friendlies or games	<ul style="list-style-type: none"> • Players and officials are instructed not to share transport except with members of own household • Any player (or official) unable to follow travel guidance should contact their team official to discuss alternatives, including non-attendance where necessary • Any player or official (or parent / guardian) showing symptoms of Covid-19 should not travel to the venue or attend and should self-isolate in accordance with government guidance • Everyone using their vehicle in connection with football club activities is advised to regularly clean the inside of their vehicle and door handles that are likely to have been touched 	<p>If guidance allows limited shared transport, to minimise risk actions could involve open windows, passengers in the back seat away from the driver, using face coverings</p>
Players arriving on-site	<ul style="list-style-type: none"> • Parents / guardians advised of arrangements prior to arrival • availability of toilets, • players come with kit on • what to do on arrival - players must make their way immediately to where their coach has set up – avoid mixing with others and keep social-distance • bring and use own hand sanitiser • bring own water bottle & medication with name on • Avoid gatherings of more than 30 • Parents / guardians to observe social-distancing • Coaches must keep a written record for 21 days of attendees per session for NHS Test and Trace. If necessary, the committee may ask for sight of these at any time, certainly in cases where an individual reports symptoms. 	<ul style="list-style-type: none"> • Coaches use Matchday app to inform parents / guardians • Test and Trace sheets printed by coaches, also available in clubhouse, must be kept for 21 days
Access to training areas / pitches	<ul style="list-style-type: none"> • Observe social-distancing when entering / leaving – passing others • Use own hand sanitiser (also available at facility as a precaution) • Picnic benches not to be used / taped off 	<ul style="list-style-type: none"> • Signage • Hand sanitiser • Tape

Training session / games	<ul style="list-style-type: none"> • Players not allowed to handle equipment • Use of bibs is discouraged. If use is essential, they must be washed before being used again • Hand contact with footballs should be kept to a minimum • Footballs should be cleansed before and after each period of use • Footballs should be regularly wiped with sanitiser – for example, when a ball goes out of play restart with a second ball that has already been wiped; wipe the ball out of play ready for next occasion • No spitting • Chewing gum, which may spat out, can be high risk and is strongly discouraged • No goal celebrations involving contact – e.g. hugging, high-fives 	<p>Sanitiser</p> <p>Constant reminders to players and all involved about handling items and good hygiene practice</p>
Equipment	<ul style="list-style-type: none"> • Only coaches to handle equipment preferably while wearing protective gloves or ensure hands are sanitised before and after handling • All equipment appropriately cleansed • If equipment is used from clubhouse, only coach to access and all surfaces touched must be cleansed 	<ul style="list-style-type: none"> • Sanitiser • Cleansing materials / wipes
Players pick-up	<ul style="list-style-type: none"> • Social distancing observed when players leave • Sanitiser used on exit • Parent / guardian to stay in car / avoid social mixing 	<ul style="list-style-type: none"> • Sanitiser • Signage
Refreshments	<ul style="list-style-type: none"> • All players bring own drinks bottles marked with their name and do not share • Clearly marked additional items such as sun cream, medication • Bottles and other items stored safely in designated area, suitable distance apart 	<ul style="list-style-type: none"> • Parental information • Coach to supervise and arrange
First Aid / Injuries (High Risk)	<ul style="list-style-type: none"> • Minor injuries dealt with by player under coach supervision • Major injuries / emergencies – coach wears face mask / covering and gloves whilst waiting for emergency services (emergency situation defined as life or limb threatening – government guidance to be followed on resuscitation) • Where First Aid items or PPE is soiled, this must be disposed of correctly (yellow bags - double-bagged if necessary and club official notified of its location) • Parents in phone contact 	<ul style="list-style-type: none"> • First Aid bag checked • Gloves used to handle items • Face masks available to coaches • Injuries must be recorded
Clubhouse (High Risk)	<ul style="list-style-type: none"> • Access for toilets only - observe one-way system - in door near picnic benches; out via players entrance *nip point between toilets and corridor* • Sanitiser on entry / exit – essential due to multiple contact with door handles, flush handles, tap handles • Doors to be kept open to minimise hand contact where possible (unavoidable in some areas e.g. toilets) • Coaches asked to cleanse handles / contact points where possible – before arrival of players and before leaving the premises • Observe good hygiene / hand-washing • Cleaning arrangements following each use of toilet • If / when kitchen is opened, one-way system with ‘one in-one out’ requirement • Sanitiser station at bench; take-out only (no-one to sit in community room), • Regular clubhouse cleaning • Checking sanitiser, paper towels, soap dispensers 	<ul style="list-style-type: none"> • Signage – in-out, social distancing markers, arrows • Sanitiser & signage for use • Automatic door systems in place to minimise need to touch them • Tables and chairs noted ‘not for use’ • PPE – face mask, gloves • Coaches regularly remind everyone about importance of good hygiene • Coaches monitor correct access to and exit from clubhouse – use of sanitiser, avoid nip points – maintain social distancing

Changing Rooms (High Risk)	When changing rooms can be used ... <ul style="list-style-type: none"> • Players proceed directly to an agreed holding area before entering the building • Entry to the building only when coach has ensured other users are aware or are out of the area to be accessed, including corridors • Team talks pre-match, half-time, done outside – no half-time access to changing rooms • Maximum number of players per changing room – two changing rooms per team • Changing areas (1m+ rule) to be marked ensuring social distancing while changing • Face coverings recommended due to confined space and no ventilation • Coaching staff not to access changing rooms while occupied by players changing • Hand sanitiser must be used before entry and at exit • Good hand-washing hygiene if toilets are used • Recommended that players shower at home after the game (if / when showers are available – maximum of 2 players at a time) 	<ul style="list-style-type: none"> • Signage required? • Areas requiring taping e.g. to show 1m+ spaces for players
Player Kit (Medium / High Risk)	<ul style="list-style-type: none"> • Players should have been allocated their own kit and are responsible for bringing it to games clean as well as taking it home after games to wash / clean themselves • Senior players have to have squad numbers 1-11 so arrangements must be agreed about taking kit home to wash and ensuring it is taken to next game to be use by selected players. Need for minimum handling of clean kit recognising it may be passed on to another player. Although not recommended, if kit is collectively gathered and centrally washed, individuals sorting this must use gloves and recommended face covering. After washing, again kit should be handled minimal amount and gloves should be used before including when handing out at next game 	<ul style="list-style-type: none"> •
Litter	<ul style="list-style-type: none"> • Litter bins are available near entrance to 3G and adjacent to main clubhouse entrance • Coaches are asked to remind players and spectators to take their own rubbish home with them or deposit it in the litter bins • Coaches are encouraged to cast an eye over their training area / pitch to check for litter and, if possible, remove - ensuring their own safety by using gloves to do so 	<ul style="list-style-type: none"> • Coaches have gloves in First Aid bags

First Aid – additional points: this is a brief summary from [Government advice](#), [St. John’s Ambulance](#) and the [Resuscitation Council](#).

In emergencies relating to life and limb, call 999. Rescue breaths / mouth to mouth ventilation is not recommended – perform chest compressions only. Cardiac arrest in children is more likely due to a respiratory problem so chest compressions alone may not be enough. If a decision to perform mouth-to-mouth is taken, a resuscitation shield must be used and this should be a one-way type. Coaches are expected to ensure they have familiarised themselves with expectations and advice about dealing with injuries and emergencies in the current situation as a summary can not cover all relevant advice.

A variety of guidance has been used to put this document together including:

<ul style="list-style-type: none"> • http://www.thefa.com/news/2020/jul/03/grassroots-football-covid-19-update-030720 • https://www.gov.uk/coronavirus • https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/return-to-recreational-team-sport-framework • http://www.northumberlandfa.com/news/2020/jun/12/covid-19-guidance-from-the-fa 	<ul style="list-style-type: none"> • https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov • https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/ • https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19
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This is a constantly changing situation. Everyone is expected to keep up-to-date with latest guidance and, if uncertain, contact committee members for advice.