Ex-Blues Junior Football Club

Risk Assessment – For Competitive Match Play in Matches & Training Sessions.

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This RA can be read in conjunction with FA guidelines issued on 17 July 2020

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| Prior to activity starting  | Actions  | Who |
| Prior to attending training | All Players / Coaches / Others attending training; should undertake a self –assessment prior to departing for session. If anyone displays symptoms of COVID 19 or any member of their household displays symptoms then they should **NOT** attend training. Symptoms include:1. A high temperature (Above 37.8 degrees C)
2. A new, continuous cough.
3. A loss of, or change to, their sense of smell or taste.

  | PlayersCoachesParent (spectators) |
| NHS Test and Trace | A register MUST be maintained to record all attendees at each training and match sessions. This is to support the NHS Test and Trace efforts by collecting names and contact information of all attendees. e.g. Players, Parents, Coaches, Supporters. | Coaches & or Managers |
| Risk of Transmission: | Actions  | Who |
| 1. From Personal contact when not in play
 | 1/ Players, Coaches and spectators are required to social distance (SD) when arriving at any of the named venues (ground). HSBC S&S, Ex-Blues Club, Normans Park, Coney Hall Recreation, where one way systems or movement restrictions where possible are in place, this should be observed at all times.  | PlayersCoachesSpectators  |
| 1. When Non-Contact Activities are taking place.
 | 2/ Players will maintain SD measures when warming up. NO contact is necessary – NO MINI MATCHES are allowed during warm up. Players can work in groups of 5 for passing games (non-challenged play). Players can share the use of the ball, but should not touch the ball with their HAND. During drink breaks and when players are receiving coaching points and instruction, Then SD MUST be observed.NOTE: So coaches can concentrate on setting up activities (Drills, Exercises, mark out areas for use) an adult can be appointed to marshal the players during drink breaks.  | Players Coaches |
| 1. Pre-match brief
 | 3/ Team talks should be conducted in an outdoor space away from others, while maintaining SD guidelines. No pre-match huddles are allowed.  | PlayersCoaches |
| 1. Start of the match
 | 4/ There will be no hand shaking (fist bumps, Elbow Taps etc) prior to the start of the match. Players will be required to hand sanitise (at a station provided) before entering the field of play. The referee is the only person to touch the coin for the toss at the start of the match.  | PlayersCoachesOfficials  |
| 1. During Competitive play.
2. Players
3. Coaches
4. Free kicks / Corners
5. Goal keepers Equipment
 | 5i/ Players will have some contact during matches. But should not touch the ball with their hands (Notwithstanding throw-in’s) When collecting the ball from off the field play, they should use their feet where possible. NO one else should collect the ball (other than players). But again if required then NO HANDS should be used. If the use of hands cannot be avoided then the ball should be Sanitised before continuing to be used. The referee should also pause play (at a convenient time) for all players, coaches and the referee to sanitise their hands. The ball should also be disinfected at this time. Where players enter or leave the field of play, on rota they should sanitise their hands. 5ii/ Coaches should maintain SD from Players. Providing all coaching points from a safe distance. If needing to use visual aids care should be taken to ensure SD measures are maintain while doing so. Spaces should be marked for coaches and players to stand in to help. At training where needing to step in for a demonstration; the coach should first ask the player to move to a safe area. 5iii/ Free kicks and corners often create clusters in the penalty areas. The setting up of “set plays” should be avoided, with encouragement for these to be taken quickly. Where the ball has gone along way out of play (at a corner) players should wait for the ball to be back by the corner arc before gathering for the corner to be taken.Encourage players to stay outside the area, and then attack the space when the ball is played. 5iv/ Goal keepers should sanitise there gloves regularly including before and after competitive play as well as during planned sanitation breaks. Essentially, treating their gloves as their hands during the match.  | Players CoachesParent (spectators) |
| 1. Goal celebrations
 | Players should not break SD rules to celebrate the scoring of a goal. However, we understand the natural instinct to recognise success. We will encourage players to do this by applauding the scorer of any goal. \*\*\* Essentially, we need to consider other ways players can come up with SD (contactless) ways to celebrate.  | PlayersCoaches |
| 1. Treatment of injures.
 | Where an adult from the same household / support bubble is in attendance they will be asked to tend to their own child if minor injuries occur. The first aid / coach will support them without the need for physical contact with the player. Where the requirement for the first aider / coach to become involved (directly) due to NO adult for the child being available or the seriousness of the injury requires more experienced attention then where reasonably possible appropriate PPE should be used. In matters of life-threatening situations where immediate treatment should be given in the normal way, do not delay to put on PPE. Coaches / First Aiders should immediately sanitise hands after any contact during treatment, and where reasonably possible prior to treatment.   | CoachesParent (spectators)  |
| 1. At end of the session
2. End of match
3. Cool down’s
4. Team De-briefing
5. Departing site
6. Using Facilities
 | 8i/ There will be NO shaking of hands (fist bumps, elbow taps ect) at the end of the match. Players will be encouraged to applaud their opposition at the end of the match. Although 3 cheers may feel appropriate there is a heighten risk when shouting in proximity. 8ii/ Teams still need to cool down after the training. This should be done in the same socially distance manner as the warm up. In bubbles of 5 players with no contact taking place8iii/ Team de-briefs should be kept to a minimum and social distance rules should again be observed.8iv/ When leaving the site continue to observe social distance rules and follow all site rules / instruction for moving around site (one-way systems, keeping to the left) 8v/ If using club house facilities ensure that everyone follows the rules and restrictions that have been put in place. Players should not have KICK ABOUTS where matches are played. If they are playing NON Contact passing games, this should continue to follow social distance rules (No more than 6 people in a group)  | PlayersCoachesParents(spectators)  |