

KENDAL UNITED FC

Risk Assessment to Prevent the Spread of Covid-19

(Senior Football)

| **Objective:****To prevent the spread of Covid-19 [Coronavirus] when engaging in group football activities and to protect players, coaches, officials, and visitors.** *(The coronavirus causes respiratory illness in humans, usually resulting in mild symptoms including cough and fever. Some individuals experience more severe symptoms, and it can lead to pneumonia, breathing difficulties and in rare cases death).* |
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| Club | KENDAL UNITED FC  | Assessment ID | 04/2020 Rev3 |
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| Assessor | Stefan Grabek, Simon Hansen | Date of assessment | 28th July 2020 |
| Authorised by: | Kendal United FC Management Committee | Last Update | 20th May 2021 |

| **Area of Risk** | **Controls Required** | **Additional Controls** | **Who/When?** |
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| Compliance with COVID-19 safeguards | Club officials to adhere to the guidance given in the following documents.* Club Risk Assessments
* Government Guidelines
* FA Guidelines
 | * The club will appoint a COVID-19 officer and assistants, responsible for developing a Covid-19 plan and risk assessment prior to the restart of any activity. The Covid-19 officer should continually monitor how compliance is being observed within the club.
* At least one club official must be present at all football activities to ensure compliance of all FA, Government and NHS advice in effect at the time of the session.
* Risk assessments to be provided to all players and coaches with copies available on the club website.
 | * Completed. Stefan Grabek is Covid-19 Co-ordinator assisted by Simon Hansen.
* Coaches, each session.
* Completed.
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| Keeping club officials and players advised on the club’s COVID-19 safeguards. | Distribute club Risk Assessments and FA guidelines to all club officials and senior players. | * Maintain a database of members email addresses to distribute information.
* Review significant updates to the documents and send out updates as required.
 | Club secretary by 1st August 2020, then as required. |
| Self-screening for coronavirus to prevent transmission. | Every participant to self-assess for coronavirus exposure or symptoms before each training session or match.**Self-screening checklist:*** A high temperature?
* New continuous cough?
* Loss of normal taste/smell?
* Been in close contact with a suspected or confirmed case of coronavirus in the previous two weeks?
 | * Participants can only attend the activity if all the checks deliver a ‘NO’ response.
* Coaches to record that self-screening has been performed by every potential participant in their team pool. This can be achieved by:
* Online written confirmation before the session.
* Recording on arrival on the day, but before mixing with others.
* Informing participants before every activity that attendance on the day is their certification that they have successfully carried out a self-assessment against the current NHS main symptom checklist.
* Pre-match communication with opposition managers to advise that visiting teams and visitors must have successfully completed self-assessments prior to arrival at the venue.
 | * Everyone, prior to attending.
* Coaches, before any activity can commence.
* Coaches, before the day of a match.
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| Transmission of coronavirus to vulnerable groups. | Players, coaches, and visitors in clinically vulnerable and extremely vulnerable groups, or who are shielding people at home in these groups should not attend any training sessions or matches. |  | Players, coaches, visitors, for the duration of shielding. |
| Supporting NHS Test and Trace. | NHS Track & Trace QR posters to be displayed at Castle Drive, Millennium and Jubilee. Club posters to be displayed also, for attendees without the NHS app. Manual recording to be used as an alternative. Visiting team managers can be used as the primary contact for their group. *(Information must be confidential, not in clear sight and only used for the purposes of Test & Trace. GDPR applies).* | Manually recorded & Club Form recorded name and contact details to be kept for a minimum 21 days, then deleted. | Coaches, at every training session or match. |
| Group size. | Group training must be kept to separate groups of no more than 30 in an outdoor setting, including the coach.Spectators are permitted at public and private venues, but group size is limited to a maximum of 30. | * If more than one group, discrete distancing between groups should be evident.
* Social distancing to be maintained within groups.
 | Coaches, each session. |
| Personal hygiene measures. | Regular general hygiene to be observed. Players and coaching staff should wash hands with soap and water or use anti-bacterial hand wash immediately before, throughout and after each session and particularly after touching equipment. | * Players should bring their own identifiable water bottles, hand gel, sun cream, etc., and these items must not be shared.
* Coaches to have a standby supply of hand gel available at every session.
 | * Everyone, before, after and during the session.
* Club will supply coaches as required.
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| Handling of equipment. | * Routine regular disinfection of all equipment used in training sessions or matches.
* Balls, and all training equipment to be disinfected with anti-bacterial wipes or spray at a minimum before and after each session and at half time.
* Handling of equipment to be kept to a minimum.
 | Goal posts, corner flags and dugouts if used should be wiped down before and after matches and at half time. | Coaches, players during every activity. |
| Equipment sharing. | Discontinue or reduce sharing of equipment. Equipment in general should not be shared between groups. Any shared equipment should be regularly sanitised. | If any clothing such as bibs are used, these must be removed and washed between sessions, preferably by the wearer to avoid large amounts of soiled material being handled. | Players, during and after each activity. |
| Match and training behaviours. | Competitive contact football is permitted, but when not engaging in this activity, social distancing should be maintained, e.g. pre- and post-match, half time. | * Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
* During set plays, players are encouraged to avoid unnecessarily long set-up or close marking.
* Goal celebrations should be avoided.
* Pre-match handshakes and team huddles should not take place. Players should hand sanitise before a match.
 | Players and coaches during activities. |
| Match safety | When deemed necessary, the club’s Covid-19 officer will arrange that a safety brief is delivered to players and officials before the commencement of any fixtures, highlighting their responsibilities in complying with the code of behaviour. | Each team will appoint a Covid-19 representative to assist in the delivery of the club’s Covid-19 plan. | Covid-19 team representative as required. |
| Visitors attending football activities. | Visitors should maintain 2 metre social distancing at all times. Visitors should observe from a safe social distance and maintain social distancing within discrete groups no larger than 30. | Coaches should communicate to visitors how social distancing and hygiene rules are to be maintained at the venue during the session. | Visitors at each activity and coaches prior to the activity. |
| Travel to venues | All participants and other attendees should follow best practice for travel, including minimising use of public transport and walking or cycling if possible. *(People from a household or support bubble can travel together in a vehicle).* | If participants do have to travel with people outside their household or support bubble they should try to:* Keep groups small, share transport with the same people each time.
* Open windows for ventilation
* Face away from each other
* Clean the car between journeys
* Wear face coverings.
 | Everyone, during transit to/from venues. |
| Injuries to players | Minimum FA qualified first aider must be present at all times during training or at matches.  | Club Welfare Officer to ensure valid First Aid qualifications for all coaches to ensure compliance. | Club Welfare Officer by 1st August 2020, coaches during the activity. |
| Delivering basic first aid | Administering basic first aid should only be performed by a member of the player’s household or support bubble. |  | Casualty’s household or support bubble as required. |
| Delivering crucial first aid | For serious or life-threatening injuries, first aiders coming into close contact with a player to provide aid should wear PPE while providing care until emergency services arrive. Disposable gloves, disposable apron, medical grade mask, goggles or visor are required PPE. | * Coaches to ensure that a fully stocked first aid kit containing additional required PPE is available at each training session or match.
* If Cardiopulmonary Resuscitation (CPR) is required, in adults, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only.
 | Club equipment officer to source required PPE by 1st August 2020. |