



COVID-19 Risk Assessment Re-starting outdoor competitive grassroots football	
Location	Responsible Person
Creasey Park Community Football Centre Creasey Park Drive Dunstable Beds	David Airey
<u>Date of Review</u> 28 th March 2021	<u>Date of Next Review:</u> 21 st June 2021 Minor amendments may be incorporated into the RA based on the GOV.Uk roadmap, no earlier than 12/04/21, 17/05/21 and 21/06/21
<u>COVID-19 Risk Assessment Conducted By:</u> Team Managers	
Executive Report	
Introduction <i>This COVID-19 information and risk assessment is a continuation of previous versions. It is a review and update based on the updated COVID-19 guidance for non-elite football in England after lockdown, effective 29th March 2021.</i> <i>This document has been reviewed and amended where applicable based on the revised FA guidance;</i> <ul style="list-style-type: none">• COVID-19 Step one guidance on the return of grassroots football – Version 1.6, March 24th 2021• COVID-19 Safeguarding and Risk Assessment Guidance – Version 1.4, March 24th 2021• COVID-19 Updated First-Aid Guidance for Grassroots Football – Version 1.2, March 24th 2021	



Government's Roadmap out of Lockdown

The Government has published a roadmap setting out four steps for the easing of national lockdown restrictions in England. AFC Dunstable will continue to update and amend our Risk Assessment based on the updated FA guidance for each step as set out below:

	STEP 1		STEP 2	STEP 3	STEP 4
	8 th March	29 th March	No earlier than 12 th April	No earlier than 17 th May	No earlier than 21 st June
UPDATE	Schools return, including play for school-age children as part of educational provision and wraparound care – following DfE guidance.	Outdoor grassroots football returns – following all FA guidance. No spectators. No changing rooms. No hospitality.	Indoor football for under 18s returns – subject to Government approval. Socially-distanced spectators permitted - in accordance with Government guidelines. Changing rooms can be used – following strict Covid-19 protocols. Outdoor food and drink allowed – following the rule of six or two households.	Organised indoor football returns – subject to Government approval. Socially distanced spectators permitted - in accordance with Government guidelines. Changing rooms can be used – following strict Covid-19 protocols. Indoor food and drink allowed – following the rule of six or two households.	No legal limits on gathering. Larger events allowed.

Between the period 29th March – 12th April 2021 (unless otherwise stated) no spectators are allowed at grassroots sport as part of step one of the Government's roadmap.

One parent, guardian, carer per U18 player is permitted to be present at all football activities although they must observe the relevant Government Covid-19 guidance.

This excludes any parent, guardian, carer who is actively involved within the football activity such as the coaching team, match officials (including referees or linesman).

For the avoidance of doubt, a spectator can be defined as a person(s) with the intent to stand or sit in close proximity to the football session with the objective of watching the football activity without becoming involved.

Where parents, guardians, carers do not fall within the definition of a spectator and the location of the football activity is located within open public spaces such as 'parks/playing fields' and it is evident that they are not directly involved or engaged with the specific football session, it remains the parents, guardians, carers responsibility to adhere to the current government guidelines on social distancing and gatherings.

AFC Dunstable will regularly remind both home and away teams (players/parents/carers) that no spectators are allowed and the rule of one (1) for parent/carers must be adhered to if the intention is to watch the football activity.



COVID-19 Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- *High Temperature – this means you feel hot to touch on your chest or back (>37.8C)*
- **Note:** *Prior to commencing any competitive training / matches the Manager or Coach may undertake a temperature check of the players using a Non-Contact Infrared Thermometer. Players temperatures will not be recorded, but should the players temperature reading be 37.8C or greater, than the player will be escorted back to the parent, guardian or carer and advised of the temperature reading. A second check will be performed within 5-10 minutes of the initial reading. If the players temperature is still showing 37.8C or greater than the player will not be able to continue with the session and the parent, guardian or carer will be advised to follow current government guidelines.*
- *New, continuous cough – this means coughing a lot for more than an hour, or 3 of more coughing episodes in 24 hours*
- *Has shortness of breath or a sore throat.*
- *Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*

Should anyone directly or indirectly involved in football, display any or more than one of the above symptoms they should not attend football training, friendless or competitive matches and must self-isolate and follow the guidance as set out within GOV.UK / Public Health England. Should anyone such as manager, coach, player or parent / guardian or Carer feel that have developed symptoms or feel unwell during any football session they should immediately inform the senior representative (i.e Manager / Coach), leave immediately and go home. Once home follow the guidance as set out within GOV.UK / Public Health England.

How is the Virus Spread

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. This is why it is important to stay at least 2 metres away from others or 1 metre plus with mitigation. These droplets can land on objects and surfaces around the person such as footballs, training bibs, cones, goal posts and poles. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth. This is why it is important to wash your hands regularly with soap and water or clean with alcohol-based hand rub.



How to avoid catching and spreading the virus whilst playing competitive football

- *Competitive football sessions (training) shall only be conducted outside at Creasey Park Community Football Centre. Scientific evidence suggests the virus appears to spread less easily outdoors because of the ventilation factor. No football training or matches shall be conducted indoors until further advised.*
- *Competitive football sessions (Training, Competitive Matches and Friendlies) can re-commence from the 29th March 2021. The Football Team Manager / Coach must request a copy of the away (opposition) teams risk assessment and / or away teams COVID-19 procedures prior to kick-off and review the controls in place. Information shall be shared with the parents, guardians, carers in good time.*
- *The use and sharing of equipment during competitive sessions should be kept to a minimum. All football equipment pre/post training or matches will be disinfected by the coaching team.*
- *The coaching team will ensure all players clean their hands regularly as good hygiene practice. This can be undertaken using anti-bacterial hand wipes and / or hand gel.*

Social distancing during competitive sessions (training and / or matches)

In line with the FA and Government advice, full contact football can commence providing the following mitigations are adhered to;

- *In all instances before and after any competitive session, whether that is training or matches and during any breaks the coaching staff must ensure social distancing is re-enforced to two metres or one metre plus. This can include; avoiding direct face to face contact, wearing a face mask or covering.*
- *Pre-match handshakes will be banned.*
- *Team talk huddles (pre, post and during half time) will take place adhering to social distancing.*
- *Warm-ups / cool down activity will take place adhering to social distancing.*
- *The coaching team will brief and remind the players that during competitive sessions to avoid unnecessary close contact during set-plays (i.e free kicks, corners and penalties) as well as continuing to monitor and limit persistent close proximity of other players during the game.*
- *Unnecessary or persistent shouting will be discouraged. In addition players should be reminded that spitting is strictly forbidden.*
- *All Interactions with match officials shall adhere to social distancing.*



First Aid during competitive sessions (Training & Matches)

The health, safety & welfare of the football team is of absolute paramount. If a player is Injured during a session we will operate a three line of defence methodology;

- 1. If a player is injured during a training session, the parent, guardian or carer should (as applicable) intervene and provide first aid. All other teammates and coaches shall maintain social distance. (Note: With prior consent, the first-aider / coaching team onsite can provide first aid with appropriate mitigation such as PPE)*
- 2. If a player is injured during a competitive match the first-aider onsite shall be equipped with appropriate PPE to protect themselves and the injured player should they be required to compromise social distancing.*
- 3. In the extreme chance a player suffers a serious injury during competitive training or matches (life threatening treatment such as CPR or limb threatening) the manager, coach and / or first aider shall respond to the emergency in accordance with the updated First-Aid Guidance for Grassroots, Version 1.2, Published March 24th 2021.*

The vast majority of injuries that the youth club will experience, based on previous assessments is knocks and bruises, twisted ankles, slip, trip & falls. First-Aid can mostly be provided without the need of getting close to the player where there is an increased risk of coming into contact with cough droplets.

- All managers / coaches who enter the field of play or onto the training ground will wear appropriate PPE, namely a face covering in the first instance.*
- All managers / coaches must have a fully stocked first aid kit, which includes as a minimum the following COVID-19 PPE provisions; 1) Disposable Face Masks, 2) Disposable Gloves, 3) Disposable Polythene Aprons, 4) Disinfectant Hand Sanitizer*
- If the player is conscious, an initial assessment will be undertaken at a safe distance from the player.*
- Should the player require further assistance and is required to be removed from play this can be conducted by either a household / family member or the coaching team. All other players, coaching team and any spectators as previously defined must maintain social distancing at all times.*
- Direct face to face contact should be avoided where possible and if assistance is required when leaving the field of play the first aider should ideally stand side by side with the player whilst being escorted to the side-line.*

In the event a player goes into cardiac arrest and requires CPR, begins losing consciousness, has their airways compromised or facial bleeding additional guidance has been provided by the FA; (See below website link)



All managers and coaches must familiarise themselves with the following COVID guidelines and the FA Concussion Guidelines and Sudden Cardiac Arrest online videos (see below and as applicable)

- <https://www.thefa.com/bootroom/resources/coaching/guidance-for-first-aid-in-football-during-covid-19>
- <https://www.thefa.com/bootroom/learning/qualifications/medical-courses>
- COVID-19: updated first-aid guidance for grassroots football, Version 1.2, March 24 2021

Emergency Response (Home Ground – Lancaster Avenue Recreation Ground)

In the event of a serious or significant personal injury to a player, the following protocols are in place at Creasey Park;

- Managers / Coaches must have a fully stocked first aid kit with appropriate provisions during all competitive sessions.
- AED 'Automated External Defibrillator' is located in the bar at Creasey Park.
- Emergency access is available for any emergency services such as paramedic responders should it be required.

Note (1): Creasey Park will operate with strict one way systems in place. These must be adhered to, if in doubt Managers should speak to Creasey Park personnel. Managers must also ensure that they arrive on time to the ATP and ensure that their players arrive on time and discourage early arrival and crowding at the gate to the ATP. In the same respect when the training session is finished Managers should leave swiftly ensure all their players are off the ATP and leaving Creasey Park via the one way system.

Note (2): A parent, guardian or carer should remain onsite throughout the duration of all and any training sessions or matches for players under the age of 18. In the event this is not possible for unforeseeable reasons, the parent, guardian or carer must inform the coaching team in advance so appropriate controls can be discussed, agreed and be put in place as necessary.

NHS Test and Trace

AFC Dunstable will be required under the FA Guidance to follow and operate to the NHS Test and Trace protocols. GDPR (General Data Protection Regulations) allows AFC Dunstable to request contact information from players, parents, guardians, carers, coaching staff or visitors and share it with NHS Test and Trace to help minimise the transmission of Covid-19 and support public health and safety. All managers / coaches will maintain either a paper-based register of the players, parents, guardians and carers who have attended each competitive session (training and / or matches). Personal details such as phone numbers or home addresses **will not** be included on the paper-based register. (**Note:** Should there be a requirement to provide contact information to NHS Test and Trace, such information will be taken from the players registration form).



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
Exposure to Coronavirus and (COVID-19) disease	Football Manager, Coach, Players, Parents / Guardians or carers (Competitive Training) Ref: Competitive winter training facilities (New Section)	<ul style="list-style-type: none"> Manager / Coach will arrive to training minus 15 minutes before the start time to set-up the training pitch, check and confirm suitable and sufficient PPE available and training routines designed to maintain social distancing. 	All controls listed will be continually reviewed during training session. Should non-compliance occur on any of the controls listed below or new risks identified, the risk assessment shall be updated and amended with additional mitigation requirements, To support NHS Test and Trace a paper-based register will be taken which will include names of players and their parents, guardians, carers who have attended the session. Temperature checks of players may also be undertaken. Covid-19 officer will perform adhoc and regular checks to confirm compliance During contact training it may be necessary or unavoidable for players to touch equipment aids, bibs, football etc. In this instance regular breaks during the training session must be undertaken to enforce good hygiene and social distancing. Regular breaks will be made available for players to use hand gel / disinfectant. Players will be reminded verbally to avoid touching eyes, nose or mouth.	Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Manager / Coach will regularly communicate the required COVID-19 measures through the dedicated WhatsApp Group and Verbally before the start of each training session to both the players and parents, guardians / carers. 		Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Prior to commencing training, the football manager / coach will ask all players whether they currently display any of the COVID-19 symptoms. 		Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Players reporting potential symptoms will not commence training and be requested to go home and seek advice (GOV.UK) 		Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Manager / Coach will have sufficient PPE (face masks) in the event of a player Injury 		Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Manager / Coach will have sufficient Hand gel and bacterial wipes to ensure all players can clean their hands regularly during training. 		Mngr / Coach	Pre-training session(s)	Ongoing
		<ul style="list-style-type: none"> Players will be advised not to touch training equipment aids, Including footballs, bibs, cones etc. (exception of goal keeper, who must wear appropriate gloves) 		Mngr / Coach	During training session(s)	Ongoing



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
		<ul style="list-style-type: none"> Manager / coach is responsible for maintaining 2 metres (and / or 1 metre plus with mitigation) social distancing Players will be informed verbally not to spit during football training. All training equipment, including footballs shall be cleaned by means of anti-bacterial wipes or disinfectant spray immediately before and after training has been completed. Where a players unintentionally break the social distancing guidelines, they will be informed of the violation. Should the violation be deliberate / Intentional the player will be escorted to the parent, guardian / carer and will not be able to continue training. 	<p>During contact training sessions, managers / coaches will continue to remain 2 metres '1 metre plus' from all players.</p>	<p>Mngr / Coach</p> <p>Mngr / Coach</p> <p>Mngr / Coach</p> <p>Mngr / Coach</p>	<p>During all training session(s)</p> <p>During all training session(s) Pre / Post training session(s)</p> <p>During all training session(s)</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>
Exposure to Coronavirus and (COVID-19) disease	<p>Football Manager, Coach, Players, Parents / Guardians or carers.</p> <p>(Competitive Matches – Home Games)</p>	<ul style="list-style-type: none"> Manager / Coach will arrive to the match minus 30 minutes before kick-off, check and confirm suitable and sufficient PPE available. Prior to kick-off, the manager / coach will ask all players whether they currently display any of the COVID-19 symptoms. Manager / Coach will have sufficient PPE (face masks) in the event of a player being injured during the match. 	<p>A NHS QR Poster will be provided by Creasey Park.</p> <p>To support NHS Test and Trace a paper-based register will be taken which will include names of players and their parents, guardians, carers who have attended the session. Temperature checks of players may also be undertaken.</p>	<p>Mngr / Coach</p> <p>Mngr / Coach</p> <p>Mngr / Coach</p>	<p>03/04/21</p> <p>Pre-match</p> <p>Pre-match</p>	<p>Open</p> <p>Ongoing</p> <p>Ongoing</p>



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
		<ul style="list-style-type: none"> Warm ups, team / half time talks and post team talks will be undertaken adhering to social distancing guidelines Where match officials are part of AFC Dunstable (I.e Referee and Linesman) a pre-covid talk will be undertaken by the manager / coach Where match official are provided and are assigned by Beds FA or equivalent a verbal verification with the manager / coach to be undertaken to confirm they are aware of any specific team requirements and familiar with the FA guidelines. All football equipment, including footballs shall be cleaned by means of anti-bacterial wipes or disinfectant spray immediately before and after training has been completed. The same shall apply during half time. Appropriate Spectators will be positioned at a sufficient distance from the touchline and located only on one side of the pitch. (N/A – Step one) Sharing of Information – where possible, 24 hours prior to kick-off the manager / coach will exchange Risk Assessment and Creasey Park regulations information. 	<p>Team talks will also include reminders of social distancing and hygiene.</p> <p>Where possible, all match officials will be sent copies of COVID-19 procedures. The respect barrier will be placed and positioned at a sufficient distance from the touchline in order to ensure the linesman can maintain appropriate social distancing with spectators (Ref: Page 2 for details and information on spectators) during the match.</p> <p>Spectators (Ref: Page 2 for details and information on spectators) must remain behind the respect barrier at all times</p> <p>The opposition team must confirm that they are compliant with NHS Test and Trace.</p>	<p>Mngr / Coach</p>	<p>Pre/during & post match</p> <p>24 hrs prior to kick-off Pre-match</p> <p>Pre/during & post match</p> <p>Pre-match</p> <p>Post-match</p> <p>Pre-match</p>	<p>Ongoing</p> <p>Monitor</p> <p>Monitor</p> <p>Ongoing</p> <p>Ongoing</p> <p>Monitor</p>



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
		<ul style="list-style-type: none"> Substitutions during a game 	Where players are substitutes or been substituted during a game social distancing will be enforced. If chairs are provided to the players a minimum of 1 metre shall be provided (further mitigation would be no direct face to face contact)	Mngr / Coach	During Match	Monitor
Exposure to Coronavirus and (COVID-19) disease	Football Manager, Coach, Players, Parents / Guardians or carers. (Competitive Matches – Away Games)	<ul style="list-style-type: none"> The manager / coach will request a copy of the away teams RA and / or COVID procedures a minimum 24 hours prior to kick-off. <p>All other controls remain the same as per the above Competitive Matches – Home Games</p>	This will be shared with the players, parents, guardians and carers via the WhatsApp group ahead of the game.	Mngr / Coach	Pre-Match (minus 24 hrs)	Monitor
Exposure to Coronavirus and (COVID-19) disease	Football Manager, Coach, Players, Parents / Guardians or carers. (Facilities – Home)	<ul style="list-style-type: none"> All facilities are required to demonstrate they are COVID-19 secure & compliant. For all training sessions and matches, changing facilities will not be used and players must attend all sessions 'football ready' within their football kits. 	<p>Until further notice, shower & changing rooms are not to be used.</p> <p>Club house is open for use of toilets only and access is on a restricted use basis</p>	Mngr / Coach	No end date	Monitor
Exposure to Coronavirus and (COVID-19) disease	Football Manager, Coach, Players, Parents / Guardians or carers. (Facilities – Away)	<ul style="list-style-type: none"> All facilities are required to demonstrate they are COVID-19 secure & compliant. The manager / coach will be required to obtain a copy of the away teams facilities risk assessment within 24 hours prior to kick-off and share the information with the players, parents, guardians or carers. 	A copy of the Risk Assessment shall be shared with the COVID-19 officer upon request.	Mngr / Coach	No end date	Monitor
				Mngr / Coach	No end date	Monitor



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
Exposure to Coronavirus and (COVID-19) disease	Clinically vulnerable Group (Players)	<ul style="list-style-type: none"> For the health, safety & wellbeing of everyone involved within the football club, no player will be permitted to train should they fall into the 'clinically vulnerable group' This shall be communicated to all parents, guardians / carers prior to commencing any football session 	In the event a player potentially falls into the clinically vulnerable group and the parent, guardian / carer believes the player can play, a further and dedicated 'high risk' risk assessment shall be undertaken.	Mngr /Coach	No end date	Monitor
Exposure to Coronavirus and (COVID-19) disease	Players (Safe Guarding)	<ul style="list-style-type: none"> Parents, Guardians and Carers are reminded that should they have any concerns regarding safeguarding, then they have free autonomy to speak directly with the manager / coach of their respective AFC Dunstable Team All competitive training and matches will be conducted in a safe & secure environment ensuring no direct personal safety or security risks to players, parents, guardians or carers 	<p>AFC Dunstable have dedicated Club Welfare Officers</p> <p>In the event the manager / coach believes the facility is unsafe and could pose a risk to health & safety they are authorised to postpone the training session or match.</p> <p>If, during an away match the manager / coach believes there is an emerging risk to players, staff, parents, guardians or carers, he/she may without any hesitation stop the match, complete a dynamic assessment of the situation and take necessary action.</p>	Mngr/Coach	No end date	Closed
				Mngr / Coach	No end date	Ongoing



What are the hazards?	Who might be harmed and how?	Controls Required	Additional Controls	Action by whom?	Action by when?	Status (RAG)
		<ul style="list-style-type: none"> COVID-19 Written Consent Form All managers / coaches are required to undertake the FA-DBS check. 	<p>AFC Dunstable will accept consent to this Risk assessment for Covid 19 procedures via a Whatsapp message communicated to parents which must be confirmed as read and accepted. A record of this confirmation must be received by the manager prior to the return of football on March 30 from all parents / carers of children under the age of 16 and players over the age of 16 and kept as a record until further notice.</p> <p>All training sessions / matches will have as a minimum one FA-DBS checked coaches present. These coaches may oversee non-FA DBS checked helpers / volunteers during the COVID-19 crisis.</p>	<p>Mngr / Coach</p> <p>Mngr / Coach</p>	<p>25/07/2020</p> <p>N/A</p>	<p>Open</p> <p>Ongoing</p>
Exposure to Coronavirus and (COVID-19) disease	<p>Football Manager, Coach, Players, Parents / Guardians or carers</p> <p>(Travel Arrangements)</p>	<ul style="list-style-type: none"> Football Manager, Coach, Players, Parents / Guardians or carers will be reminded through policy, WhatsApp and verbal update that they should only travel to training sessions or matches in accordance with government guidelines. Football Manager, Coach, Players, Parents / Guardians or Carers will undertake an at home self-check to confirm they have no COVID-19 symptoms prior to arrival of any training session or matches. 	<p>The manager / coaches will continually remind Parents / Guardians or carers through WhatsApp groups</p> <p>The manager / coaches will continually remind Parents / Guardians or carers through WhatsApp groups</p>	<p>Mngr / Coach</p> <p>Mngr / Coach</p>	<p>Pre-Training & Matches</p> <p>Pre-Training & Matches</p>	<p>Ongoing</p> <p>Ongoing</p>



		<ul style="list-style-type: none"><i>Football Manager, Coach, Players, Parents / Guardians or Carers will be reminded through policy, WhatsApp and verbal to adhere to social distancing guidelines when arriving and leaving the facilities and accessing the football grounds and car parks</i>	<i>UK GOV (COVID-19) posters have been displayed around the car park and outside facilities.</i>	<i>Mngr / Coach</i>	<i>Pre-Training & Matches</i>	<i>Ongoing</i>
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Summary Report

This risk assessment continues to be a live document during the COVID-19 pandemic and will be continually monitored and reviewed in line with Government advice. The Next Assessment will be due no later than the 21st June 2021, however minor amendments maybe made during this period and subject to the governments roadmap and further information and guidance provided by the FA. This document should be shared with AFC Dunstable Insurers (as applicable) to demonstrate that a COVID-19 Risk Assessment has been undertaken.

AFC Dunstable personnel must all work in conjunction with the requirements and regulations of Creasey Park to ensure a safe facility for all.

In accordance with the FA Guidelines, David Airey has volunteered to take on the position of Covid-19 officer for AFC Dunstable. This position will require the ongoing support and assistance of all Committee Members, Football Team Managers, Coaches, Players, Parents, Guardians, and Carers to comply.