



Grampound Football Club

**Returning to Football Matches and Training : COVID-19 Risk Assessment
following guidance of HM Government and Football Association from 18 July 2020**

Assessor : Allan Webb

Purpose : To Minimise Risk for the Transmission of the Coronavirus as far as Reasonably Practicable

Hazard	Risk factor			Actions to mitigate risk	Residual Risk (after mitigation)	Notes and Monitoring
	Severity	Likelihood	Risk			
Risk of virus transmission prior to arrival at the football ground	Moderate	Unlikely	Medium	<ol style="list-style-type: none"> 1. Information should be given regarding The COVID-19 risk and symptoms, and the practices that should be undertaken to mitigate risks. 2. For players under 18, parents should be made aware of this risk assessment and written or email consent obtained from the player. 3. Players and staff should be instructed in all communications to stay home and not attend any sessions when they are showing symptoms of COVID-19, or have had close contact with a person with COVID-19. 4. All personnel are requested to self-check their temperature and ensure they are not experiencing any of the COVID symptoms as displayed on the NHs and Government websites before travelling to the venue. If experiencing any form of symptoms, they are not to attend. 5. All that are attending are encouraged to arrive in separate cars to reduce risk of transmission. If separate cars are not possible, the following actions should be taken:- <ul style="list-style-type: none"> • Share the transport with the same people each time; • Keep to small groups of people at any one time; • Open windows for ventilation; • Face away from each other; • Clean the car between journeys using standard cleaning products – including door handles and other areas that people may touch. Sanitising wipes are useful; • Ask the driver and all passengers to wear a face covering; • Consider seating arrangements to maximise distance between people in the vehicle; • Require regular hand sanitisation by passengers; • Limit the time spent at garages, petrol stations and motorway services; • Keep distance from other people and if possible, pay by contactless; • Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering the vehicle; • When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible 6. All personnel are to be in possession of their own water bottle, if required, which should be clearly labelled. Club water bottles will not be available. 7. All personnel are encouraged to be in possession of their own personal hand sanitiser. Sanitiser will also be provided by the club. 8. Where possible social distancing should be arranged in relation to car park spaces. 9. Players arriving or leaving to be instructed to not congregate in the car park. 10. If arriving before a session starts personnel should ideally stay in cars until just before the start of the session. 	Low	

Hazard	Risk factor			Actions to mitigate risk	Residual Risk (after mitigation)	Notes and Monitoring
	Severity	Likelihood	Risk			
Greater vulnerability of high risk personnel	High	Low	High	<ol style="list-style-type: none"> 1. Club to identify players and staff with underlying conditions eg severe asthma, diabetes etc 2. Staff and players with underlying conditions to be limited from attending training and matches 	Low	
Facilities	Moderate	Unlikely	Medium	<ol style="list-style-type: none"> 1. Club storage facilities are to be cleaned regularly, clearly identifying “touch points” and ensuring they are sanitised. 2. Signage should be clearly displayed encouraging attendees to comply with government guidelines 3. Facilities, if not provided by Grampound FC, must clearly display their own Risk Assessment and COVID Protocol 4. Indoor facilities such as meeting rooms and kitchens are to be avoided. 5. Facility providers shall be familiar with the FA’s guidance for “<i>Providers of Outdoor Football Facilities, including Clubs</i>” 6. The club shall nominate a “COVID Officer” to enforce Club and FA policy at home matches. 7. The Covid Officer is to give a safety briefing to all attendees 	Low	
Use of Changing Facilities	Moderate	Possible	Medium	<ol style="list-style-type: none"> 1. Changing rooms and showers for home matches will not be available for the time being. 2. Players should arrive changed into their kit and will be required to shower at home and to wash their own kit. 3. Access should be provided for toilets, ensuring that washing facilities, paper towels and hand sanitiser are readily available. At home matches, the public toilet may be used. 4. Changing Facilities and showers should be avoided. 5. A register must be kept for track-and trace of all persons attending. 	Low	

Hazard	Risk factor			Actions to mitigate risk	Residual Risk (after mitigation)	Notes and Monitoring
	Severity	Likelihood	Risk			
Procedures to be followed during the Match	Moderate	Possible	Medium	<ol style="list-style-type: none"> 1. Prior to the commencement of the football match all footballs which may be used should be sanitised. 2. A fresh, sanitised football should be used at regular intervals. 3. The handling of the balls should be kept to an absolute minimum 4. Team officials and Substitutes shall not use dugouts. Each team shall be allocated one side of the pitch where social distancing must be maintained. 5. Spectators are to be asked to adopt positions that are not in the vicinity of those adopted by the teams and their representatives. 6. Spitting is prohibited. 7. Chewing gum is prohibited. 8. Team Talks and water breaks should be taken separately between teams and social distancing measures incorporated 9. Goal celebrations are to be avoided 10. Equipment shall not be shared, this includes the use of water bottles 11. At home matches, each team will be provided with hand sanitiser near its station. 12. Goalposts and corner flag posts should be sanitised at half-time during matches. 	Low	
First-aid during matches and training	Moderate	Possible	Medium	<ol style="list-style-type: none"> 1. Grampound FC is a Charter Standard Club and will always have a qualified first-aider at all matches and training sessions. 2. Club first aiders should familiarise themselves with the FA's "<i>First Aid Guidance for Returning to Outdoor Competitive Grassroots Football</i>" and should apply this guidance. 3. Serious injuries should result in calling the emergency services as has always been the case. 	Low	

RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY

COVID-19 GUIDANCE



FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).

In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#).

Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance**.
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk assessment** before re-opening or re-starting competitive activity. They should also follow current **'NHS test and trace'** protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance**.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

DURING TRAINING & MATCH PLAY

- Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- 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.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance [here](#).
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance [here](#).
- Spectator groups should be limited to six people per group and spread out in line with wider **Government guidance**.
- Match fee payments should be cashless – consider using **The FA Matchday App**.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Post-activity showers should be taken at home.
- Everyone must continue to maintain **social distancing** including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the **NHS test and trace system**.

DISCLAIMER:

This guidance is for general information only and does not constitute legal advice, nor is it a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.

THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.