

BEAUCHAMPS HIGH SCHOOL

3G PITCH RISK ASSESMENT

Risk Assessment for minimising the spread of Covid-19 amongst Players, Parents/Carers and Coaches/Volunteers when using the Schools Facilities.

Date:	Assessed by:	Approved by:	Date:
25th June 2020	BEAUCHAMPS HIGH SCHOOL	Senior Leadership team	1 st July 2020

This risk assessment has been approved by members of Beauchamps High School, Senior Leadership Team

This assessment follows The English Football Association and Public Health England advice and guidance and combined with good training routine and a common-sense approach aims to support players and coaches to feel safe and happy

It is mandatory for anyone hiring the facilities to read, sign and return the following risk assessment before any hires can recommence

Activity/Risk	Who might be harmed and how?	What will we do	RAG Risk Rating	What else can you do to control this risk?	Final RAG Risk Rating	Action by whom	Target date	Complete
Training at an appropriate location	Players/coaches/parents/carers and public if social distancing cannot be complied with	Ensure that a controlled environment is identified and that the location has enough space to take the session(s)		No access to other areas		Coaches parents/ carers		
Travel to and from training – players who cannot get to training sharing transport	Some players may not be able to travel	Advise parents/carers not to give lifts to other players		Anyone witnessed to be sharing transport will be asked to leave sessions		Coaches parents/ carers		
Training session formats	Players/coaches/parents/carers not observing social distancing in accordance with Government guidelines increases risk of infection	<p>Ensure that training sessions are limited in accordance with FA Guidelines and observing Government social distance guidelines. Ensure that if there are multiple groups at the location, there is enough space to keep the groups a suitable distance apart</p> <p>Ask accompanying parents/carers to stay in sight but adhere to Government social distance guidelines.</p>		<p>Equipment supplied must not be moved.</p> <p>Request one player, one parent/carer and if possible, no siblings to attend (this may not always be possible for younger siblings who can't be left at home along)</p>		Coaches parents/ carers		

		Training session to follow Essex FA guidance.		If sibling cannot be left at home and are present, they must stay with the parents/carers at all times and are not to play in the field.				
Personal hygiene and use of football equipment	Players/coaches at risk of cross contamination and risk spreading the virus	<p>Players/coaches to wash hands before attending sessions</p> <p>GK to use own gloves and not share</p> <p>No players touching of ball or equipment with hands</p> <p>No high fives/handshakes</p> <p>All players to bring any additional equipment of their own and drinks</p> <p>All coaches to only use own equipment (balls and cones only)</p>		<p>Coaches remind players about sneezing and coughing routine i.e. cover mouth; sneeze into elbow.</p> <p>Parents/carers to provide sanitiser for their child on arrival and when leaving.</p> <p>Coaches to be responsible for sanitising and cleaning equipment.</p> <p>Coaches are responsible for all equipment to be fully sanitised after use.</p> <p>Drinks bottles and personal sanitiser to be retained by parents/carers at all times.</p>		<p><i>Parents/ carers are responsible to ensure child is healthy enough to train</i></p> <p><i>Managers to have final decision on whether child can train</i></p>		

<p>Coaches, players, parents/ carers and potentially siblings who attend training</p>	<p>Parents/carers/player/ coaches responsibility not to turn up to training and put others at risk if they are Covid19 symptomatic</p> <p>Players and coaches to be reminded this applies to any illness or injury</p>		<p>All to agree not attending training and, if they have been to a session and subsequently display Covid-19 symptoms to report to the coach who will report to the committee. Symptoms on the Public Health England website are currently:</p> <ul style="list-style-type: none"> • Continuous cough • High Temperature • Loss of smell/taste <p>Any player displaying symptoms will be asked to leave the session.</p>		<p><i>Coaches parents/ carers</i></p>		
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Players or coaches in what are considered high risk Category A or B Groups	Players who are in high risk categories or considered vulnerable to Covid19	Players/coaches in this category should not take part in training if they have received medical advice that they are in high risk categories		Players and coaches to declare and sign risk assessment that they are not in high risk category as outlined on the Public Health England website		<i>Players and coaches</i>		
Players not adhering to Government social distancing guidelines	Players/coaches if physical contact is made and or moving too close	Instruct group in advance of session of the expectations. Remind at each session		Stop training if social distancing is not adhered to. Players that persist in breaching this rule will be removed.		<i>Coaches</i>		
Attending to someone injured or hurt	Players and coaches if physical or close contact is necessary	Calling 999 if an emergency Parents /carers to be called to attend to players under the age of 18. Call emergency contact number if the casualty is coach or adult player.		Coaches cannot attend to injured players. First aid kits to be up to date and replenished if required after each session.		<i>Coaches parents/ carers</i>		
Access to toilet facilities	Players and coaches if facilities are not available or are not clean	Available toilets will be advised at the start of each hired session Parents/carers and players to be advised.		Other facilities to be locked		<i>Site team</i>		

<p>Safeguarding of players - Children and young people whose health and wellbeing may have been impacted by Covid19</p>	<p>Coaches to be mindful that for some children and young people lockdown will have been a stressful and anxious experience and may have even experienced bereavement</p>	<p>The club officials will be available to any club member/parents/carers for any queries or if a family is experiencing difficulties</p> <p>Coaches to be advised to look for changes in players that might indicate they have been affected</p>		<p>Coaches, players and parents/carers are familiar with the CWO and chairman and how to report concerns or seek support if needed</p>		<p><i>Coaches, players parents/ carers</i></p>		
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<p>Hirer for 2020/21 Season</p>	<p>I/we agree to train under the conditions set out in this risk assessment.</p> <p>I/we have explained the information to our members, and they have understood.</p> <p>All players using the facilities must be registered with the club.</p>	<p>Approved signature.</p> <p>Print Name here:</p>
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KEEP SAFE, STAY ALERT, SAVE LIVES

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Updated Guidance on Permitted Grassroots Football Activity During COVID-19 - 12 June 2020



The FA has today issued further guidance to all grassroots football and informal football activity outside the professional game following The Government's relaxation of COVID-19 restrictions from 1 June 2020.

Consistent with Government advice, published on Monday 1 June, the following outdoor football activity is currently permitted:

PLAYING FOOTBALL INDIVIDUALLY

e.g. practice of individual skills or fitness activities



PLAYING FOOTBALL WITH YOUR FAMILY OR OTHER PEOPLE LIVING IN YOUR HOUSEHOLD



FOOTBALL TRAINING OR FITNESS ACTIVITIES IN GROUPS OF NO MORE THAN SIX, KEEPING TWO METRES APART AT ALL TIMES



← 2 METRES →

Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after.



Physical contact with anyone outside of your household is not permitted, therefore, playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.

FOOTBALL COACHING WITH SMALL GROUPS OF UP TO SIX PEOPLE



Football coaches can now undertake small group sessions with no more than five other people from outside your household but are reminded to follow The FA safeguarding policies when coaching/working with children. This must include risk assessing the activities, gaining consent from parents/carers. Coaches must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two FA-DBS-checked adults present at any one time. – see Download 5.5 at <http://www.thefa.com/football-rules-governance/safeguarding/section-11-the-complete-downloads-directory>



TRAINING FOR TWO OR MORE GROUPS OF SIX (WITH EACH GROUP INCLUDING A COACH)

It is permissible for coaches to organise a training session that has two or more groups of five plus a coach involved, as long as the groups are kept separate, and everyone is socially distancing, and strict hygiene measures are in place.

FOOTBALL COACHES WORKING WITH PEOPLE WITH IMPAIRMENTS



Must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition.



Please be reminded, if an individual is symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

The FA continues to work closely with the Department for Digital, Culture, Media & Sport (DCMS) and Sport England in order to provide good practice guidance for those responsible for delivering different aspects of grassroots football and we will share further information as soon as possible.



COVID 19 – GUIDANCE ON RE-STARTING FOOTBALL ACTIVITY

Version: 1.0
Published: 12 JUNE 2020

For providers of outdoor football
facilities, including clubs



INTRODUCTION

These guidelines have been produced in line with the Government guidance issued on 1 June 2020, which means that outdoor football facilities, including football clubs, are now permitted to re-open, if they can do so safely and in accordance with the latest Government guidance. The Government guidance is published [here](#).

As a facility provider, it's your decision as to when you consider your facility ready to re-open. You should only re-open when you feel able to do so safely. Until you feel it is safe – especially for vulnerable groups, children and their families – and responsible to re-open, your facility should remain closed.

The purpose of this guide is to help you to plan and prepare your facility for a safe re-opening and the phased return to grassroots football. In producing this guide, we have reflected current Government guidance in a football facility context and provided you with practical tools to apply the guidelines.

However, we know that each facility is different, and it is not possible to cover every scenario. As such, you should use this guide as a starting point to develop and implement your own Covid-19 risk assessment. This will ensure that the safety measures you choose to adopt meet your facility's particular circumstances and conditions.

You should also check any insurance you have in place (e.g. personal accident and public liability), to ensure it remains adequate and in place during the pandemic and if so, you are not breaking any of its terms.

Above all, your facility must be able to operate consistently with Government guidance regarding health, social distancing and hygiene. That currently means:

- **All users can maintain a safe two-metre distance;**
- **Good hygiene practices are in place;**
- **Equipment is disinfected regularly;**
- **It is clear that anyone who is symptomatic or suspects they have been exposed to the virus does not take part and remains at home..**

Due to the changeable nature of Government guidance, we strongly recommend you review your current measures regularly and update your COVID-19 risk assessment accordingly. The current guidelines from the Department for Digital, Culture, Media & Sport can be found [here](#). When Government guidance changes, The Football Association (The FA) will update the permitted formats of grassroots football [here](#).

However, for the remainder of this guide, we will focus on how to prepare a safe football facility.

IN SUMMARY:

- Always follow the latest Government guidance;
- Be aware of any football-specific protocols, which should be in line with Government guidance;
- Complete a thorough risk assessment;
- Check your insurance cover;
- If in doubt, or you're not comfortable re-opening, don't.

PLAN AND PREPARE

There are many reasons why you should start to plan and prepare for the safe re-opening of your facility. Whenever you choose to re-open, getting ready now gives you time to plan carefully and give due consideration to the requirements of opening day.

It also enables you the time to put in place any required actions. For example, you may need to make repairs, order equipment, deep-clean the clubhouse, or hire an outside contractor to get your pitch ready. The earlier you plan, the better.

Consider establishing a Covid-19 group to be responsible for producing and implementing your Covid-19 risk assessment and to oversee the safe re-opening of your facilities. This will allow you to work as a team while also providing a clear focus on the tasks required to re-open your facility safely.

It is the responsibility of the Health & Safety Director and/or Board to implement these changes, even if a team of people are co-opted into a Covid-19 group.



‘ON THE PITCH’

Getting your pitches ready for use is an important task and pitch maintenance activity can now take place if social-distancing and hygiene measures are implemented and observed. Making the right plans now will set you up for success when football can safely resume. You can get all the advice and guidance you need by joining the Football Foundation Groundskeeping Community [here](#).

If your artificial grass pitch is used for match-play, ensure that its test certificate is still valid so it remains on the 3G pitch register for the forthcoming season. The FA has allowed all pitches whose test reports have expired over summer 2020 a period of grace to complete the testing process. Please check with your County FA if this applies to your facility. You can find the contact details of your County FA [here](#).

PROMOTING GOOD HYGIENE

Provide hand sanitisers at the entrance and exit of your pitches and advise users to bring their own hand sanitiser, marked with their own name. Provide additional waste facilities and more frequent rubbish collection.

If maintenance equipment or machinery is used by multiple operators/personnel you will need to ensure that thorough cleaning procedures are in place after use.

If external contractors are used, you should ensure they are fully briefed on your Covid-19 risk assessment and they agree to observe these along with their own company guidelines.

AVOIDING CONGESTION

If your pitches have peak-use times, review your programme to stagger activities throughout the week to avoid congestion as much as possible.

Programme all activities with sufficient space (e.g. a minimum 10 minute window) in between bookings to avoid clustering of groups on pitch-side or in the car park before/after sessions. All users should be encouraged to arrive and leave punctually.

When match-play is permitted (in the future), this must include weekend use. You should speak to your local leagues about applying flexible kick-off times to accommodate this.

If your new programme of use requires longer operating hours, timings must still fall within those permitted by your Local Planning Authority.



‘OFF THE PITCH’

Government guidance permits the re-opening of outdoor sports facilities such as playing fields. It also allows facility operators to open buildings for:

- Access to pitches;
- Use of toilets;
- Purchase of take-away food and drink.

If you choose to open for these purposes, there are a number of things you can do to help minimise risks, avoid accidental gatherings and achieve a safe re-opening. For example:

PROMOTING GOOD HYGIENE

Your clubhouse should create an environment that encourages and allows all users to maintain good levels of hygiene through handwashing, sanitisation facilities and toilets. Consider what steps you will need to take to educate users to be responsible for their own hygiene and to ensure you minimise the chance of transmission of Covid-19 within your facility.

Consideration should be given to:

- Additional hand sanitisers throughout the clubhouse;
- Signs clearly directing people to where they can wash their hands;
- Ensuring all handwashing stations are in good working order and provide soap, hot water and hand sanitiser;
- Providing hygiene standards’ promotional posters and signage throughout the clubhouse;
- Supplying disposable paper towels in handwashing facilities;
- Minimising the use of portable toilets;
- Carrying out ‘trial runs’ to test and adapt your plans.

KEEPING YOUR CLUBHOUSE AND EQUIPMENT CLEAN

Keeping your clubhouse clean will reduce the risk of passing the infection onto other people. To achieve this, your cleaning procedures should be thorough and rigorous.

Depending on the scale of your facility, you may consider having a dedicated cleaning team, so that the cleaning is done by a small group of trained people.

A cleaning schedule could include:

- Daily cleaning throughout the clubhouse;
- Identifying high-contact touch points for more regular cleaning (e.g. door handles, grab rails, vending machines);
- Frequent cleaning of work areas and equipment between use;
- Cleaning of shared training equipment after each individual use;
- Having waste facilities and more frequent rubbish collection;
- Removing any non-essential items that may be difficult to clean;

If a Covid-19 case is reported in your facility, you should follow the Public Health England guidance to reduce the risk of passing the infection on to other people. [See here.](#)

You should also have a designated person who is responsible for checking that all the cleaning has taken place as planned.

MAINTAINING SOCIAL DISTANCING AND AVOIDING CONGESTION

Adapting your clubhouse will help maintain social distancing and avoid congestion. Achieving this may require some creative thinking. Please consider:

- Clear signage so people can find their destination quickly;
- Reviewing how people walk through your clubhouse and adjust if necessary to reduce congestion and contact between users;
- Regulating entry to your clubhouse to avoid overcrowding;
- Applying two-metre markings where necessary to manage queues, e.g. outside the entrance/toilets/catering facility;

‘OFF THE PITCH’ (continued)

- One-way arrow markings to help footflow management;
- Single-use doorways to avoid congestion i.e. one-way only entrances/exits;
- Single or limited use of toilet facilities to avoid congestion in confined spaces;
- Using outside areas for queueing;
- Carrying out ‘trial runs’ to test and adapt your plans.

RE-OPENING BARS AND CATERING

Current Government guidelines state that bars must stay closed until further notice. However, if you are able to serve take-away food and drinks, then hot and cold food may be served for consumption off the premises (i.e. outside the building).

Catering facilities commonly have high levels of usage and contact between workers and users. Therefore, extra consideration must be given to ensure that social distancing remains in place. For example:

- Utilise serving hatches, where they exist, to minimise customers entering the building;
- Where serving hatches do not exist, consider using screening to limiting user contact with workers;
- At till points, encourage the use of contactless payments to avoid handling cash;
- Apply two-metre markings to ensure social distancing when queueing;
- Use outside areas for queueing;
- Use clear signage to inform users that food and drinks must be consumed in outdoor spaces and give thought to where these people might congregate in bad weather;
- Clean vending machines regularly as they are a high touch point area;
- Use disposable utensils to help minimise the risk of infection, but ensure appropriate bin locations and regular collections.

CHANGING ROOMS

To maintain social distancing, all changing rooms should be kept closed until further notice. Keep changing rooms locked and use signage to clearly notify users.

Communicate clearly with all users before they visit your facility that changing rooms will be unavailable and request all users arrive and leave in their kit.



OTHER CONSIDERATIONS

COMMUNICATING CLEARLY AND REGULARLY

Before you re-open, provide clear communications with all user groups – before they attend your facility – about the steps you have taken to make your facility safe. This will allow them to familiarise themselves with the procedures before entering the facility. This could also include your expectation of users when they arrive. To avoid confusion, also highlight key dates, opening times and any other important changes to the way your facility will operate.

While users are at your facility, use posters and signage throughout all areas to promote your new protocols. For example:

- Social distancing (two-metre spacing);
- Hygiene (hand washing/sanitisers);
- Traffic flow (entrance/exits);
- Restricted areas.

INSPECTING THE EXISTING CONDITION OF YOUR FACILITY

Your facility may have been unused for some time, so a thorough building inspection and walk-round will allow you to identify any issues and damage. This will help you plan what work needs to be carried out prior to re-opening your facility and should include water quality (e.g. for Legionella and other contaminants), drains, gas services, ventilation, alarms/safety systems and pest control.

MAINTAINING THE WELLBEING AND SAFETY OF WORKERS AND CUSTOMERS

The wellbeing and safety of your workers and customers is crucial. If anyone shows/has any signs of Covid-19, they must be sent home to act in accordance with Government guidance. Government cleaning protocols should then be put in place to reduce the risk of passing the infection on to other people. See here.

MANAGEMENT AND SUPERVISION OF USERS

Consideration must be given to the management and supervision of facility users and their compliance with Government guidance. These preparations should be made prior to re-opening, including extra supervision in the early stages to help users to adapt to your new protocols.

Positive encouragement and reinforcement is welcomed, but repeat offenders and those who totally disregard Government guidance should be requested to leave the premises. If required, report serious offenders to the police, who have been given powers to enforce Government measures.

It is also important to ensure that your workforce is on board with everything you've done. This may include making staff or volunteers fully aware of the changes to your protocols so they are clear about any additional expectations you have of them.



OTHER CONSIDERATIONS (continued)

TEST AND LEARN

Consider a phased re-opening of your facility to provide you with an opportunity to test your new protocols in a controlled way. For example, you could limit your initial re-opening to a reduced number of timeslots or by user groups. This approach would allow you time to test, learn and adapt your new approaches to ensure they are effective and successful before re-opening to more users.

TAKING BOOKINGS AND PAYMENTS

If your facility has multiple user groups, all bookings and payments should be made in advance and via an online system or over the phone, where possible. If this is not feasible, consider contactless- only payments to avoid handling cash.

ADMINISTERING FIRST AID

First aiders should update themselves on the guidance that has been produced by their usual first-aid training provider. They should ensure that they have the appropriate PPE to be able to deal with any first-aid circumstance which may put them into conflict with social-distancing guidance. They should also be clear on any adaptations they may need to make to their usual first-aid techniques to protect themselves and others from Covid-19 infection.

First aid remains a crucial skill even as the country deals with the Covid-19. St John's Ambulance have put together advice for first aiders to help keep yourself and those who use your facility safe. This advice can be found [here](#).

ENSURING YOU HAVE THE CORRECT PERMISSIONS TO RE-OPEN

If you have a landlord (e.g. a Local Council), you must check with them to ensure you have the necessary permission to re-open.

Before you commence re-opening, check with your insurer to ensure that your personal accident and public liability insurance is still in place and adequate in light of the pandemic. Be clear on any obligations you may be required to fulfil under your insurance policies and raise any queries with your insurer.



SUPPORT TOOLS

1. COVID-19 RISK ASSESSMENT EXAMPLE

As a facility provider, you should complete your own COVID-19 risk assessment.

We have provided an example risk assessment below, which is for illustrative purposes only, and included some examples of things to consider. Consider how this will apply to each aspect of your operation and identify the controls you require to meet Government guidance regarding health, social distancing and hygiene.

What are the hazards?	Who might be harmed?	Controls required	Additional controls	Action by whom?	Action by when?	Date completed
Spread on COVID-19	<ul style="list-style-type: none"> • Users • Workers • Cleaners • Pitch contractors 	<p>PROMOTING GOOD HYGIENE:</p> <ul style="list-style-type: none"> • Provide additional hand sanitisers throughout the clubhouse. • Clearly direct people to where they can wash their hands. • Ensure that all handwashing stations are in good working order and provide soap, water and hand sanitiser. • Provide hygiene standards promotional poster and signage throughout the clubhouse. • Use disposable paper towels in handwashing facilities. <p>KEEP FACILITIES AND EQUIPMENT CLEAN:</p> <ul style="list-style-type: none"> • Daily cleaning throughout the clubhouse. • Identify high-contact touch points for more regular cleaning (e.g. door handles, grabrails, vending machines). • Frequent cleaning of work areas and equipment between use. • Provide more waste facilities. • Remove any non-essential items that may be difficult to clean. • Follow Public Health England guidance if a COVID-19 case is reported at the facility. 	<ul style="list-style-type: none"> • Hourly check process (sanitiser, soap and paper towels and handwashing stations). • Daily stock check (sanitiser, soap and paper towels). • Daily check (promotion posters and signage). • Train all workers on new protocols and the important of good hygiene. <ul style="list-style-type: none"> • A responsible person to check cleaning has taken place as planned. • Weekly stock check (cleaning products). • Empty waste facilities regularly. • Train all workers on Public Health England guidance for reported COVID-19 cases. 			

SUPPORT TOOLS (continued)

What are the hazards?	Who might be harmed?	Controls required	Additional controls	Action by whom?	Action by when?	Date completed
Spread on COVID-19	<ul style="list-style-type: none"> • Users • Workers • Cleaners • Pitch contractors 	<p>MAINTAINING SOCIAL DISTANCING AND AVOIDING CONGESTION:</p> <ul style="list-style-type: none"> • Provide signage so people can find their destination quickly. • Review how people walk through the clubhouse and adjust this to reduce congestion and contact between users. • Regulate the entry to the clubhouse to avoid overcrowding. • Apply two metre markings to the clubhouse entrance/ toilets/ and the queue to the café serving hatch. • One-way arrow markings to help foot traffic flow management. • Single-use doorways to avoid congestion i.e. one-way only entrances/ exits. • Single/ limited use of toilet facilities to avoid congestion in confined spaces. 	<ul style="list-style-type: none"> • Monitor effectiveness, especially at peak times. • Train workers to promote compliance to facility users. • Train workers to report / deal with issues of non-compliance. • Daily check (promotion posters and signage). 			

SUPPORT TOOLS (continued)

2. COMMUNICATIONS

E.g. Posters and other communication tools on hygiene and social distancing

Sport England and Public Health England (PHE) are producing a series of useful communication tools to help you promote social distancing and good hygiene. When available, these will found here.

FINALLY...

We want to thank you in advance for playing your vital part in helping our great game get going again. By observing Government guidance and the football-specific protocols, let's work together to ensure the transition back to enjoying football is as smooth and safe as possible.

But everyone's circumstances are different, and if you don't feel ready to re-open, there's no pressure. Everyone's health, wellbeing and safety are the priorities.



DISCLAIMER:

This guidance is for general information only and does not constitute legal advice or 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. 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.



FOR ALL

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COVID 19 – GUIDANCE ON RE-STARTING FOOTBALL ACTIVITY

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For coaches



INTRODUCTION

These guidelines have been produced in line with the Government guidance issued on 1 June 2020, which sees the easing of lockdown restrictions on gatherings, public spaces, and outdoor activities and the phased return of outdoor sport and recreation. The Government guidance is published here.

The return of grassroots football is something that we know many are keen to see, but at this stage of the nation's response to Covid-19, it must be done with careful consideration for everyone's safety – especially vulnerable groups, children and their families. Please note this guidance will be updated regularly, in line with Government guidance as we progress through this pandemic.

Just like schools, every grassroots club will have to decide when it's right for them to return. They should also undertake a risk assessment to ensure it's done safely. Your club may already have a risk assessment tool they use, and may have already adapted this to include the risks associated with Covid-19.

The Football Association (The FA) recognises every coach will need to decide when it feels right for them to continue with their role in football. Please ensure that you are clear and fully aligned to your club's expectations on the phased return to football activity when you are ready to start coaching.

As a football coach you have a key role to play in structuring and managing football activity that is inclusive and safe, ensuring everyone stays alert and that it abides by Government guidance. You should also check any insurance you have in relation to your coaching activities, to ensure it remains in place during the pandemic and if so, you are not breaking any of its terms.

This guidance is focused on the coaching environment rather than the arrangements for the facility. Additional guidance notes for Facility Operators or Hirers is available on TheFA.com.

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

A recent Public Health England (PHE) report published here has highlighted a greater risk from Covid-19 to people from BAME communities. As the current impact of Covid-19 on members of these communities is not yet fully understood, we acknowledge that there may be increased concerns and levels of anxiety from within these communities. Clubs and coaches should do everything that they can to create a safe and inclusive environment to ensure players feel comfortable taking part in activities. The FA will review its position in response to any specific guidance that may be issued by the Government or PHE in the future.

Important: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.

IN SUMMARY:

- Always follow the latest Government guidance;
- Complete a thorough risk assessment;
- Check your insurance cover;
- If in doubt, or you're not comfortable returning to football, don't.

CONSIDERATIONS BEFORE RE-STARTING FOOTBALL ACTIVITY

- Coaches should ensure that all football activity follows the latest Government guidance **which permits football training or fitness activities in groups of no more than five other people from outside your household, keeping two metres apart at all times.**
- Physical contact with anyone outside your household is not permitted, **therefore, playing of any games (small-sided or full) is also not permitted at this time.**
- You can organise a training session that has two or more groups of six (with each group including a coach) involved in the session, as long as the groups are kept separate, and everyone is socially distancing. **If coaching children, please ensure you have considered coaching ratios to the number of children involved. All activity requires careful planning so this is maintained. By choosing to coach, you are taking the responsibility to ensure that the group or groups you work with do remain two metres apart at all times.**
- The approach taken by schools in only bringing back small groups of children is sensible, to help children to adjust to the new way of doing things in the school context. **Behavioural change takes time and so coaches are encouraged to consider work with one group of five children initially, to help children to adjust in the football context.**
- Before you commence activities, clubs and coaches should check with their insurer **to ensure that their Personal Accident and Public Liability insurance is still in place and adequate in light of the pandemic. Be clear on any obligations you may be required to fulfil under your insurance policies and raise any queries with your insurer.**
- Operators of facilities have an obligation to arrange for their facilities to be compliant with the latest Government guidance. **A venue risk assessment should have been undertaken prior to reopening. Coaches should be familiar with these safety and hygiene arrangements and communicate them to players, other coaches and observing parents. The FA has issued guidance for facility operators on TheFA.com.**
- Coaches should complete an appropriate risk assessment **and should only re-start coaching when happy that safe sessions can be provided that are in line with Government guidance.**
- While some players (or parents of players) might be pushing for a return to football activity as soon as possible there will be others who have real concerns, or their personal circumstances might make it difficult. **The coach should be sensitive to these differing viewpoints. Some individuals, such as members of the BAME community, or due to their age, may face heightened risks from Covid-19. As such, any concerns should be taken seriously and addressed sensitively.**
- In a club environment, the coach should check with the appropriate club official that the club wishes to re-start coaching and has all the necessary Covid-19 preparations in place.
- **Coaches should remind anyone intending to attend the activity that** if they are showing symptoms of Covid-19 infection or have been in contact with someone displaying symptoms or diagnosed with Covid-19 within the last two weeks, they should not attend and should seek medical advice.
- In planning a session, a decision should be made and communicated on the presence of parents/carers at training. **If the space allows for them to observe from a safe social distance (e.g. in their car, if they have one), then consideration will need to be given on how to ensure they maintain the social-distancing and hygiene arrangements required.**

CONSIDERATIONS BEFORE RE-STARTING FOOTBALL ACTIVITY (continued)

TRAVEL TO THE VENUE

Coaches must travel to the venue on their own or with members of their own household where applicable. Please remember there must be no car-sharing with anyone outside your household. This also applies to all parents/carers bringing their child(ren) to your session.

ARRIVING AND LEAVING

Ask participants to arrive shortly before the session starts and depart promptly when it finishes. Children and parents/carers should not congregate at the venue and should maintain social distancing at all times.

SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION

Self-checks will be important to prevent transmission among people who are unaware that they are carriers of the virus. Such checks should help identify if anyone has:

- Had a high temperature (above 37.8oC);
- Has developed a new continuous cough;
- Has shortness of breath or a sore throat;
- Loss of or change in normal sense of taste or smell;
- Is feeling unwell.

This quick check should be done before each training session and must be covered in your regular risk assessments. Some clubs may wish to have this completed in the form of an online or paper questionnaire at the start of sessions. If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.

If none of the above apply then, if they wish to, those players can participate in the session. If any of these symptoms do apply, the player cannot participate. They should return to and stay at home and follow NHS advice. Please reassure the parent/carer that there will be other opportunities for their child to participate in future.



CONSIDERATIONS WHEN RUNNING A SESSION

- After a period of low or no activity, players may be more susceptible to injury than before lockdown. **Consider the need for a thorough warm-up, and for the physical demands of a session to be suitable to the individuals involved. A session should start at a low physical intensity with gradual progression. Helping decrease the risk of injury is very important while social distancing requirements remain in place.**
- Social distancing does not permit handshakes, high-fives or group goal celebrations, so please ensure that the players understand this and comply.
- Participants should bring with them their own named water bottles and named hand sanitiser. **The placement of these should be dispersed to avoid groups of players coming together. They must not share their drink with anyone else.**
- Equipment should be handled as little as possible by as few people as possible. **Where equipment is handled by more than one person, they should wash their hands immediately afterwards, taking care not to touch their mouth/face in the meantime. For goalkeepers, it might be sensible for players to have their own individual ball for the session, with wiping of the ball with disinfectant wipes frequently if it is being handled by more than one person.**
- Players should refrain from spitting. **If a player needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face. Tissues should be disposed of immediately and hands washed.**
- If a player gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care. **If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.**
- If a player becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible. **NHS guidance on further management of symptoms should be followed.**



SAFEGUARDING CHILDREN

- You are also responsible for continuing to ensure the environment is safe and for implementing your club's safeguarding children policy and procedures.
- Coaches working with children must have an in-date FA DBS Check.
- In line with Government guidance on social distancing, you must work on a ratio of one coach to groups of no more than five children in each group (1:5) and there must be a minimum of two FA-DBS-checked adults present at any one time.
- If Government guidance changes the position on group size in due course, you must ensure the ratio of coach to different age groups of children is appropriate. See FA safeguarding guidance note 5.5, which covers the ratios of adults to children.
- Children (anyone under 18) should not be working 1:1 with a coach unless their parent/carer is present and observing social distancing.
- It is essential that parents/carers give informed consent for their child(ren) to participate in your football session. When requesting consent, you have the ideal opportunity to be clear about what is expected of the children and their parents/carers in line with this guidance. Ensure you retain a written record of parent/carer consent.
- Any children with additional medical or disability needs must be discussed with parents/carers to ensure you, or as the parents/carers, they can provide effective support to facilitate their involvement.

LISTENING TO CHILDREN

While many families have coped well during lockdown, others may not have and for some children the experience will have been very difficult. You may be one of the first people outside the family unit that a child has met in recent times. It's important you know that some children may be struggling for various reasons, including:

- Lacking confidence, as they have felt cut off from their friends;
- Being confused and stressed about how to behave because of social distancing;
- They or someone they care about may have been or still be unwell;
- They may still be grieving because someone they love has died;
- Hearing that people from BAME communities may be more vulnerable to Covid-19;
- They may have been neglected emotionally and/or physically – through lack of food and/or care;
- Children with learning disabilities may find it particularly confusing, as their routine has changed.

You may also have seen media coverage on the increase in:

- Domestic violence – significantly impacting children emotionally and/or physically in households where this has happened;
- Online grooming of children;
- Cyberbullying.

SAFEGUARDING CHILDREN (continued)

We're sharing this because of your important role in safeguarding. If you are worried about a child as they return to football, it's vital you report your concerns. Doing nothing is not an option.

Please check-in with the children you are coaching/working with, and ask them how they've been and how they're doing. There are five ways to report your concerns if you are worried about a child as they return to football:

- **To your club or league Welfare Officer;**
- **To your County FA Designated Safeguarding Officer. [Click here for a list of County FA contacts;](#)**
- **By emailing The FA Safeguarding Team at safeguarding@TheFA.com;**

- **If urgent and you cannot contact your club, league or County FA Designated Safeguarding Officer, you should call the NSPCC 24-hour helpline on 0808 800 5000;**
- **If it is an emergency because a child or children are at immediate risk, then call the Police on 999.**
- **The NSPCC has produced a great film which reminds us all how best to respond if a child discloses to you. It really is worth taking the two minutes it requires to watch. You can watch the film [here](#).**



AFTER THE SESSION

- When the session is finished, players should be encouraged to leave the venue rather than congregate. **The coach should try to manage departure to avoid any congestion at gates or doors. Utilise a one-way system if possible to focus player and parent/carers' attention on the importance of maintaining social distancing.**
- All participants should wash hands at the earliest opportunity **and personal equipment should be wiped down with a disinfectant.**
- All shared equipment should be thoroughly washed/ disinfected and it should be clear whose responsibility it is to do this. **You are encouraged to maintain a record of the regular cleaning of club or team equipment that players use.**



FINALLY...

We want to thank you in advance for playing your vital part in helping our great game get going again. By observing Government guidance and the football-specific protocols, let's work together to ensure the transition back to enjoying football is as smooth and safe as possible.

But everyone's circumstances are different, and if you don't feel ready to return to football, there's no pressure. Everyone's health, wellbeing and safety are the priorities.

DISCLAIMER:

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



FOR ALL

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COVID 19 – GUIDANCE ON RE-STARTING FOOTBALL ACTIVITY

Version: 1.0

Published: 12 JUNE 2020

For parents and carers



INTRODUCTION

These guidelines have been produced in line with the Government guidance issued on 1 June 2020, which sees the easing of lockdown restrictions on gatherings, public spaces, and outdoor activities and the phased return of outdoor sport and recreation. The Government guidance is published here.

The return of grassroots football is something that we know many are keen to see, but at this stage of the nation's response to Covid-19, it must be done with careful consideration for everyone's safety – especially vulnerable groups, children and their families. Please note this guidance will be updated regularly in line with Government guidance, as we progress through this pandemic. We recommend that parents and carers keep up-to-date with the latest Government guidance.

If your child's grassroots club decides to co-ordinate football activity and you choose to let your child play, everyone – including you and your child – will need to play their part in ensuring this is done safely, within the Government guidance.

Just like schools, every grassroots club will have to decide when it's right for them to return. They should also have undertaken a risk assessment to ensure that it is done safely.

Each club official and coach/manager will need to decide when they are ready to continue with their role in football. It's important to remember that the majority of people running grassroots football are volunteers.

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

A recent Public Health England (PHE) report published here has highlighted a greater risk from Covid-19 to people from

BAME communities. As the current impact of Covid-19 on members of these communities is not yet fully understood, we acknowledge that there may be increased concerns and levels of anxiety from within these communities. Grassroots clubs and coaches should do everything they can to create a safe and inclusive environment. However, we encourage you to ask any questions of them to ensure you feel comfortable with your child taking part in activities. The FA will review its guidance in response to any specific guidance that may be issued by the Government or PHE in the future. Please also consider whether your child falls within particular risk categories and if so, remain aware of following Government guidance.

As the weeks progress, Government restrictions may or may not be eased further. If they are, The FA will update its advice. It's essential everyone is clear about the restrictions and works together to manage social distancing and strict hand hygiene.

Important: If you or your child are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.

IN SUMMARY:

- Always follow the latest Government guidance;
- Be aware of your club's football specific protocols which should be in line with Government guidance
- If in doubt, or you're not comfortable about your child(ren) returning to football, there's no pressure to do so.

BEFORE SESSIONS

- Check with your provider (e.g. your child's club) that your child will only be taking part in activities that ensure Government and The FA's guidance is followed. **This permits football training or fitness activities in groups of no more than six (with each group including a coach), keeping two metres apart at all times. Physical contact with anyone outside your household is not permitted. Therefore, playing of any games (small-sided or full) is also not permitted at this time.**
- Re-starting football activity will require the introduction of new arrangements and unfamiliar restrictions. **As a parent or carer, please ensure your child understands what to expect and please support those who are trying to provide a safe re-introduction to youth football in accordance with Government guidelines.**
- Stay Alert – children must maintain good hygiene, hand washing and social distancing. **Make yourself aware of the measures being taken to provide a safe environment. If you are not happy with the arrangements that have been made, then you should remove your child from that environment.**
- You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as football. **Please only support their return to football activity when they feel confident to do so and you feel the activity is safe and right for them. If you choose for your child to take part, you will need to give your consent to the club and or coach for them to do so. You should check their revised safeguarding arrangements as part of this process.**
- Despite the changed circumstances the organiser of the activity still has a responsibility to implement The FA's safeguarding requirements. **Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check and is responsible for ensuring the environment is safe.**
- Children (anyone under 18) should not be working 1:1 with a coach, unless another adult with an in date DBS Check or their parent/carer is present and observing social distancing. **Coaches must ensure the ratio of coaches to children is appropriate - see download 5.5**
- As you will undoubtedly already know, young children are more likely to struggle to maintain social distancing. **Please continue to do your best to help your child recognise what two metres looks and feels like – this could be related to several arm spans or standing jumps for example.**
- In line with Government guidance on travel, you or another adult from the family should travel with the child to the venue together, or via a socially-distant method (e.g. cycling). **You should consider all other forms of transport before using public transport. There must be no car-sharing with anyone outside your household. Please arrive shortly before the session starts and leave when it finishes. You can watch from your car, or a safe distance away from the group and everyone else.**
- Your child must arrive changed and ready to exercise.
- Bibs must not be used unless they can be washed between every session and not shared at any point during a session. **Just as shopping trolleys are required to be cleaned, bibs must be too. So please check with your coach what arrangements they have in place.**
- To operate safely, changing rooms, club rooms and showers will all be closed. **Access to a toilet may still be possible but try to use one at home.**
- When the activity is finished, children should take the earliest opportunity to wash their hands or use a hand sanitiser.
- **If your child has additional disability or medical needs, please ensure you have discussed this specifically with the club and coach.** You can then agree how/if these needs can be met within current Government Covid-19 guidance.

AT AND DURING SESSIONS

- Children must be guided not to touch equipment e.g. cones and footballs. **The focus should be on kicking the ball and limiting any touching of the ball with hands. If you have young children, please help them to understand this before they attend any sessions.**
- Clubs/facilities may arrange a drop-off and pick-up system that avoids parents congregating and also implement a clearly signposted 'one-way' system into and out of the facilities. **If parents/carers are required to be in attendance for the duration of a session, then please maintain social distancing at all times, e.g. in their own car, if they have one.**
- If access to a facility is required, hand cleaning facilities should be provided. **Please use them regularly. In case there is no facility for running water/clean water at the venue, please ensure your child brings hand sanitiser (alcohol-based), with their name on it, and they know how to cleanse their hands in line with Government guidance.**
- Once the session is finished, all players should take the earliest opportunity to wash hands or use their own hand sanitiser (alcohol-based).
- If your child needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face.
- Equipment should be handled as little as possible by as few people as possible. **Where equipment is handled by more than one person, they should wash their hands immediately afterwards, taking care not to touch their mouth or face in the meantime. For goalkeepers, it might be sensible for players to have their own individual ball for the session, with the frequent wiping of the ball with disinfectant wipes if it is being handled by more than one person.**
- Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. **They must not share these with anyone else.**
- If your child gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide emergency care. **If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to break social-distancing guidelines to provide medical assistance.**
- If your child becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible. **NHS guidance on further management of symptoms should be followed.**
- Your child may be asked by their coach or club to complete a self-check in advance or upon arrival at the activity. **Self-checks are important to prevent transmission among people who are unaware that they are carriers of the virus. You should ask the activity provider what steps will be involved in any self-check.**



AFTER THE SESSION

- **When the session is finished, children should be encouraged to leave the venue rather than congregate, avoiding congestion at gates or doors.**
- **All participants should wash hands at the earliest opportunity and personal equipment should be wiped down with a disinfectant.**



FINALLY...

We want to thank you in advance for playing your vital part in helping our great game get going again. By observing Government guidance and the football-specific protocols, let's work together to ensure the transition back to enjoying football is as smooth and safe as possible.

But everyone's circumstances are different, and if you don't feel your child(ren) are ready to return to football, there's no pressure. Everyone's health, wellbeing and safety are the priorities.

DISCLAIMER:

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COVID 19 – GUIDANCE ON RE-STARTING FOOTBALL ACTIVITY

Version: 1.0
Published: 12 JUNE 2020

For adult players



INTRODUCTION

These guidelines have been produced in line with the Government guidance issued on 1 June 2020, which sees the easing of lockdown restrictions on gatherings, public spaces, and outdoor activities and the phased return of outdoor sport and recreation. The Government guidance is published [here](#).

The return of grassroots football is something that we know many are keen to see, but at this stage of the nation's response to Covid-19, it must be done with careful consideration for everyone's safety – especially vulnerable groups.

Every grassroots club will have to decide when it's right for them to return. They should also undertake a risk assessment to ensure that it's done safely. If your club decides to recommence football activity and you choose to take part, please ensure you do so safely, within the Government guidance.

In particular, please check any insurance you have in relation to your football activities (e.g. personal accident) to ensure it remains in place during the pandemic and if so, you are not breaking any of its terms.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning when it's right for them to do so. We are aware that people from BAME communities may face greater risk from Covid-19, as detailed within this report from Public Health England (PHE). Therefore BAME players should talk to their club to identify and understand the measures that will be put in place. Based on this information they should then make a personal decision as to whether the time is right to re-start playing. The Football Association (The FA) will review its position in response to any specific guidance that may be issued by the Government or PHE in the future.

While some may have coped well during lockdown, others may not. For some the experience may have been very difficult. If your mental and emotional wellbeing has been affected as a result of the changes brought about by Covid-19, we hope you will talk to someone you trust. Click [here](#) for further information on the 'Heads Up' campaign. The guidance you'll find could help you, or anyone else you know who may be struggling.

As the weeks progress, Government restrictions may or may not be eased further. If they are, The FA will update its advice accordingly. It's essential everyone is clear about the restrictions and works together to manage social distancing and strict hand hygiene.

Important: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until a NHS practitioner advises you that you no longer need to remain in isolation.

IN SUMMARY:

- Always follow the latest Government guidance;
- Be aware of your club's football specific protocols which should be in line with Government guidance
- Check your insurance cover;
- If in doubt, or you're not comfortable returning to football, don't.

BEFORE SESSIONS

- Check with your provider (e.g. your club) that you will only be taking part in activities that ensure Government and The FA's guidance is followed. **This permits football training or fitness activities in groups of no more than six (including a coach), keeping two metres apart at all times. Physical contact with anyone outside your household is not permitted. Therefore, playing of any games (small-sided or full) is also not permitted at this time.**
- Re-starting football activity will require the introduction of new arrangements and unfamiliar restrictions. **As a player, please support those who are trying to provide a safer introduction to football in accordance with Government guidance.**
- Stay Alert – you must maintain good hygiene, hand washing and social distancing. **Make yourself aware of the measures being taken to provide a safe environment. If you are not happy with the arrangements that have been made, then you should remove yourself from that environment.**
- In line with Government guidance on travel, you should travel to the venue alone or only with another member of your household, or via a socially-distant method (e.g. cycling). **You should consider all other forms of transport before using public transport. There must be no car-sharing with anyone outside your household. Please arrive shortly before the session starts and leave when it finishes.**
- You should arrive changed and ready to exercise.
- Bibs must not be used unless they can be washed between every session. **They should not be shared at any point during a session.**
- To operate safely, changing rooms, club rooms and showers will be closed. **Access to a toilet may still be possible but check with the venue or try to use one at home.**
- If you have additional disability or medical needs, please ensure that you have discussed this specifically with the club and coach. **Then you can agree how/ if these needs can be met within current Government Covid-19 guidance.**



AT AND DURING SESSIONS

- Avoid touching equipment e.g. cones and footballs. **The focus should be on kicking the ball and limiting any touching of the ball with hands.**
- Clubs/facilities may arrange a parking system that avoids users congregating **and also implement a clearly signposted 'one-way' system into and out of the facilities.**
- If access to a facility is required, hand-cleaning facilities should be provided. **Please use them regularly. If there is no facility for running/clean water at the venue, please bring hand sanitiser with you.**
- You should refrain from spitting. **If you need to sneeze or cough, you are encouraged to do so into a tissue or upper sleeve and advised to avoid touching your face. Ensure any tissues are disposed of in a sealed bin as soon as possible.**
- Equipment should be handled as little as possible by as few people as possible. **Where equipment is handled by more than one person, they should wash their hands immediately afterwards, taking care not to touch their mouth/face in the meantime. For goalkeepers, it might be sensible for players to have their own individual ball**

for the session, with wiping of the ball using disinfectant wipes every so often if it is being handled by more than one person.

- Ensure you take your own water bottle that is clearly recognisable. **Do not share your drink with anyone else.**
- If you get injured, a member of your household can assist you, if present, but others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care. **If there is a first-aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.**
- If you become symptomatic during the session, you should immediately remove yourself from the session and return home as soon as possible. **NHS guidance on further management of symptoms should be followed.**



AFTER THE SESSION

- When the session is finished, you should leave the venue rather than congregate, **and avoid congestion at gates or doors.**
- All participants should wash hands at the earliest opportunity **and personal equipment should be wiped down with a disinfectant.**

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