



REVISION 11 Effect 19th July 2021



RESPECT



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Elmden Rovers Manager Risk Assessment Covering COVID 19.

COVID 19 Officer Mr D COOK 07789765301

Manager Responsibilities.

- provide a safe place for recreation/sport
- provide a safe system of rules
- provide safe and adequate equipment
- provide adequate instructions and supervision for the recreation/sport
- document and keep records of players and staff who attend training, matches or friendlies. This must be held on record for 21 days.
- provide clear instructions to parents on how to arrive and collect. Inform the parents they have a choice whether they wish their child to return. The Parents should be informed that At Risk groups need to think carefully before returning to football and recommended to following government guidelines. Parents must be informed that all players must arrive with their own drinking bottles and hand sanitiser clearly marked. Parents must be informed that First Aid is their responsibility. Set Plays, competitive training, small sided matches or full matches including friendlies is now permitted. Physical contact with anyone outside your household is now permitted, but all situations which would cause close contact must be minimised.
- Before you commence activities, managers and coaches should check with their insurer that they are covered for the location they are using.
- Coaches must complete their own appropriate risk assessment.
- Coaches must have written consent that parents are happy for their children to return to training sessions. A Text will suffice.

• SELF-CHECKS BEFORE ATTENDING A PLANNED TRAINING SESSION / MATCH. Managers and Players:- Any of the following symptoms.

- Had a high temperature (above 37.8oC); Has developed a new continuous cough;
- Loss of or change in normal sense of taste or smell;
- Has shortness of breath or a sore throat; Loss of or change in normal sense of taste or smell;
- Has Diarrhoea; Has blocked or runny nose; Has aching muscles;
- Has a long lasting headache; Vomiting; Sore throat;
- Is feeling tired and or unwell.

Must not attend the planned training session / match and follow PHE guidelines.

• Players should refrain from spitting. Any player caught spitting must be excluded from that training session.

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.

Child Protection

Please see out child protection Policy

Goals

Hazard	Control Measures	Risk Factor	Completed
Goal Posts	Goalposts when set out on pitch should be checked by the manager before each session for damage. Goals to be wiped with bacterial wipes before and end of session. On match day or friendlies. Goal Posts to be wiped down before play, at half time and at end of play.	Medium / High	
Danger of moving or collapse	Portable goals must be anchored to ground or weighted, when in use, in accordance with FA and British Standards Institute advice. Goal nets must not have any holes in to reduce the risk of choking.	Medium / High	
Movement	Any Goal being transported should be moved by 2 adults assigned to the teams. IE Manager / Coach	Medium	



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Net Hooks	Metal net hooks are not allowed to be used to hold the net to the goal post.	Medium / High	
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Equipment

Hazard	Control Measures	Risk Factor	Completed
Training Aids.	Equipment to be wiped with bacterial wipes before and end of session. 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.	Low / Medium	
Bibs	Bibs are not to be used at this time.	High	

Weather

Hazard	Control Measures	Risk Factor	Completed
Weather Extremes before and during.	Pitch inspector to call the session off or delay in extreme weather conditions. The interests and safety of the children are paramount, together with consideration for any young children and spectators.	Low / Medium	

Pitch

Hazard	Control Measures	Risk Factor	Completed
General state of the pitch	Coach to check state of pitch pre-session and clear any animal foul and deal with any hazards such as foreign objects. Holes to be filled to reduce ankle injury. Normally caused by rabbits. The Area being used must be maintained by the owner and open for use. IE if this is a Council recreation area. This must be open for access and maintained by Council ground staff. If Car Parks are locked and not used. You are not permitted to use for your training area.	Medium / High	

Training Area

Hazard	Control Measures	Risk Factor	Completed
General state of the training area.	The coach / manager must pre plan how players will arrive and enter the training area and how they will leave the training area. This must be passed on to the relevant parents. Coach to check state of training area pre-session and clear any animal foul and deal with any hazards such as foreign objects. Holes to be filled to reduce ankle injury. Normally caused by rabbits. The Area being used must be maintained by the owner and open for use. IE if this is a Council recreation area. This must be open for access and maintained by Council ground staff. If Car Parks are locked and not used. You are not permitted to use for your training area.	Medium / High	



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Balls

Hazard	Control Measures	Risk Factor	Completed
To Hard / damaged / peeling leather	Balls pumped to the appropriate pressure. Coaches check this at the start, and throughout the game. Heading of the ball introduced to 3rd group upwards and in a safe controlled manner-close range, short duration practices. Balls are thrown away when the leather peels off.	Low	
	Where the ball is to be handled must be sanitised. Before and if used by another person.		

Footwear

Hazard	Control Measures	Risk Factor	Completed
Inappropriate footwear for conditions (danger of slipping/risk of injury) sharp studs	Children must wear appropriate footwear and shin pads failure to do so means the child must not participate.	Low	

Jewellery

Hazard	Control Measures	Risk Factor	Completed
Jewellery	All jewellery has to be removed before a session. Parents/coaches checks this.	Low	

Dehydration/Exhaustion

Hazard	Control Measures	Risk Factor	Completed
Lack of fluids	Players MUST provide their own drinks and drink bottles clearly marked with their NAME . No sharing of drink bottles is allowed.	Medium	

Covid 19 Pandemic Precautions

Hazard	Control Measures	Risk Factor	Completed
Pre Arrival	Manager to take LFT Test before training and or matches to protect the players from asymptomatic covid infection.	Medium	
Arrival	All players and Coaching staff are to clean hands with sanitiser. All players are to bring their own drinks and drink bottles clearly marked with their name on. All players to bring their own hand sanitiser clearly marked with their name on. Each Player must leave their drink bottle and hand sanitiser 2 metres from the next player's personal effects.	Medium	
Ball Contact	Any time the ball is to be used by hands ie throw ins. It must be sanitised beforehand.	Medium	
Fitness Training	There are no restrictions on player distances. There must be a 2 meter gap between the coaching area and the general public using the field for exercise. We recommend the manager to use the spectator barriers if possible. Which will have to be wiped down before and after any Session. The manager is also to put signage up informing the public that this is a training area and to stay away to reduce the risk.	Low	
Drinks	Players and staff are not allowed to share drinks under any circumstances	Medium	
Training Aids	Must be sanitised before during and after the training session. Bibs are not to be used.	Low	



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First Aid	<p>Effective Immediately. Parents are no longer allowed to drop off and go. They must drop off and stay within their vehicle until training ends and the child returns to the car.</p> <p>If a person requires first aid. With guidance from the FA the following rules must be adhered to. If a player has a minor injury the parents are to be contacted and it is down to the parents to deal with the injury. Managers are advised to 2 meter social distancing.</p> <p>For more serious injuries. The following guidelines must be followed. It is down to the First Aid qualified persons discretion if he is to risk giving first aid. If the first aider does break social distancing to administer emergency first aid. They must wear the appropriate PPE that has been issued by the Club. The first aider must record the incident in full. All medical items used must be disposed of in a clearly marked "incinerate only" bag and be incinerated.</p>	High	
	Any participant feeling unwell with Covid 19 symptoms is to desist in the active and sent home. Must self-isolate and book an online test kit. If comes back as positive all participants to self-isolate for 2 weeks.	High	
	Participants who are showing signs of not having their usual stamina the Manager / Coach must pick this up as a Red Flag and monitor to make a decision on whether that participant should seek further medical advice.	Medium	
Departure	All staff and participants must clean hands with sanitiser all equipment used must be cleaned to reduce possible risk of contamination.	Medium	

Travel to training and matches.

	All participants and other attendees should follow best practice for travel, including minimising use of public transport. Participants should walk or cycle if possible.
If participants do have to travel with people outside their household or support bubble they should try to:	<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; • Ask the driver and all passengers to wear a face covering; • Require regular hand sanitisation by passengers on a coach or minibus; • 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;

Matches, Friendlies and Competitive Training.

• Pre-match handshake	Should not happen. Instead players will be asked to hand-sanitise before kick-off.
• Team talk huddles	Should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible.
• Warm-ups/cool-downs	Should always observe social distancing.
• Coaches, other team staff and substitutes	Are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made.
• Match preparation meetings	By officials should be held by video call.



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• ID Cards	Each Manager has been issued with a laminated ID sheet from WGS. Place this on the ground step back 2 metres. When your opponent Manager has finished ask them to return it to the ground. Anti-Bac wipe in situ. Turn over on to a fresh piece of grass and anti-bac the other side to reduce the risk of airborne particles. Anti-bac your hands and return to kit bag. This procedure will be the same for any league officer as well.
• Set plays – free kicks:	Referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls.
• Set plays – corners	Should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches , after matches and at half time.
• Goal celebrations	Should be avoided.
• Interactions with referees and match assistants	Should only happen with players observing social distancing.
• Small-sided football	Should be modified to provide more regular hygiene breaks in activity.
• Youth football	Coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
Payments	Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner.
Shouting	There is an additional risk of infection in close proximity situations where people are shouting or conversing loudly. If possible, players should therefore avoid shouting or raising their voices when facing each other during, before and after games.

Further Update Use of St Osyth for Match Day.

St Osyth Pitches	Emergency Services Incident Location Is Cowley Park Recreation Ground, Mill Street, St Osyth, CO16 8EJ. Emergency Services Vehicle Access via no 3 Mill Street. Emergency Service and Elmden Staff have the key code to open the gate. What3Words ///Bombard.Streak.Sardine
St Osyth Pitches	Due to Rabbits that frequent the area. All Managers must check the pitches for dig holes and fill in with earth. Bags are situated at the designated places.
St Osyth Pitches	Track & Trace. All Match Days Home or Away. Players and Manager will be recorded on the Match Sheet. All other Team Staff, Supporters can still continue to use our Track and Trace QR code to register attendance. The other Team will have their own Track and Trace procedure in place and is their responsibility to reduce the risk of breaking GDPR. Members of the public not associated with either team can if they wish use the Track & Trace QR Code if attending a Home Match. Data is stored for 30 days and automatically destroyed. There is also a NHS Government QR code Track & Trace on the door of the club house for all attendees if they wish.
St Osyth Pitches	If a ball goes out of Play, out of the grounds. The second ball should be put into play which should be already sanitised. It is down to the



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	Manager to locate the first ball and sanitise ready for reuse. As none of the team are allowed to leave the playing area. This includes throw ins.
St Osyth Pitches	All goals once setup must be sanitised before use and sanitised during and when put away.
St Osyth Defibrillator	This is located in the club house on the wall of the Referees Room
St Osyth Hand Santisers	Each Player should have their own with them and use them Before the Match. Use when half time is called and before they pick up their drink bottle. And at the end of Full Time. Club House We have 3 fixed hand sanitisers. <ol style="list-style-type: none"> 1. Located on the entrance to the club house which is to be used on entrance. 2. Located on the exit of the club house which is to be used on exit. 3. Located on the Home and Away Changing rooms if requested to be used. This has to be requested before arrival as it has its own entrance and exit.
St Osyth Cafeteria	Please follow all signage which is there to reduce the Risk of covid spread to you, our guests, members and staff.
St Osyth Cafeteria	Government guidelines state that you can eat and drink inside the cafeteria or use the toilet without a face covering. We would like all visitors except players who are covered by their managers due diligence to wear a face mask whilst using the cafeteria and toilet facilities.

Further Update Use of Vista Road For Match Day.

All of the above apply and including Tendring District Council Risk Assessment when available.

Further Reading

Covid-19: advice for first aiders

<http://www.thefa.com/-/media/cfa/suffolkfa/files/covid-19-documents/first-aid-guidance-for-returning-to-outdoor-competitive-grassroots-football---july-18-2020.ashx>

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>



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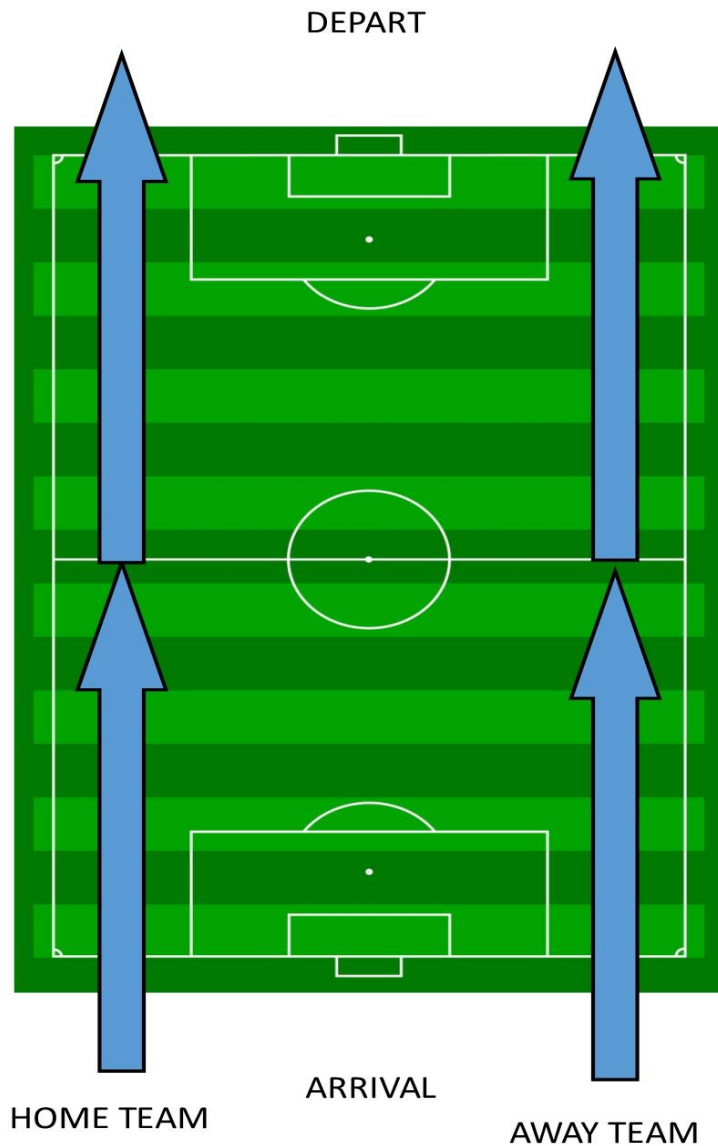


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Recommended Team Entrance and Exit of the field of play





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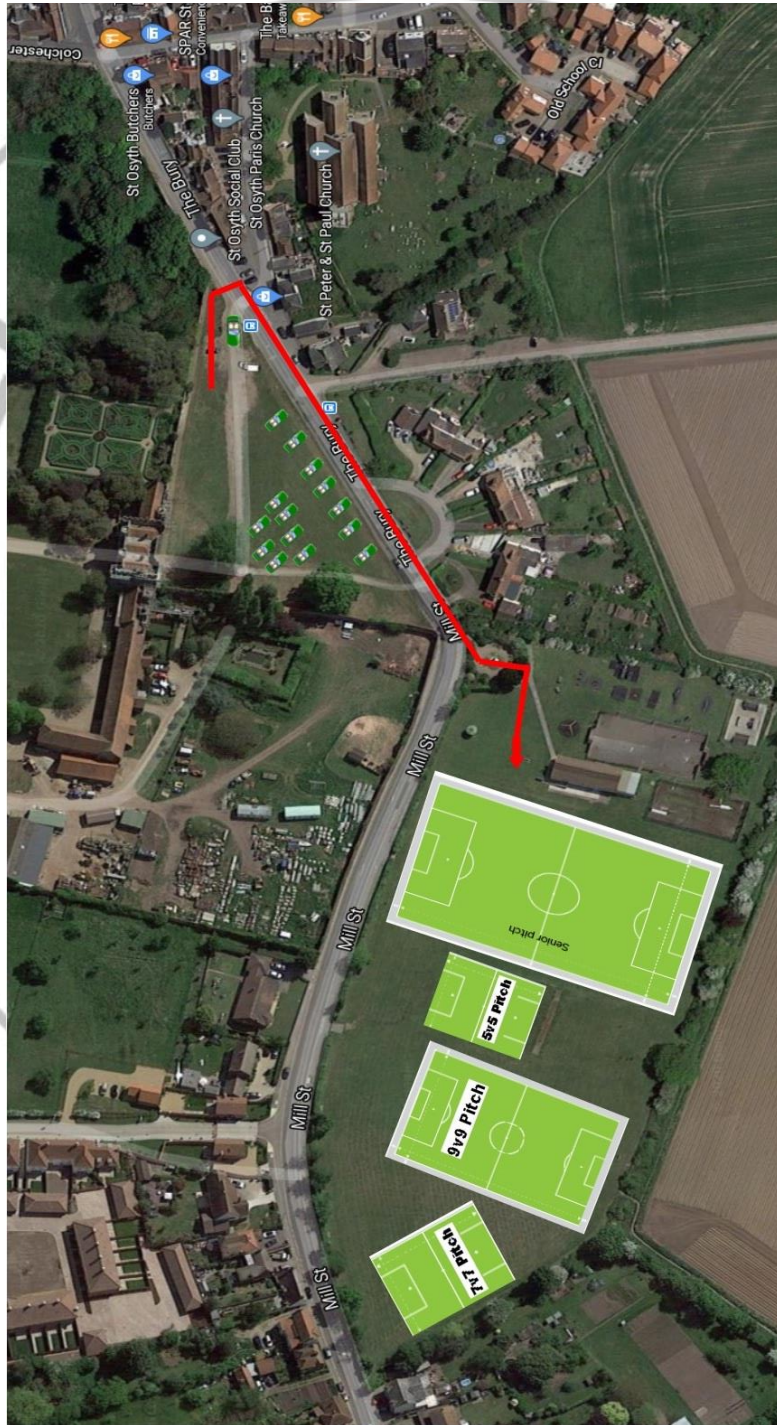


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Elmden Rovers Youth FC Parking and Access to St Osyth Football Pitches.





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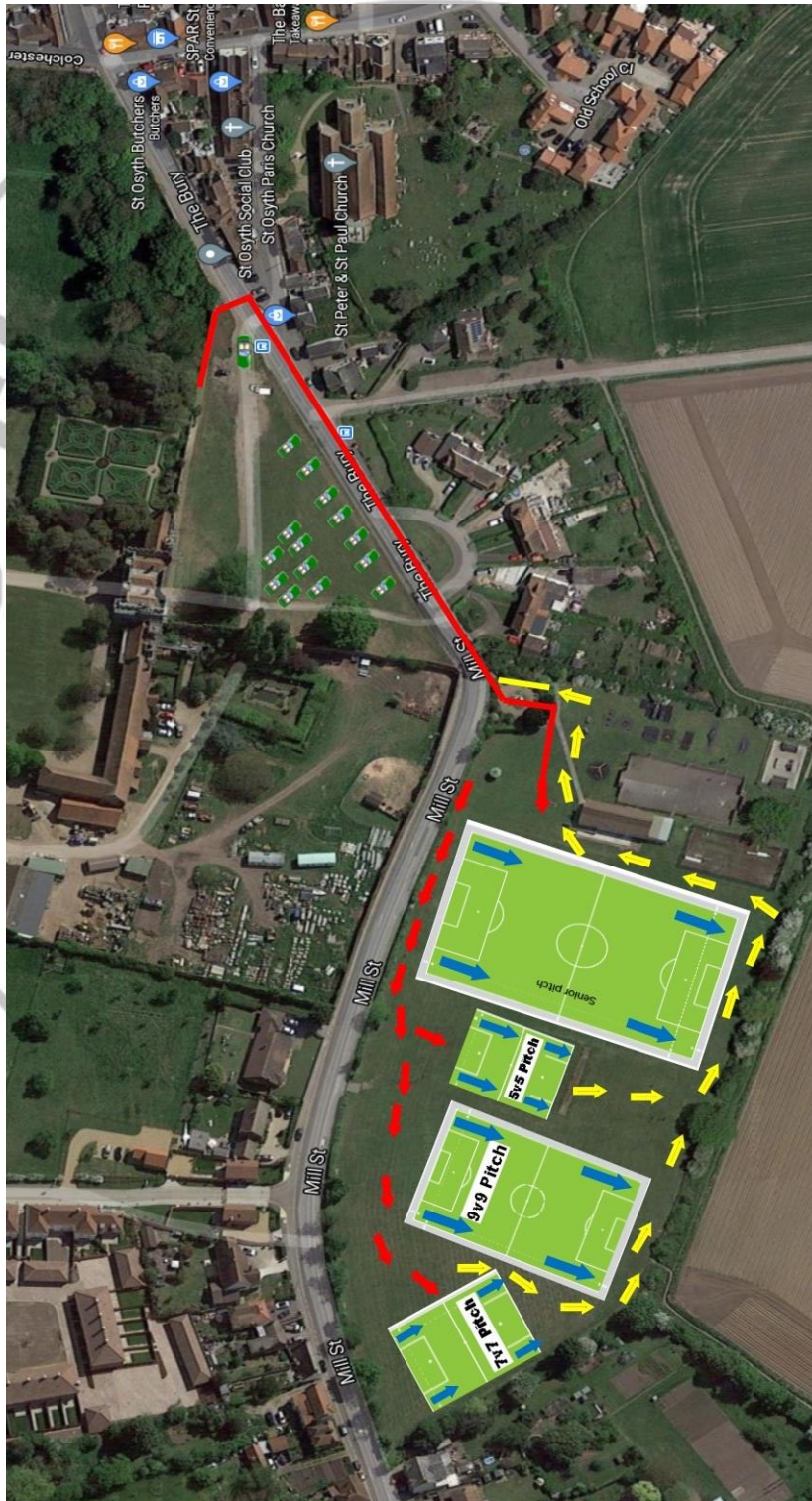


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Pedestrian and Players one way system





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Club House one way System

