

TAUNTON YOUTH FC RISK ASSESSMENT FOR COVID-19

Taunton Youth FC Community Trust must provide clear communications to all players and parents in relation to what is expected when they attend training. The following risk assessment outlines the considerations in reducing the spread of COVID-19.

1. Travel to Training

Coaches must travel to the venue on their own or with members of their own household where applicable. This also applies to all parents/carers bringing players to a session.

There must be no car-sharing with anyone outside a household unless allowable under government regulations (which may change from time to time).

2. Arriving and Leaving

Participants should 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.

3. Self-Checks

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;
- 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 check should be done before each training session.

Checks should be completed on arrival before a player mixes with others, so that if they have symptoms there is no chance of others being affected.

If the check is clear, a player can participate in the session. If any of these symptoms do apply, the player cannot participate.

4. The Facility

Use posters and signage throughout the area to promote protocols.

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

Cleaning protocols should be put in place to limit coronavirus transmission in public places. It is advised that touch points (e.g. handrails and gates) should be particular areas of focus for increased cleaning.

5. The Session

Programme all activities with sufficient physical space and adequate time separation (e.g. a minimum 10 minute window) in between training sessions to avoid clustering of parents and players.

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.

Players should 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. If a ball is shared in a group activity, it must not be handled unless gloves are worn. This will allow goalkeepers to take part as normal.

Frequent cleaning of equipment between use, using cleaning products and wipes is advised. Ensure waste and belongings are removed at the end of the session.

Players should have 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.

6. Personal Contact

Encouraging hygiene

To help everyone maintain good hygiene, consideration should be given to using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency. We should also provide regular reminders and signage to maintain hygiene standards. As a club, we should:

- Remind players to bring their own hand sanitiser for personal use.
- Remind players to refrain from spitting.
- If a player needs to sneeze or cough, they should 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. Players may be required to leave the session.

Social distancing

- Maintaining 2 metres social distancing, such as by marking spaces to maintain 2 metre distances between players
- Social distancing does not permit handshakes, high-fives or group goal celebrations, so ensure that the players understand this and comply.

Face coverings for coaches

The evidence suggests that wearing a face covering does not protect you, but it may provide some protection for others you come into close contact with if you are infected but have not developed symptoms. Face coverings will only be required for coaches if they have to come into contact with a player due to a medical emergency.

Face coverings for players

It is important to use face coverings properly and wash your hands before putting them on and taking them off. For the purpose of football training, players may find them difficult to manage them and the benefit is limited. A face covering will only be required should a coach need to approach a player due to injury.

7. Injury

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.

