

# CRAMLINGTON UNITED F.C.

## COVID-19 Training Risk Assessment



Cramlington United F.C. aim to provide a safe environment for all players, parents and coaches in attendance, whilst adhering to guidelines provided by UK Government, The FA and the Northumberland Football League (or other league organisation) where necessary.

CUFC Trustees

# Quality Management

## Version Control

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Document Owner:	Mark Hedley	Document Reference	CUFC Cov-19 (June 2020)

Approved By:	Dave Malone	Position:	CUFC Chairman
Signature:	<i>D Malone</i>	Approved Date:	12/06/2020

Approved By:	Alan Lemin	Position:	CUFC Secretary
Signature:	<i>A Lemin</i>	Approved Date:	12/06/2020

## Issue Record

ISSUE	STATUS	DATE	PREPARED BY (AUTHOR)	CHECKED/APPROVED	COMMENTS
0.1	Draft	10 June 2020	<i>M Hedley</i>	<i>CUFC Trustees</i>	<i>Issued as a draft to alert club members</i>
0.2	Final Draft	12 June 2020	<i>M Hedley</i>	<i>CUFC Trustees</i>	<i>Quality Management system added and formatting changes</i>
1.0	Final	12 June 2020	<i>M Hedley</i>	<i>CUFC Trustees</i>	<i>Release to all club members</i>

## Document Status

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## CRAMLINGTON UNITED F.C. – COVID 19 TRAINING RISK ASSESSMENT

<b>Activity:</b>	Training	<b>Age Group:</b>	All	Other Info: Refer to Annex A for Check List & Annex B for Player Register.
<b>Day:</b>	N/A	<b>Time:</b>	N/A	
<b>Venue:</b>	Northburn Sports & Community Centre and Eastfield Playing Fields, Cramlington			

Cramlington United F.C. aim to provide a safe environment for all players, parents and coaches in attendance, whilst adhering to guidelines provided by UK Government, The FA and the Northumberland Football League (or other league organisation) where necessary.

*(At present, these guidelines and activities available are limited but we will continually reassess and amend our risk assessment once further guidance has been given by any of the parties mentioned and will also be reviewed monthly as a minimum).*

At present, the current guidelines states –

- Training can commence in small groups. These small groups consist of 6 people, one being the coach. Full teams can be split into smaller groups providing coaches can facilitate this. Each small group must be overseen by a coach who is qualified in first aid and have an active F.A licence.
- Training must be NON-CONTACT and players and coaches must adhere to social distancing throughout each session.

### RISK ASSESSMENT – ‘Before’ Training Sessions

Ref	Hazard – Spread of Covid 19	Who is at risk?	Actions or Mitigation Measures	Health and Safety Information/Actions
1	Players showing symptoms of Covid-19	Players, Parents, Coaches & any other attendee	Refrain from attending any training session if you, or anyone in your household have displayed signs of: <ol style="list-style-type: none"> <li>1. Fever</li> <li>2. Dry Cough</li> <li>3. Headache</li> <li>4. Sore Throat</li> <li>5. Breathing Difficulties</li> <li>6. Loss of Taste or Smell</li> <li>7. Generally feeling unwell</li> </ol> (If a player displays any of the above symptoms, a 14-day isolation from training must be adhered to). Please inform your coach or any other club representative. Confidentiality will be guaranteed.	<b>Coach to keep a register of any reported symptoms.</b>



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### RISK ASSESSMENT – ‘Before’ Training Sessions

Ref	Hazard – Spread of Covid 19	Who is at risk?	Actions or Mitigation Measures	Health and Safety Information/Actions
2	Travel.	Players, Parents, Coaches & any other attendee	<p>Players should only travel to training with their own parent/guardian (household member).</p> <p>Do not bring players from other households.</p> <p>If walking, social distancing should be adhered.</p>	
3	Refreshments/ medicine.	Players, Parents, Coaches & any other attendee	Each player brings their own water/juice and any other necessary items such as medication, hand sanitiser etc.	<b>Refer to Ref 7.</b>
4	Toilets.	Players, Parents, Coaches & any other attendee	There will be no facilities open at any training venues such as toilets, so please encourage players to use the toilet at home before attending training.	
5	Session planning/set-up – Social distancing.	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Sessions to be reviewed including start &amp; finish times for each location to reduce the number of persons on site at any one time.</li> <li>Coach to establish and confirm number of attendees, plan session(s) accordingly, ensure coach/player ratio (1 to 5) is achievable. Coach to be prepared for session adjustments due to last minute attendee changes (What if...).</li> <li>Coach to arrive in plenty of time to set-up session(s).</li> <li>Minimise amount of equipment required, and therefore contact and double handling. This also includes <b>no</b> ‘bibs’.</li> </ul>	<ul style="list-style-type: none"> <li><b>Session dates/time MUST be agreed with Kevin Hastings (male football) and Mark Hedley (female football).</b></li> <li><b>Coach to set up/collect equipment.</b></li> <li><b>Coaches to wear disposable gloves (at all times) and other PPE (if felt appropriate).</b></li> </ul>



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### RISK ASSESSMENT – ‘During’ Training Sessions

	Hazard – Spread of Covid 19	Who is at risk?	Actions or Mitigation Measures	Health and Safety Information/Actions
6	Arrival	Players, Parents, Coaches & any other attendee	When each player attends the training venue, they must proceed directly to where their coach has set up. Players and parents/guardians must adhere to social distancing throughout the session.	<b>Team training dates, times and venues will be decided by coach (in conjunction with Club and pitch availability). Coach will inform parents by usual means of communication. Coach will prepare for expected attendance and have the session set-up prior to arrival. Coaches to keep a record of attendees and their groups (per session). Refer to Annex B.</b>
7	Social Distancing	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Non-contact training sessions to be utilised</li> <li>‘Player stations’ to be placed minimum 2m apart, away from training area. Players will leave their drinks and any other items making it recognisable as theirs. Players must not approach any other players ‘station’ during the training session.</li> <li>Parents/Guardians of players who need transported to/from training must remain for the duration of the session.</li> <li>Parent/Guardian must also stand at the ‘players station’ and adhere to social distancing.</li> </ul>	<b>Coaches to inform parents/guardians to the location of stations prior to arrival.</b>
8	Equipment	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Remind players not to touch equipment.</li> <li>Footballs – contact with hands should be kept to an absolute minimum.</li> </ul>	



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### RISK ASSESSMENT – ‘During’ Training Sessions

	Hazard – Spread of Covid 19	Who is at risk?	Actions or Mitigation Measures	Health and Safety Information/Actions
9	Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Players should bring their own hand sanitizer. (As a precaution a ‘hand sanitizer station’ will be made available).</li> <li>Constant encouragement to sanitize hands after each session</li> <li>Discourage players from ‘spitting’</li> <li>Inform players that no toilet breaks in the vicinity of the training session will be permitted</li> </ul>	<b>Players encouraged to bring their own hand sanitiser and kept at their ‘player station’. ‘Hand sanitiser station’ will be made available as a precaution.</b>
10	Players/parents showing symptoms of Covid-19	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Those players, parents or coaches must <b>NOT</b> attend training</li> <li>Any person who begins to feel sick during the activity should be isolated from other players and should be required to return home</li> <li>If a player, parent or coach develops COVID-19 symptoms during the activity, they should be sent home to begin isolation immediately</li> </ul>	<b>Coach to keep a register of any reported symptoms.</b>
11	Injury	Players, Parents, Coaches & any other attendee	<p>In the event that a player requires ‘minor’ first aid, a family member must attend to the player as a first option. If not possible, the first aider should use appropriate Personal Protective Equipment, including medical mask and gloves.</p> <p>If additional, more professional assistance is needed, 999 or 111 should be called</p>	



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### RISK ASSESSMENT – ‘After’ Training Sessions

	Hazard – Spread of Covid 19	Who is at risk?	Actions or Mitigation Measures	Health and Safety Information/Actions
12	Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	Players must wash their hands with sanitiser. Players need to be encouraged to change clothes and shower as soon as they get home.	
13	Travel.	Players and Parents/Guardians	Social distancing should be adhered.	
14	Equipment	Players, Parents, Coaches & any other attendee	Cones, footballs, bags and other equipment used in session must be cleaned after use to avoid cross contamination.	<ul style="list-style-type: none"> <li><b>Coach to set up/collect equipment.</b></li> <li><b>Coaches to wear disposable gloves (at all times) and other PPE (if felt appropriate).</b></li> </ul>



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### ANNEX A – Check List:

#### ‘Before’ session

- If you have any of the virus symptoms or anyone you live with has you must stay at home and if you don't feel comfortable returning to training yet you are not obliged to do so.
- No car sharing between players and parents from different households.
- Social distancing guidelines to be adhered to when walking to training area.
- There will be no changing or toilet facilities.
- Players must bring their own drinks and hand sanitiser and leave this with any other belongings in their own 'player station'.
- Players must wash their hands with sanitiser. ('Hand sanitiser station' will be made available as a precaution).
- All equipment used by coaches will be cleaned before each session.

#### ‘During’ session

- At least 2 metre distancing rule will be in place at all times. This will mean strictly no contact training. All our coaches will have session plans in place, which will conform to these guidelines.
- Parents/Guardians who wish to spectate can do so but must stay at their 'player station' and maintain social distancing protocols.
- Players will be placed in no more than groups of 5 and will train together for no longer than 60 mins per session and will be with the same coach.
- If a coach needs to apply first aid to a player, they must wear a mask and gloves.
- No spitting at any time.
- There should be no high 5s, shaking hands or hugs of any kind.

#### ‘After’ session

- Players must wash their hands with sanitiser.
- Cones, footballs, bags, bibs and other equipment used in session must be cleaned after use.
- Players need to be encouraged to change clothes and shower as soon as they get home.

For further advice and guidance on Covid-19, check <https://www.gov.uk/coronavirus>.

**Player Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**I confirm I have read and understood the relevant Covid-19 Risk Assessment and Check List.**





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### ANNEX B – Training Group Record

**NOTE:** This is to retain a register of player attendance and their involvement in which group. Following each training session, this should be completed and forwarded to –

**Male/Mixed Teams:** Kev Hastings – [footaball@cramlingtonunitedfc.co.uk](mailto:footaball@cramlingtonunitedfc.co.uk)

**Female Teams:** Mark Hedley – [femalefootball@cramlingtonunitedfc.co.uk](mailto:femalefootball@cramlingtonunitedfc.co.uk)

Date	Venue	Team
1		
2		
3		
4		
5		
Coach		
Comments/Observations/Issues		