



Wychwood Football Club Risk Assessment Checklist & Safety Briefing 2020 2021

This is a checklist of actions required by coaches, players, officials, parents, carers and spectators from Wychwood FC and visiting teams. It is based on the full Risk Assessment which is available on the Wychwood FC website. <https://www.wychwoodfc.org>

- Health Check – all participants must undertake a self-screen check list before travelling to a training session or match (see 'Self-Screening Checklist' at the bottom of this document). Immediately on arrival, and before mixing with other players, parents must register their child with a coach and confirm that they completed the 'Self-Screening Checklist' and that the child has none of symptoms listed on the form. Coaches must record this information on their register for training and matches and will keep this information for a minimum of 21 days. Coaches may choose to take the temperatures of players using a non-contact thermometer.
- Travel – do not share a vehicle with those outside your household or support bubble.
- Parking – park with social distancing in mind and if necessary, stagger entry and exit from cars.
- Water – each player must have their own water bottle labelled with their name. This must not be shared with anyone.
- Hand Sanitiser - each player must have their own hand sanitiser labelled with their name. As a minimum, players must sanitise their hands immediately on arrival, at half-time and at the end of the match. Coaches and match officials must do the same.
- Shin Pads and Footwear – players must wear appropriate footwear and shin-pads. Players without shin pads, worn inside socks, or with inappropriate footwear will not be able to participate. While Covid-19 restrictions are in place shin-pads will not be loaned by coaches.
- Kit – players must arrive and depart in their kit, i.e. changing rooms will not be used.
- Medical Requirements – Coaches will check that all participants who may require medication, e.g. asthma inhaler, have it with them. If they do not, they will not be allowed to participate in the session.
- Safety Briefing - coaches will provide a safety briefing (this document) for both sets of players, and any officials, before training sessions and competitive matches (see Code of Behaviour, Risk Assessment Appendix 3).
- Social Distancing (Players) – players will be reminded that whenever possible they must remain socially distanced (1m plus).
- Social Distancing (Parents/Carers) – we recommend that where possible there should only be 1 spectator per player. Spectators must socially distance, i.e. 1m plus and must not exceed a group of six. Groups must be well spread out with a gap of 2m between them. The 'Silence Ambassadors' for each team are responsible for ensuring that this is complied with.
- Social Distancing – when playing at Wychwood School parents must remain outside of the fenced area.
- Toilets – only one person at a time is allowed in the toilet area. Hands must be washed before and after using facilities.
- Spitting & Gum – spitting and chewing gum is not allowed.
- Technical Areas – Technical areas will be marked out larger than specified in the rules to enable adequate social distancing for substitutes and team officials.
- Pitch – Coaches must check that the playing area is free from obstructions, sharp objects, animal waste and rubbish before play begins.
- Equipment General – Coaches must ensure that equipment is handled by as few people as possible.

- Equipment Respect Barrier – Coaches will agree who will set up and take down the Respect Barrier at the beginning of the session. The same person/s should set up and take down the barrier.
- Equipment Corner Flags – Coaches will agree who will set up the corner flags at the beginning of the session. Once in position the flag poles must be wiped down with disinfectant and disposable cloths. The flag poles will be disinfected again at half time and at the end of the session before they are returned, unless it is known that they will not be used again for at least 72 hours.
- Equipment Cones - When cones are used the same person who sets them out will collect them.
- Equipment Bibs - In the event that bibs are used they will only be used once by the same participant during the session. They will be washed between sessions.
- Equipment Goalkeeper Gloves - Since FA guidance encourages players to play in all positions ideally each player will have their own set of goal-keeping gloves. Players may not share goal-keeper gloves.
- Equipment Goalkeeper Shirt - Goalkeepers may not share the same goal-keeper shirt. When the player in goal does not have a goal-keeper shirt they will wear a bib which only they will wear during the session match. The bibs will be washed between sessions.
- Equipment Goals – Coaches will agree who will set up the goals at the beginning of the session. Once in position the goalposts must be wiped down with disinfectant and disposable cloths. The goals will be disinfected again at half-time and at the end of the session before they are returned/dismantled.
- Equipment Goals – Coaches must check goals for any signs of damage at the beginning of every session. If they are damaged, they must not be used. Goals must **ALWAYS** be pegged down with a minimum of 4 appropriate strength pegs before use – two pegs at the back, and two at the sides.
- Equipment Balls – In training, where possible, numbered balls will be used with each child using the same ball for the session. As a rule, balls will not be handled. At the end of the session balls will be disinfected, unless it is known that they will not be used again for at least 72 hours. In matches, handling the ball will be discouraged. If it is necessary to handle the ball, for a throw-on for example, the ball will be disinfected at an appropriate break in play. When the ball goes out of play, it should not be retrieved by spectators and should be retrieved using the feet rather than the hands where possible. During training matches, throw-ins will be replaced with 'kick-ins'. In training, heading the ball will be discouraged and throw-ons may be replaced by 'kick-ons' to avoid handling the ball.
- Training and match play - Pre-match and post-match handshakes, elbow bumps etc. will not happen – there is to be no unnecessary physical contact or proximity between coaches, players and officials. Instead players will be asked to hand-sanitise before kick-off. All deliberate physical contact during training and matches must be avoided, players must not use their hands when making a tackle. Players must avoid shouting or raising their voices when facing each other. Players must be encouraged to avoid unnecessarily long set-ups (e.g. defensive walls) or close marking. Goal celebrations must be conducted in a socially distanced manner. At the end of the match the opposition will be recognized by claps, three cheers etc. – no physical contact is to take place.
- Referees - Referees, including those appointed by the league, are to be paid electronically, not in cash.
- First Aid - Each team will have a First Aid kit which will be available at all training and matches. First Aid kits will contain, as a minimum, the contents specified in Appendix 2, and will include appropriate PPE for administering First Aid. Sessions will begin with low intensity warm-ups to minimize potential muscle strains. While Covid-19 restrictions remain in place, if a player is injured, their parent/carer may aid them but all others, including

coaches, must continue to socially distance unless a life-threatening or serious injury necessitates compromising guidelines to provide emergency care. When an injury requires First Aid this will be administered by a First Aid qualified coach who will wear a fluid resistant surgical mask (Type IIR) and gloves. These will be bagged and disposed of immediately afterwards.

- Symptomatic Player - if a player becomes symptomatic during a training session or a match, they should immediately remove themselves from the session and return home as soon as possible. NHS guidance on further management of symptoms should be followed. If an individual become symptomatic post-activity they must follow the NHS Test and Trace guidance.
- Any questions or concerns about compliance with this guidance should be directed to the Wychwood FC Covid-19 Officer, Adam Arnell, either in person or by emailing adamarnell@gmail.com.

Covid-19 Self-Screening Checklist

Each participant must self-screen prior to arrival at training to ensure they do not have any of the following symptoms or conditions (confirmed by a parent for those under age 18), as these are potential indicators of Covid-19 infection.	Check negative	Check positive
A high temperature (above 37.8°C)		
A new continuous cough		
Shortness of breath		
A sore throat		
Loss of or change in normal sense of taste or smell		
Feeling generally unwell		
Persistent Tiredness		
Been in close contact with/living with a suspected or confirmed case of Covid-19 in the previous two weeks		
Returned from an area which requires a quarantine period according to government guidance		
Is the player fit to train/play?		

Note: by participating in the session you agree that the club may pass on contact details as required to support the NHS Test and Trace system.

FA Code of Behaviour (Covid 19)

Covid-19 is a highly infectious and dangerous disease. A resumption of contact play is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection. Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced. Each player will need to decide when to return to contact football, based on their own circumstances and the arrangements that have been put in place for a safe return. This is particularly the case for players from BAME communities or those with underlying health conditions. All those returning to competitive grassroots football must adopt the following code of behaviour:

- Be aware of your own personal health. If you show any of the Covid-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- Be responsible. Read the guidance provided by The FA and by your club so that you are aware of the changes to the game and what is expected of you. This will include things like being prepared to wash your own kit, bringing your own labelled water bottle and being aware of changes to meet-up times.
- Practise good hygiene. Wash your hands regularly and before, during and after a game.
- Where possible maintain social distancing. This won't always be possible in a competitive match environment (for example when tackling an opponent) and that is acceptable. However, before, and after a game you should maintain social distancing.
- Support NHS Test and Trace. You're likely to be asked to provide your details so that in the event of a Covid-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please cooperate.
- Do not spit. Spitting and the rinsing out of mouths is now a recognised risk to health and must not be done. Avoid shouting or raising your voice if face to face with other players.
- After the game. Be aware that other users may be waiting to use the facilities. Changing rooms and showers are likely to be closed and any socialising must follow the Government's guidance on social distancing.