



Omonia Youth Football Club

Covid-19 Risk Assessment (for teams)

ALL Managers and Coaches are required to read and follow the guidance in this Risk Assessments. Please ensure you notify players, officials and spectators of the requirements and any role they have. Please read FA guidance in the appendices and explain to ALL players and parents/carers.

Subject/Risk	Who may be affected	Risk Level before control measures				Control measures	To be actioned by	Final Risk level S x L = R			
		S	L	R	RR			S	L	R	RR
<u>Before any football activity takes place</u>											
Changing, showering and use of toilets	Players, Match Officials & Coaches	3	5	15		Where possible, players, match officials and coaches must arrive changed and shower at home; Toilets should be open pre-match, during the match and for 30 minutes afterwards.	Managers and Coaches.	3	2	6	
Safeguarding	Players, Match Officials & Coaches	3	5	15		Ensure you read Appendix 2: Safeguarding Children for guidance and your specific responsibilities in this area	Managers and Coaches.	3	2	6	
Advance information	Players, Match Officials & Coaches	5	5	15		Does anyone have a disability or special medical needs? If you have players with additional disability or medical needs, please ensure that you have discussed this specifically with the COVID-19 Officer and player. Then you can agree how/if these needs can be met within current Government Covid-19 and FA guidance.	Managers and Coaches.	5	2	10	

Advance information	Parents and Carers	3	5	15	<p>Ensure Parents and Carers are given and follow this guide before they travel to the venue</p> <p>If you choose for your child to take part, you will need to give your written consent to the club and or coach. Ensure you are comfortable with the club's Covid-19 planning arrangements before doing so.</p> <p>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.</p> <p>Your child must arrive changed and ready to exercise.</p> <p>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.</p> <p>Please ensure your child/children know how to maintain good hygiene and hand washing;</p> <p>Young children may struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres or 'one-metre plus' look and feel like – for example, related them to arm spans or standing jumps for example;</p> <p>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, is responsible for ensuring the environment is safe and should have completed some FA safeguarding training;</p>		3	2	6	
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						Coaches must ensure the ratio of coaches to children is appropriate – see FA safeguarding guidance notes 5.5:					
Social distancing in competitive training	Everyone	3	5	15		<p>Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).</p> <p>Care should be taken on busy sites with limited access points to ensure safe play. Facilities should consider staggering start times and allowing cleaning time between change-overs.</p> <p>There will be at least one coach per 15 participants in order to ensure compliance with the relevant FA safeguarding policy outlined in safeguarding guidance notes 5.5. Sessions might include multiple groups of 30 but only if they can be appropriately socially distanced from each other.</p> <p>In all settings before and after the session, and in any breaks, all participants should practise social distancing, in line with Government guidelines on two metres or ‘one metre plus’. You can read these guidelines here.</p> <p>Any spectators at training sessions (including parents and carers) must be restricted to discrete six-person gathering limits and spread out, in line with wider government guidance, ensuring space for officials, coaches and substitutes.</p>	Managers and Coaches.	3	2	6	
During all football activity											

Social distancing around matches	Everyone	3	5	15	<p>Competitive match play is now permitted, however, in all settings before and after matches all participants should practise social distancing</p> <p>Respect barriers will be set at least 2m away from pitch side, on opposite side to players and coaches. Cones demarking 2m distancing will be placed behind respect barriers. Where 2m is not possible 1m with mitigations such as sanitisers and face coverings will be advised.</p>	Managers and Coaches.	3	2	6	
Other Covid-19 modifications – in matches (and training where applicable)	Everyone	3	5	15	<p>Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;</p> <p>Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible;</p> <p>Warm-ups/cool-downs should always observe social distancing;</p> <p>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;</p> <p>Match preparation meetings by officials should be held by video call;</p> <p>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;</p> <p>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.</p> <p>Goal celebrations should be avoided;</p>	Managers and Coaches.	3	2	6	

					<p>Interactions with referees and match assistants should only happen with players observing social distancing;</p> <p>Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.</p> <p>Coaches are encouraged to limit persistent close proximity of participants during match play (where participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity</p>					
Social distancing during breaks (e.g. halftime)	Everyone	3	5	15	<p>All participants must remain socially distanced during breaks in play, with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a dug out or bench if social distancing cannot be observed. Players and officials should also observe social distancing during sin-bin instances.</p> <p>Water bottles or other refreshment containers should in no circumstances be shared. Participants are advised to bring their own drinks or refreshments, in a named container.</p> <p>After activity participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue participants congregate in afterwards.</p> <p>Any payments relating to the fixture (match fees, referee fees or facility fees) should where possible, be made in a cashless manner. The FA</p>	Managers and Coaches.	3	2	6	

						Matchday app allows affiliated teams using Full-Time to receive cashless payments from their players.					
Use of equipment	Everyone	3	5	15		The sharing of equipment must be avoided where possible. Where equipment is shared, equipment must be cleaned before use by another person. Participants should take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.	Managers and Coaches.	3	2	6	
Ball transfer	Everyone	3	5	15		The nature of football means that the ball is not frequently handled. When the ball goes out of play it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible. Where there are breaks in the game, or training, if throw-ins or handling has occurred the ball should be disinfected.	Managers and Coaches.	3	2	6	
Shouting and Spitting	Everyone	3	5	15		There is an additional risk of infection in close proximity situations where people are shouting or spitting. This particularly applies indoors (e.g. inside clubhouses) and when face to face. If possible, players should therefore avoid shouting when facing each other or spitting during, before and after games. This is included within The FA's Code of Behaviour (see Appendix 1).	Managers and Coaches.	3	2	6	
Treatment of injuries	Coaches and Players	3	4	15		The FA has produced a detailed First Aid Guidance document for First Aid. Injuries during play should still be treated as participant health and safety is of utmost importance. In all cases but particularly where medical treatment is needed, the best form of protection is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased	Managers and Coaches.	3	2	6	

frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, will be recommended in The FA's supporting medical guidance above.

If a participant gets injured, a member of their household can assist if present and appropriate, but others (including match officials and teammates and coaches) 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 (including face coverings) to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.

After contact with an injured participant, the person who has administered first aid should clean their hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or social distancing was maintained. The first aider should also avoid touching their mouth, eyes and nose.

Anyone who is administering any form of treatment, should keep a record of each participant they have come into contact with for NHS test and trace purposes. Further information for those who may need to act as a 'first responder' role in a sports setting can be found here.

If a participant becomes Covid-19 symptomatic during the activity, 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.

Social distancing	Spectators	3	4	12		Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six-person gathering limits and spread out, in line with wider Government guidance, ensuring space for officials, coaches and substitutes.	Managers and Coaches.	3	1	3	
Hygiene	Players, Match Officials & Coaches	3	5	12		<p>Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.</p> <p>Individuals should take their own kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit absolutely has to be shared or kept together (e.g. last-minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after and appropriate cleaning arrangements for the kit must be made.</p> <p>Coaches are encouraged to maintain a record of the regular cleaning of club or team equipment that players use, and review the risk assessments you undertake in between sessions, learning from any changes you need to apply.</p>	Managers and Coaches.	3	2	6	
Social distancing		3	4	12		After training sessions and/or matches, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any clubhouse facilities or other venue that participants may congregate in afterwards. Bars and restaurants, which includes any food or drink facilities inside a clubhouse, have been able to open since 4 July, in accordance with the latest Government guidance.	Managers and Coaches.	3	1	3	

Guidance Notes

SEVERITY	5	5	10	15	20	25
	3	3	6	9	12	15
	1	1	2	3	4	5
		1	2	3	4	5
	LIKELIHOOD					

LIKELIHOOD – RISK OF EXPOSURE	
5	Almost Certain – Very High Risk
4	Probable – High Risk
3	50/50 – Medium Risk
2	Improbable – Low Risk
1	Almost impossible – Low Risk

SEVERITY/OUTCOME – INFECTED	
5	High Risk Group
3	Infected
1	No Infection

APPENDIX 1

FA - CODE OF BEHAVIOURS

CODE OF BEHAVIOUR 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.

APPENDIX 2

FA - SAFE GUARDING CHILDREN GUIDANCE FOR CLUB OFFICIALS INCLUDING COACHES AND CLUB WELFARE OFFICERS

- Your club must have completed a safeguarding & Covid-19 risk assessment and briefed you on your responsibilities.
- You are 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 indate FA DBS Check and should have done some FA safeguarding training.
- 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. There must be a minimum of two FA-DBS Checked adults present at any one time.
- 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. The club may use a form such as the one in FA safeguarding guidance note 8.2 to gather any relevant information from parents/carers.
- 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 and appropriately update your risk assessments.

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.

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](#)