



Cramlington Juniors FC Return to Competitive Training

Risk Assessment Measures – Dec 2020

This risk assessment has been compiled following the guidance issued by The FA on Tuesday 1st December 2020. The following provides the guidelines for all stakeholders to enable the recommencement of competitive football including training from Wednesday 2nd December 2020.

The club have identified two Covid-19 Officers:

Adrian Farrar & Craig Anderson

Responsibilities

The Club undertake to;

- monitor all guidance issued by the Government and The FA, acting swiftly where necessary to implement any changes.
- educate all our volunteers on expectations and protocols required by our risk assessment, provide guidance on what is needed to be done to comply with the requirements and create a plan for dealing with the consequences of a positive test arising from the training group.
- maintain a register of all people attending any training session, recording names and contact details and safely storing the information for a period of 21 days.
- ensure that a timetable of planned sessions/games is co-ordinated to prevent congestion at arrival and leaving times. A period of at least 15 minutes will be left between any two indoor training sessions and at least 30 minutes between the kick off time of any two games at the same venue.
- use three facilities, Ann Welfare, Kramel & Astley High School for training sessions and matches. This further reduce the potential for congestion and will provide a much greater area to segregate training groups and permit social distancing.
- limit every training session to no more than 20 participants including coaches.
- limit each training session to no more than 60 minutes duration.
- monitor adherence to the guidelines and protocols set out in this risk assessment, undertaking corrective and/or preventative action where deemed necessary.

The Coaches undertake to;

- not attend sessions if they feel unwell or are displaying any of the following;

a high temperature – this means feeling hot to touch on the chest or back; or
a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual); or
a loss or change to their sense of smell or taste – this means noticing that you cannot smell or taste anything, or things smell or taste different to normal
- arrive not less than 15 minutes prior to the start of a training sessions or 30 minutes prior to the start of a game, to check that the area is safe and to set up equipment.



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The Coaches undertake to;

- use hand sanitiser to clean hands before each session, after touching any equipment and at the end of the session.
- wear a face covering whilst coaching or on the sidelines during games
- check with all players on arrival that they do not feel unwell or are displaying any of the recognised Covid-19 symptoms. Any player found to be displaying any symptoms or feeling unwell must be sent home immediately. Coaches will continue to monitor all players throughout the session.
- ensure social distancing measures between players are in place before the session, during any breaks and when leaving the session
- avoid the use of shared kit and equipment. If equipment is shared it must be sanitised before it is used by another person.
- wash training bibs after every training session and never use the same bibs for another session without them first being washed.
- sanitise all equipment used between sessions, with footballs to be further sanitised during intervals or water breaks.
- avoid player huddles and prevent close contact as much as possible.
- not make physical contact (ie handshakes, fist bumps etc) with a player except where it is necessary to provide Emergency Aid.

The Players undertake to;

- not attend sessions/games if they feel unwell or are displaying any of the following;
a high temperature – this means feeling hot to touch on the chest or back; or
a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual); or
a loss or change to their sense of smell or taste – this means noticing that you cannot smell or taste anything, or things smell or taste different to normal; or
- arrive no sooner than 10 mins prior to a training session starting or 30mins before a game.
- bring their OWN hand sanitiser to every session and use it to sanitise their hands before the session, after touching any equipment or the ball with their hands, during any intervals or breaks, and at the end of the session.
- wear a face covering whilst on the sidelines during games
- stick to social distancing measures before the session/game, during any breaks and when leaving the session.
- Bring their own easily identifiable water bottle and not to share with any other person
- avoid huddles, handshakes, hi-fives and fist bumps and prevent close contact as much as possible.
- not to spit
- avoid shouting or raising their voice when facing another person.



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The Parents undertake to;

- not attend sessions if they feel unwell or are displaying any of the following;

a high temperature – this means feeling hot to touch on the chest or back
a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
a loss or change to their sense of smell or taste – this means noticing that you cannot smell or taste anything, or things smell or taste different to normal.
- not to bring their child to any session if they are unwell and/or display any of the above mentioned symptoms
- follow government guidelines in respect of car sharing with people from outside of your immediate household.
- arrive no sooner than 10 mins prior to a training session starting or 30mins before a game.
- upon arrival at the venue, register the players attendance by using the NHS Test & Trace App
- wear a face covering whilst on the sidelines during games
- observe social distancing requirements by not congregating in groups of more than 6 and by maintaining two metres distance from other people at all times.
- inform the coach via text or email if you will not be remaining at the venue during your child session.
- refrain from face to face discussions with coaches. Should you wish to discuss an aspect of your son's involvement at the club then please contact the coach via phone or email. An online meeting (such as Zoom or Teams) can be arranged if required.
- assist the coach in treating any injury or illness during the session. Should a player become injured, the coach will invite the parent to administer any appropriate treatment under the guidance of the coach. In the event that the parent is not present or in an emergency situation the coach will administer any necessary Emergency Aid, wear appropriate PPE.
- let the coach know if you do not wish your son to take part in the contact sessions because you have concerns about transmission. This can be done by text or email. Non participation in these session will not have any detrimental effect on your sons place at Cramlington Juniors.

Generally

These guidelines have been produced to allow football to recommence in a safe a manner as possible, but please remember that every person working at Cramlington Juniors is a volunteer, nobody is paid for the work they do and do not receive any out of pocket expenses. They also have their own families to think of and whilst we would hope to run things as smoothly there maybe times when short notice cancellations are required. As we go through this next phase we would hope that by all stakeholders working together we can achieve a safe return to playing.