

CORBRIDGE UNITED JUNIOR FOOTBALL CLUB COVID 19 RISK ASSESSMENT – TEAM TRAINING

Activity - Training	Age group – All	Day / time - All	Venue – Tynedale Rugby Club	Appendices A & B
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This document has been prepared in order to aid our teams in returning to team training activities in a safe manner. It covers training activities only and relates covers official club training sessions which take place at Tynedale Rugby Club playing fields, a short walk from the clubhouse.

If there are any questions on this document, please contact:

Mark Parkinson – Club Chairman
mark.parkinson@taitwalker.co.uk

Craig McBurnie - Club Secretary and appointed COVID Officer.
cmcburnie@gmail.com

CUJFC aim to provide a safe environment for all players, parents and coaches in attendance, whilst adhering to UK Government, Northumberland FA and The FA guidelines where necessary. The guidelines are in place at the time of writing (updated 2nd December 2020) and we will review any further guidance issued on an ongoing basis and amend our risk assessment if required. A review will be performed at least once per month.

At present, the Club follows latest FA current guidance issued 1st December with link here attached:

[Football activity guidance executive summary - 1 December](#)
[148.9KB \(PDF\) \(thefa.com\)](#)

Spectators are allowed as long as they follow the Government Rule of 6. People from the same household can stand together but must be at least 2 metres away from people from a different household.

All protocols on social distancing, hand sanitising, equipment sharing, facilities and NHS Test and Trace must be strictly adhered to.

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

Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Travel.	Players, Parents, Coaches & any other attendee	<p>Players should only travel to training with their own parent/guardian (household / bubble member).</p> <p>Do not bring players from other households. If walking, social distancing should be adhered.</p> <p>If traveling on public transport, please adhere to the latest UK Government guidelines.</p>	
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.	Refer to “Social distancing”
Toilets / changing facilities	Players, Parents, Coaches & any other attendee	There will be limited facilities open at the training venue such as toilets or changing facilities, so please encourage players to use the toilet at home before attending training.	QR Code to be used if accessing changing rooms/toilets

Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Session planning/set-up – Social distancing.	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> • Session start & finish times for each location to reduce the number of persons on site at any one time. • Sessions to be planned in advance by Coach • 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...). • Coach to arrive in plenty of time to set-up session(s). • Minimise amount of equipment required, and therefore contact and double handling. This also includes no 'bibs'. 	<ul style="list-style-type: none"> • Session dates/time MUST be agreed with Andrew Neal (facilities officer). Fixed days and time slots are in place for all teams. • Coach to set up/collect equipment. • Coaches to have sanitizer, gloves and masks with them for all sessions.

Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
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.	Team training dates, times and venues will be decided by coach (in conjunction with Club and pitch availability). These will be fixed time slots and in the same area of the field each week. 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 Appendix B.

Social Distancing	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none">• Non-contact training sessions to be utilised• Parents/Guardians of players who need transported to/from training must remain for the duration of the session.	<ul style="list-style-type: none">• Coaches to inform parents/guardians to the location of stations prior to arrival.
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Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Equipment	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> Remind players not to touch equipment. Footballs – contact with hands should be kept to an absolute minimum. Sanitiser to be taken by players and coaches to apply if necessary 	
Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> Players should bring their own hand sanitizer. Constant encouragement to sanitize hands after each session Discourage players from ‘spitting’ Inform players that no toilet breaks in the vicinity of the training session will be permitted 	<ul style="list-style-type: none"> Players encouraged to bring their own hand sanitiser and kept at their ‘player station’.
Players/parents showing symptoms of Covid-19	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> Those players, parents or coaches must NOT attend training Any person who begins to feel sick during the activity should be isolated from other players and should be required to return home If a player, parent or coach develops COVID-19 symptoms during the activity, they should be sent home to begin isolation Immediately 	<ul style="list-style-type: none"> Coach to keep a register of any reported symptoms.

Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Injury	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> 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. If additional, more professional assistance is needed, 999 or 111 should be called 	Coaches to ensure that first aid kits contain suitable PPE – gloves and mask.
Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> Players must wash their hands with sanitizer before and after the training session Players need to be encouraged to change clothes and shower as soon as they get home. 	Players to bring their own hand sanitiser
Travel.	Players and Parents / Guardians	<ul style="list-style-type: none"> Social distancing should be adhered. 	QR code in place at changing areas
Equipment	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> Cones, footballs, bags and other equipment used in session must be cleaned by the coach after use to avoid cross contamination 	<ul style="list-style-type: none"> Coach to set up/collect equipment and clean after each session Coach to be provided with cleaning equipment and ensure it is taken to each training session

APPENDIX 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 in car park and 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 sanitizer before the training session.
- 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. 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 maintain social distancing protocols.
- 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>.

I confirm I have read and understood the relevant COVID-19 Risk Assessment and Checklist

Player name

Parent / Guardian
signature

Date

APPENDIX 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 –

Craig McBurnie - Club Secretary

cmcburnie@gmail.com

Team	
Date	
Coach Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	

Notes