

This document is prepared by the Hove Rivervale Youth Football Club and is intended to be used by coaches for all affiliated teams. It is also available for all players' and parents' review. It applies to all training activities and competitive/non-competitive matches.

Following updated FA guidance provided on the 18<sup>th</sup> July 2020, football clubs **may** begin a phased return to competitive football activity as follows:

- Until 31 July - When ready, you can begin competitive training, with the overall group size (inclusive of coaches) being limited to 30 people;
- From August - Competitive matches to begin, for example pre-season fixtures, festivals and small sided football competitions;
- From September - Grassroots leagues, men's National League System, Women's Football Pyramid tiers 3 to 6, and FA Competitions can commence.

The purpose of this risk assessment document is to ensure:

- Compliance with updated guidance and legislation
- Sufficient structure and planning to run safe sessions and competitive football for youth players
- Player and parent confidence in the coaching and matches provided and organised by the club

This document is superseded by applicable Guidance provided by the government, the English National FA or Sussex County FA. It is liable for regular review and revision.

### Risk Assessment

RISK RATINGS				RISK RATING MANAGEMENT		
IMPACT (I)		LIKELIHOOD (L)		I x L	RISK	ACTION REQUIRED:
1	No Injury	1	Highly Unlikely to occur	1-5	Low (L)	Manage control measures for continuous improvement.
2	First Aid Injury	2	Unlikely to occur	6-15	Medium (M)	Implement control measures or further control measures, where possible, to reduce risk rating to as low as reasonably practicable.
3	Lost Time Injury (3 -7 days)	3	Possible			
4	Over 7 Day / Specified Injury	4	Likely to occur	16-25	High (H)	Consider stopping activity. Implement control measures or further control measures, where possible, to reduce risk rating

5	Death / Life Changing Injury	5	Highly Likely to occur			to as low as reasonably practicable immediately.
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Hazard	Existing Control Measures	L	I	Risk assessment	Additional Controls Required	Person Responsible
<p><b>General training area safety</b></p> <p>Training sessions may be carried out in alternate venues which coaches and teams may not be familiar with and there could be additional physical hazards</p>	Awareness of physical risks by coaches and players.	2	2	4 (Low)	Coach should visit training location prior to training session to review for any new or unforeseen risks.	Coach
<p><b>Safeguarding</b></p> <p>Each training session must comply with existing FA safeguarding guidance. However, with the higher level of risks and the additional requirements on children to be socially distant (especially younger children), additional help may be required to stop training or reduce the number of players.</p>	<p>All coaches are DBS checked. Each session should have at least 2 adults present.</p> <p>See appendix 2.</p>	3	3	9 (medium)	Extra parents (socially distanced during training), to ensure that the training session can be stopped, ended early or separated into smaller groups if needed.	Coach

Hazard	Existing Control Measures	L	I	Risk assessment	Additional Controls Required	Person Responsible
<p><b>Covid transmission – player to player</b></p> <p>Players may transmit Covid to each other through contact.</p>	<p>Training sessions must be designed to minimise ongoing and continual contact.</p> <p>Limit group size to 30 (including coaches)</p> <p>Continue to observe social distancing for warm-up / cool down, fitness, team talks, social interactions, half times etc.</p>	3	3	9 (Medium)	<p>Avoid scenarios and set-ups with extended contact (set pieces, corners etc)</p> <p>Avoid player confrontations and celebrations.</p> <p>Avoid unnecessary player contact outside of the match/activity.</p> <p>Also consider running more smaller shorter sessions rather than fewer longer larger sessions.</p> <p>No pre/post-match handshakes to take place</p> <p>Provide regular hygiene breaks for hand sanitising</p> <p>Avoid spitting and unnecessary shouting</p> <p>Ensure player/parents confirms attendance before every training session or match (to support “NHS test and trace” efforts) and retain lists for 21 days.</p>	Coaches

Hazard	Existing Control Measures	L	I	Risk assessment	Additional Controls Required	Person Responsible
<p><b>Covid transmission – kit and equipment</b></p> <p>Players/coaches may transmit Covid to each other by sharing kit and equipment.</p>	<p>Design training sessions that do not require the handling of any kit or equipment by players.</p> <p>Ensure goalkeeper is only player to handle ball and must have gloves.</p> <p>Ball can be handled for the purpose of throw-ins by outfield player during matches.</p>	1	5	5 (Low)	<p>All coaches and players should ensure good hand hygiene by washing their hands thoroughly.</p> <p>Prior to training beginning:</p> <p>All footballs, cones, or training aids being used should be set up in advance and wiped down</p> <p>Players should avoid touching their faces at all times, especially during and after training.</p> <p>Balls to be cleaned (disinfected frequently) where handled for throw-ins.</p>	Coaches



Hazard	Existing Control Measures	L	I	Risk assessment	Additional Controls Required	Person Responsible
<p><b>Covid transmission – players with symptoms</b></p> <p>Parents must not allow players to train if they or a family member are showing symptoms.</p> <p>Players/coaches may transmit Covid to each other if they are showing symptoms</p>	<p>Parents must not allow players to train if they or a family member are showing symptoms.</p>	1	5	5 (Low)	<p>Coaches to ask all parents and players if they are healthy and well prior to every session.</p> <p>Should players develop symptoms during the session, the player will be asked to leave the session. For this reason, in the case of under 11 and below, parents will be required to stay for the duration of the session. In the case of 12s and above, children will wither need to have permission to go home alone or arrange for collection.</p>	Parents/Coaches
<p><b>Covid transmission – Injuries and incidents</b></p> <p>If a player is injured during a training session, the coach may have to move within 2m to address the concerned player. If the coach or player is asymptomatic, they may cause transmission of Covid.</p>	<p>Coaches have all completed FA Emergency Aid level 1.</p>	2	5	10 (Medium)	<p>Ensure the team first aid kit has disposable gloves and a face mask in case any close proximity contact is required as well as suitable bag for disposal.</p> <p>Use of CPR face shield.</p> <p>Parents can be asked to remain to tend to their own child.</p> <p>Also, for initial sessions with younger children, ensure all players have a parent present.</p>	Coaches

Hazard	Existing Control Measures	L	I	Risk assessment	Additional Controls Required	Person Responsible
<p><b>Covid transmission – playing/training space</b></p> <p>Poorly designed session logistics will prevent players from maintaining social distancing.</p> <p>Disorganised sessions can lead to player boredom (particularly for younger children) which in turn is more likely to lead to “fidgeting” which can prevent social distancing and encourage transmission.</p>	<p>Ensure all sessions are planned in advance and are designed to allow players sufficient freedom and space to benefit from training sessions.</p>	3	3	9 (Medium)	<p>Club to design a number of sessions to share with coaches containing ideas and recommendations for safe, fun, engaging and effective coaching.</p> <p>All coaches to share ideas and successes for session ideas and plans.</p>	Club / Coaches



# RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY

## COVID-19 GUIDANCE



**FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020**

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).

In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#). Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

### BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance**.
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk assessment** before re-opening or re-starting competitive activity. They should also follow current '**NHS test and trace**' protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance**.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

### DURING TRAINING & MATCH PLAY

- 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).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- 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.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance [here](#).
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance [here](#).
- Spectator groups should be limited to six people per group and spread out in line with wider **Government guidance**.
- Match fee payments should be cashless – consider using **The FA Matchday App**.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

### AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Post-activity showers should be taken at home.
- Everyone must continue to maintain **social distancing** including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the **NHS test and trace system**.

#### DISCLAIMER:

This guidance is for general information only and does not constitute legal advice, nor is it a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.

**THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.**

## APPENDIX 2 – FA safeguarding: Ratios of adults to children

# RATIOS OF ADULTS TO CHILDREN

Safeguarding best practice dictates adults must always be present when football-related activity takes place for children. But the numbers of adults present depends on three main factors:

- The age of the children involved;
- The degree of risk the activity involves;
- Whether there are disability needs within the group.

The lower the age of the participants, the higher the ratio of staff must be. If the activity is mixed gender, male and female staff should be available.

Whatever the age of the children and type of activity, a **minimum of two adults** must always be present. This ensures at least basic cover in the event of an incident.

Football teams involving players aged 12+ often have a squad of up to 16 players. Therefore there must be a ratio of **at least one coach per squad and another adult present at all times**. See OFSTED's recommendation of 1:10 below.

Other football formats, namely 5v5, 7v7 and 9v9 involving players aged 6-11 require a higher ratio of staff to squad. Where the children are aged eight or younger in any football activity you will require **more staff** and a **minimum of two adults** must always be present.

If the children have additional needs e.g. learning needs or a disability the ratio must be higher to ensure you can meet the specific needs of any given group.

**Remember:** if you are using young leaders (under-18) or coaches aged 16-17 they cannot be considered as adults. In fact, you will need more adults not less to supervise because you have more under-18s in your group.

If you have any queries on the subject of adult ratios to children, please contact your County FA Designated Safeguarding Officer. For a full list of County FA contacts, please [click here](#).



### \*OFSTED ADULT-TO-CHILD RATIOS FOR ENGLAND AND WALES

- For 0 to 2 years – one adult to every 3 children (1:3)
- For 3 to 8 years – one adult to every 8 children (1:8)
- For 2 to 3 years – one adult to every 5 children (1:5)
- For over-8s – one adult to every 10 children (1:10)

*"There should always be more than one adult for any group and at least one should be female. Helpers under 18 years old count as children and not adults in these ratios. If you have a number of teenage helpers, you will need more adults not fewer."*

#### Source

[www.scriptureunion.org.uk/Uploads/Documents/Ofsted%20requirements.pdf](http://www.scriptureunion.org.uk/Uploads/Documents/Ofsted%20requirements.pdf)