

Updated 28 March 2021



AFC Leyton
Women & Girls

Return to Football – Adult **Risk Assessment 2021**

About this document

This document has been produced in line with the Government and FA guidance issued on 1 June 2020, revised on 17 July 2020, and then further revisions on 25 March 2021.

The return of grassroots football is something that we know many are keen to see, but at this stage of the nation's response to Covid-19, it must be done with careful consideration for everyone's safety.

We have confirmed with our insurers that our insurance is still in place and operational for our return to training and beyond, in line with government guidelines

IMPORTANT: If a member of your household are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks or you have received a positive test result, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation and your daughter will not be permitted to train with us during this time.



Club Contacts



Club Contacts	Emergency contact
Club welfare officers: Steve Hodges (chairman) - 07801 367477 Louise McGing (secretary) - 07974611241	In an emergency always dial 999 Nearest Hospital Whipps Cross University Hospital Whipps Cross Road Leytonstone London E11 1NR Switchboard 020 8539 5522

A Covid-19 test can be booked via the web-site –

<https://www.gov.uk/get-coronavirus-test>

A positive test result should be shared with

welfare@afcleyton.co.uk immediately.

Player safety checklist



- Please ensure that no one in your household including yourself is displaying a temperature or has a persistent cough. We ask that you check your temperature before the session. If it is elevated, please do not attend, self isolate for 10 days and notify the club.
- Please ensure you have washed your hands before arriving at the session
Hand sanitizers will be available on entry and all players will be required to use these before starting the sessions and on leaving the session.
- All players must wear a face mask (unless registered as Mask Exempt) on entry until temperature checked by their team manager. Players that do not adhere to this may be provided with a face make, or may be asked to remain away from other players until all have been checked in. Players on exiting the session must again wear their face mask.
- Players must arrive in their kits ready to train. No changing at the facility will be permitted, all changing rooms will be closed.
- Training will include contact and competitive games. Physical contact will be allowed but should be kept to a minimum. No unnecessary tackles and/or physical contact is allowed. Breaks will be taken into training to allow for sanitization. Competitive games will be played.
- Players must not car share arriving to and from the sessions unless they are part of the same household or in a support bubble.
- Players will need to register their arrival with the NHS Track and Trace app using the AFC Leyton Barcode provided.
- All equipment will be sanitised prior to player use.
- No spitting. If you need to cough or sneeze please do this into the crook of your elbow.

Player safety checklist (cont)



- Should an injury occur the designated first aider will treat wearing gloves and facemask. **Please ensure your contact details are up to date in your loveadmin account.**
- If a player becomes unwell they will be removed from the session away from the other players. Please ensure your emergency contact details are up to date in your loveadmin account
- Please ensure you collect everything when you leave. Coaches will visually check. However anything left behind may be thrown away due to infection risk.

Risk Assessment – all sessions

Hazard	Who could be harmed?	Severity	Controls	Additional comments
People attending in team / groups – competitive training allowed	<p>There is a particular risk to</p> <ol style="list-style-type: none"> 1. Other participants 2. Coaching team 3. Other visitors 	HIGH	<ol style="list-style-type: none"> 1. Allocations of slots to be given out by across the WhatsApp groups. 2. Areas created in advance of the session. 3. Training will allow for contact but will require contact to be kept to a minimum. 3. Welfare officer will monitor the gates and only allow players into the site that are permitted on that slot 4 Coaches will ensure that physical contact will be kept to a minimum and that social distancing will be maintained will not training. 5. Coaches to brief all players before the session starts on the rules for the training sessions 	Masks will be required to be worn (unless mask exempt) until training starts and we will still need players to register with NHS Track and Trace.

Hazard	Who could be harmed?	Severity	Controls	Additional comments
Risk of social distancing guidelines being breached on arrival and departing the site	<p>There is a particular risk to</p> <ol style="list-style-type: none"> 1. Other participants 2. Coaches 3. Other visitors to the site 	HIGH	<ol style="list-style-type: none"> 1 Players will be given a specific arrival time to drop off 2. NHS Test and Trace register must be completed. 	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions
Risk of general cross contamination	<p>There is a particular risk to</p> <ol style="list-style-type: none"> 1. Other participants 2. Coaches 	MEDIUM	<ol style="list-style-type: none"> 1. Players and coaches to check their temperature before arriving. If elevated they must not attend and notify the club. 2. Coaches to regularly use hand sanitizer on sessions 3. Your hands must be sanitized prior to and after sessions 4. Face masks are required to be worn upon arrival until in their team bubble. 5. Drink bottles cannot be shared (no skying) 6. Any other consumables other than healthy fluids will not be allowed onto the pitch 	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions

Hazard	Who could be harmed?	Severity	Controls	Additional comments
Risk of contamination through use of toilets	There is a particular risk to 1. Other participants 2. Coaches	Medium	<ol style="list-style-type: none"> 1. Toilets are now able to be open during the sessions. It is important that the players sanitize their hands after the use of the toilets. 2. Changing rooms will remain closed and the only reason for going in the pavilion should be to use the toilets. 	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions
Risk of cross contamination through use of equipment	There is a particular risk to 1. Other participants 2. coaches	Medium	<ol style="list-style-type: none"> 1. Minimal equipment to be distributed to each area, which will be sanitised before use. 2. Areas clearly marked out and 5 metres from the next area 3. All equipment to be wiped down between each session. Breaks to allow goalkeepers to sanitize their gloves. 4. Players will not be able to enter other areas to retrieve stray ball, coaches will return the balls by foot. 5. Coaches to brief all players before the session starts on the rules for the training sessions 	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions

Hazard	Who could be harmed?	Severity	Controls	Additional comments
Risk of Contact between staff and young people when treating injuries	1. Participants 2. Coaches	Medium	<p>Each coach will be provided with a reusable mask and single use gloves.</p> <p>Players that are not injured will be moved away from the area to a designated holding area, whilst treatment is administered.</p> <p>Emergency services to be called immediately if the injury is of a serious nature.</p> <p>If the injury is not serious, but the player cannot continue in the session then the emergency contact will be called to collect.</p>	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions
Risk of sustained physical contact between participants during sessions	There is a particular risk to 1. Other participants 2. coaches	Medium	<p>1. Coaches to ensure that physical contact is kept to a minimum and is only allowed during competitive games.</p> <p>2. Breaks will be added into training to allow for the player to sanitize their hands.</p> <p>3. Coaches to constantly monitor the sessions</p> <p>4. Coaches to brief all players before the session starts on the rules for the training sessions</p>	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions

Hazard	Who could be harmed?	Severity	Controls	Additional comments
Risk of social distancing guidelines being breached during sessions	<p>There is a particular risk to</p> <ol style="list-style-type: none"> 1. Other participants 2. coaches 	MEDIUM	<ol style="list-style-type: none"> 1. Risk assessment to be shared with participants on email and checklist also sent to WhatsApp groups 2. Coaching team to ensure procedures are followed at all times 3. Training equipment sanitised and areas clearly marked out before the players arrival. 5. Coaches to brief all players before the session starts on the rules for the training sessions 	Welfare officer, coaching team & Head Coach to monitor sessions and adjust practices accordingly to continually ensure safe operation on the sessions

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Risk Assessment Completed by: Louise McGing/Steven Hodges

Dated: 26 June 2020 updated 21 March 2021

Shared with:

AFCL Coaching Team, AFCL Management Committee, All Participantss, Waltham Forest Council, London FA

RISK ASSESSMENT REVIEW DATE: WEEKLY each Sunday prior to sessions commencing.



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