



**BLYTH TOWN  
F. C.**

# Risk Assessment July 2020



## BLYTH TOWN FC COVID 19 RISK ASSESSMENT – TEAM TRAINING

Activity - Training	Age group – All	Day / time - All	Venue – South Beach Playing Fields	Appendices A - G
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Originally prepared – 20<sup>th</sup> June 2020. Updated 19<sup>th</sup> July 2020 following revised guidance from the FA issued on 18<sup>th</sup> July 2020.

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 on South Beach playing fields, a short walk from the clubhouse.

Dave Lynn has been appointed the Club's COVID-19 Officer. If there are any questions on this document or other COVID-19 related matters please contact [blythtownwelfare@gmail.com](mailto:blythtownwelfare@gmail.com)

Blyth Town FC 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 (17<sup>th</sup> June 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.

Revised guidance, issued on 18<sup>th</sup> July 2020 states:

- Until 31<sup>st</sup> July – when ready, you can begin competitive training, with the overall group size (inclusive of coaches) being limited to 30 people
- From 1 August – outdoor competitive football matches to begin, for example pre-season fixtures, festivals and small sided football competitions
- From 1 September – grassroots leagues, men's National League System, Women's Football Pyramid tiers 3 to 6, and FA Competitions can commence



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The FA issued detailed guidance regarding a return to contact football on 18<sup>th</sup> July 2020. The key points from that guidance, and Blyth Town FC’s response, are detailed in the tables on the following pages.



Key points of revised guidance issued by the FA	Blyth Town FC response
<p><b>Everyone should self-assess for COVID-19 symptoms</b> 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.</p>	<p>No change to previously issued Risk Assessment.</p> <p>See details on page 7.</p>
<p>· <b>Clubs and facility providers</b> should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19.</p>	<p>At the time of writing this Risk Assessment, 19<sup>th</sup> July 2020, the club's facilities and changing rooms remain closed. An update to this document will be made once appropriate steps have been taken and the facility is opened.</p>
<p>· <b>Competitive training</b> is now permitted, with groups limited to a maximum of 30 people, including coaches.</p>	<p>Competitive training is now permitted by the club. Teams are instructed to adhere to the 30 person limit (although we do not expect that any individual teams will have an issue with numbers). <b>COACHES MUST ENSURE THAT THEY ADHERE TO THE SAFEGUARDING GUIDANCE ON COACH:CHILD RATIOS – SEE APPENDIX G.</b></p> <p>Note – Men's first team and Under 23 teams cannot train together.</p>
<p><b>Competitive match play</b> is permitted, with social distancing in place before and after the match, and in any breaks in play.</p>	<p>Competitive match play will be permitted by the club from 1<sup>st</sup> August 2020. Further guidance will be issued regarding protocols and procedures later in July.</p> <p>No competitive match play is to be undertaken before official guidance is issued by the club.</p>
<p>· <b>Players and officials</b> should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session.</p>	<p>No change from previously issued Risk Assessment.</p> <p>Se details on page 13.</p>
<p>· <b>Ball handling</b> should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.</p>	<p>Players / coaches will be instructed to restrict ball handling to an absolute minimum. Balls will be disinfected in breaks of play. See page 12 for further details.</p>
<p>· <b>Youth football coaches</b> are encouraged to limit persistent close proximity of participants during match play and training.</p>	<p>Coaches will be instructed to be aware of this and limit close proximity. See page 12 for further details.</p>

Key points of revised guidance issued by the FA	Blyth Town FC response
<ul style="list-style-type: none"> <li>· <b>Goal celebrations</b> should be avoided.</li> </ul>	<p>No group goal celebrations are allowed. No close proximity is to be allowed. Players can celebrate scoring individually but no collective celebrations are permitted.</p>
<ul style="list-style-type: none"> <li>· <b>Equipment should not be shared</b>, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards. Where possible, coaches should only handle equipment in training.</li> </ul>	<p>See page 12 and 13.</p> <p>Bibs are permitted – however each player must only use one bib max per session and all bibs MUST be washed between each session.</p>
<ul style="list-style-type: none"> <li>· Where possible, <b>players, coaches and officials should arrive changed</b> and shower at home. Use of changing and shower facilities must follow government advice on the use of indoor facilities.</li> </ul>	<p>Changing facilities remain closed for now. Players / parents have been informed of this.</p>
<ul style="list-style-type: none"> <li>· <b>Participants should follow best practice for travel</b> including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle.</li> </ul>	<p>See page 8.</p>
<ul style="list-style-type: none"> <li>· <b>Clubs should keep a record of attendees</b> at a match or training session, including contact details, to support NHS Test and Trace.</li> </ul>	<p>No change to current practice. All coaches should complete the Training Group Record in Appendix B.</p>
<ul style="list-style-type: none"> <li>· <b>Clubs should ensure they are affiliated</b> with their <a href="#">County Football Association</a>.</li> </ul>	<p>Blyth Town FC is affiliated with Northumberland FA.</p>



Key points of revised guidance issued by the FA	Blyth Town FC response
<p><a href="#">Separate guidance</a> has been developed for clubs with teams competing in the men's National League System (NLS) and the Women's Football Pyramid tiers 3 to 6. This will support these Clubs on the safe return of paying spectators and also the applicability of the guidance to facilities under Ground Grading conditions, to ensure the safe return of competitive matches.</p>	<p>To update separately.</p>
<p><b>Please note that at this stage, indoor football and futsal is not permitted.</b> The FA will look to work with indoor facility providers to develop appropriate guidance for indoor formats as soon as possible.</p>	<p>No indoor training is permitted by the Club.</p>



# Risk Assessment Steps

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 &amp; 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"> <li>1. Fever (temperature above 37.8 degrees Celsius)</li> <li>2. A new continuous cough</li> <li>3. A shortness of breath</li> <li>4. A sore throat</li> <li>5. A loss of, or change to, sense of smell or taste</li> <li>6. Generally feeling unwell</li> </ol> <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>Parents to confirm before every training session / game that their child is demonstrating no signs of COVID-19 and are ok to play. Electronic template to be issued and send by parents to coach prior to session.</p> <p>Coach to keep a register of any reported symptoms and inform the Club Committee of any cases.</p>



# Risk Assessment Steps

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 preferably only travel to training with their own parent/guardian (household / bubble member).</p> <p>If participants do have to travel with people outside their household or support bubble they should try to:</p> <ul style="list-style-type: none"> <li>• Share the transport with the same people each time</li> <li>• Keep to small groups of people at any one time</li> <li>• Open windows for ventilation</li> <li>• Face away from each other</li> <li>• Clean the car between journeys using standard cleaning products – including door handles and other areas that people might touch</li> <li>• Ask the driver and all passengers to wear a face covering</li> <li>• Consider seating arrangements to maximise distance between people in the vehicle</li> <li>• Require regular hand sanitization by passengers on a coach or minibus</li> <li>• Limit the time spent at garages, petrol stations and motorway services</li> <li>• Keep distance from other people and if possible, pay by contactless</li> <li>• Wash hands for at least 20 seconds or sanitise hands often, and always when exiting or re-entering a vehicle</li> <li>• When finishing the journey participants should wash their hands for at least 20 seconds or sanitise their hands as soon as possible.</li> </ul> <p>If walking, social distancing should be adhered.</p> <p>If traveling on public transport please adhere to the latest UK Government guidelines.</p>	



# Risk Assessment Steps

Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Travel continued.....	Players, Parents, Coaches & any other attendee	Players / coaches to arrive changed and ready to play.  Instruct parents / players of this.	
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 no 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.	



Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
<p>Session planning/set-up – Social distancing.</p>	<p>Players, Parents, Coaches &amp; any other attendee</p>	<ul style="list-style-type: none"> <li>• Session start &amp; finish times for each location to reduce the number of persons on site at any one time.</li> <li>• Sessions to be planned in advance by Coach</li> <li>• Coach to establish and confirm number of attendees, plan session(s) accordingly, ensure coach/player ratio is achievable. FA Safeguarding guidance is to be adhered to.</li> <li>• Coach to arrive in plenty of time to set-up session(s).</li> <li>• Use of “Player Stations” is still required for social distancing purposes whilst not actively training.</li> </ul>	<ul style="list-style-type: none"> <li>• Session dates/time MUST be agreed with Julie Jefferson (Club Booking Secretary). Fixed days and time slots are in place for all teams.</li> <li>• Coach to set up/collect equipment.</li> <li>• Coaches to have sanitizer, gloves and masks with them for all sessions.</li> <li>• Coaches to set up player stations before each session and to ensure these are used.</li> </ul>



Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Arrival	Players, Parents, Coaches & any other attendee	<p>When each player attends the training venue, they must proceed directly to their allocated training area (coach will advise beforehand – areas set out in Appendix C).</p> <p>Players must adhere to social distancing up to the point that on field active training starts.</p> <p>Parents/guardians must adhere to social distancing at all times – and not gather in groups of more than 6.</p>	<p>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.</p> <p>Coach will inform parents by usual means of communication.</p> <p>Coach will prepare for expected attendance and have the session set-up prior to arrival.</p> <p>Coaches to keep a record of attendees and their groups (per session). Refer to Appendix B and Appendix C.</p>
Social Distancing	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>• Social distancing to be adhered to at all times – apart from in active training (see page 12)</li> <li>• ‘Player stations’ to be placed minimum 2m apart, away from main training area. Players will leave their drinks and any other items making it recognisable as theirs. Players must not approach any other players ‘station’ during the training session.</li> <li>• Parents/Guardians of players who need transported to/from training must remain for the duration of the session.</li> <li>• Parent/Guardian must stand at least 2m back from the training area (area to be advised by the Coach) and adhere to social distancing. Parents can stand, whilst socially distancing, in groups of no more than 6.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches to inform parents/guardians to the location of stations prior to arrival.</li> <li>• Player stations to be set up</li> <li>• Parent standing areas to be marked out</li> </ul>



Hazard – Spread of COVID-19	Parties at risk	Actions to mitigate	Health & safety information / actions
Competitive training	Players, coaches	<ul style="list-style-type: none"> <li>• Contact training is now permitted</li> <li>• Training groups are restricted to a maximum of 30 people (including coaches)</li> </ul> <p>Specific guidance as follows:</p> <ul style="list-style-type: none"> <li>• No handshakes / team huddles or collective close contact goal celebrations are permitted</li> <li>• Warm ups / cool downs should always observe social distancing</li> <li>• Set plays – coaches should ensure that these are taken promptly to avoid unnecessary prolonged close contact</li> <li>• Goal posts / equipment cleaned after each session</li> <li>• Balls to be cleaned regularly throughout the session using cleaning wipes. Thoroughly disinfected after each session.</li> <li>• Hygiene breaks to be taken regularly</li> <li>• Coaches will limit persistent close proximity of players during training / matchplay</li> </ul> <p>Breaks in play:</p> <ul style="list-style-type: none"> <li>• Social distancing to be applied to at all times</li> <li>• Players to return to Player Station to drink / rest</li> </ul>	



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"> <li>• Remind players to keep contact with equipment at a minimum.</li> <li>• Footballs – contact with hands should be kept to an absolute minimum.</li> <li>• Sanitiser to be taken by players and coaches to apply if necessary</li> <li>• Balls to be cleaned with wipes throughout the session, and thoroughly disinfected after each session.</li> <li>• No none participants to touch the balls. If the ball goes out of play then it should be retrieved by a participant and by using their feet.</li> <li>• Use of bibs is permitted – however bibs can't be shared and must be washed after each session.</li> </ul>	
Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>• Players should bring their own hand sanitizer. Coaches will be given hand sanitizer to be used as a precaution if players do not bring their own.</li> <li>• Constant encouragement to sanitize hands after each session</li> <li>• No spitting is allowed</li> <li>• Inform players that no toilet breaks in the vicinity of the training session will be permitted</li> <li>• Players should avoid shouting or raising voices when facing each other during, before and after sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• Players encouraged to bring their own hand sanitiser and kept at their 'player station'.</li> <li>• Coaches will have their own sanitiser</li> </ul>
Players/parents showing symptoms of Covid-19	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>• Those players, parents or coaches must NOT attend training</li> <li>• Any person who begins to feel sick during the activity should be isolated from other players and should be required to return home</li> <li>• If a player, parent or coach develops COVID-19 symptoms during the activity, they should be sent home to begin isolation Immediately</li> </ul>	<ul style="list-style-type: none"> <li>• Coach to keep a register of any reported symptoms.</li> </ul>



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"> <li>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 mask and gloves.</li> <li>If additional, more professional assistance is needed, 999 or 111 should be called</li> </ul>	Coaches to ensure that first aid kits contain suitable PPE – sanitiser, gloves and mask. If required these will be supplied by the Club.
Hand Washing/Hygiene Etiquette	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Players must wash their hands with sanitizer before and after the training session</li> <li>Players need to be encouraged to change clothes and shower as soon as they get home.</li> </ul>	Players to bring their own hand sanitiser
Travel.	Players and Parents / Guardians	<ul style="list-style-type: none"> <li>Social distancing should be adhered.</li> </ul>	See Appendix C for instructions on site / training area access.
Equipment	Players, Parents, Coaches & any other attendee	<ul style="list-style-type: none"> <li>Cones, footballs, bags and other equipment used in session must be cleaned by the coach after use to avoid cross contamination</li> </ul>	<ul style="list-style-type: none"> <li>Coach to set up/collect equipment and clean after each session</li> </ul>

## APPENDIX A – PARENT / GUARDIAN CONFIRMATION

I confirm I have read and understood the relevant COVID-19 Risk Assessment and Code of Conduct and am happy to adhere to the instructions guidance set out within

Team / Age group	
Player name	
Parent / Guardian Name	
Parent / Guardian signature	
Date	



## APPENDIX B – Training Group Record

NOTE: This is to retain a register of player attendance and their involvement in training. Following each training session, this should be completed and forwarded to –

Dave Lynn – [blythtownwelfare@gmail.com](mailto:blythtownwelfare@gmail.com)

<b>Team</b>	
Date	
Coach Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	
Player Name	

Player Name	

# Training area locations





## APPENDIX D - BLYTH TOWN FC COVID 19 RISK ASSESSMENT – PARENT / GUARDIAN CONFIRMATION

The FA issued detailed guidance regarding a return to contact football on 18<sup>th</sup> July 2020. As part of this all parents / guardians must be aware of the detailed requirements. Steps that we require you to undertake and adhere to our as follows:

- You must sign to confirm that you have read and understood the club Risk Assessment and the Code of Behaviour and are happy for your child to train under that framework.
- You must confirm to your Coach – **BEFORE EVERY TRAINING SESSION** – that anybody attending training is not showing the signs of COVID-19. This will be in the form of a text message / whatsapp message / email.
- You must observe social distancing rules whilst watching training. You can watch in groups of up to 6 people and must socially distance (> 2m apart) at all times
- Please ensure that your child comes to the training session with their own drinks bottle and hand sanitiser.
- Please ensure that your child arrives changed and ready to exercise
- Please encourage your child to observe social distancing before and after training



## APPENDIX E - BLYTH TOWN FC COVID-19 CODE OF CONDUCT

### 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 minimizes the risk 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 behavior:

- **Be aware of your own personal health.** If you show any of the COVID-19 symptoms then 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
- **Practice 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 co-operate.
- **Do not spit.** Spitting and the rinsing out of mouths is now a recognized 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 socializing must follow the Government's guidance on social distancing.



## APPENDIX F – PARENT / GUARDIAN SESSION CONFIRMATION

**I confirm that my son / daughter, or anyone else attending today's training session, is displaying none of the below signs of COVID-19 and is fit and well to attend training.**

**COVID-19 symptoms:**

1. Fever (temperature above 37.8 degrees Celsius)
2. A new continuous cough
3. A shortness of breath
4. A sore throat
5. A loss of, or change to, sense of smell or taste
6. Generally feeling unwell



## APPENDIX G – FA GUIDANCE NOTE 5.5 RATIOS OF ADULTS TO CHILDREN JULY 2020

The FA issued guidance in July 2020 regarding the appropriate ratios for the number of coaches required to train groups of children. These **MUST** be adhered to at training sessions / matches and are as follows:

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

### **NSPCC recommended adult to child ratios applicable to training / matches:**

- For 4 to 8 years – one adult to every 6 children (1:6)
- For 9 to 12 years – one adult to every 8 children (1:8)
- For 13 to 18 years – one adult to every 10 children (1:10)