

Tarleton Corinthians Football Club

Covid 19

Carr Lane Risk Assessment

Date:- 24/03/2021

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

Risk Assessment in addition to our Risk Assessment for training prior to Covid

All coaches must have required Risk Assessments in place for each individual Session / Match.

Prior to a restart to football training players and parents have received a copy of the FA Covid guidance on restarting training and a copy of this risk assessment. All parents/carers of players involved must have signed an online consent form for a return to training. The club have also sent out recommendations to parents in the form of a player Covid training guidance sheet. TCFC have both appropriate insurance and public liability in place to cover the activity of all its registered coaches.

Opposition Teams will be sent a copy of Carr Lane Guidelines & Risk Assessment.

Adults not registered as a coach with TCFC are not permitted to be involved with any aspect of training / matches

Important: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.

| HAZARD | WHO IS AT RISK? | CONTROLS / MEASURES IN PLACE | FURTHER CONTROL MEASURES |
|--------------------------------------|--------------------------------------|---|--|
| Travelling to and from Carr Lane | Coaches Players Parents | All Coaches, Players, Parents to only travel to & from the sessions with people from their own household | Educate Coaches, Players & Parents the importance of not car sharing with any person who is not part of their household |
| Car Park / Walking to and from pitch | Coaches Players Parent | <p>All players and coaches to maintain social distancing requirements (as per Government Guidelines) from each other and members of the general public in the car park and on walking to and from the pitch at the start and end of the training session.</p> <p>Refrain from congregating at the end of the session and leave the ground immediately following the social distancing requirement (as per Government Guidelines).</p> | <p>Encourage Coaches & Parents to walk / cycle to Carr Lane rather than drive to minimise traffic in the car park</p> <p>Staggered Kick Off Times where possible to alleviate congestion</p> |
| Playing Activities | Players Coaches General Public | <p>Any player feeling unwell with a cough, temperature, shortness of breath, sore throat or change in normal sense of taste or smell must not attend training or match</p> <p>Any player feeling unwell during the session must remove themselves immediately to their home.</p> <p>All players and coaches to maintain social distancing requirement at all times.</p> <p>Coned / Poled/ Marked areas to highlight 'Safe Areas', 'First Aid Areas' & 'Spectator Areas'. Ensure all coned area groups are adequately separated from the next group.</p> <p>Ensure Coaches, Players & Spectators maintain social distancing (as per Government / FA Guidelines)</p> <p>Players are requested to refrain from spitting.</p> | Educate Coaches, Players & Parents the importance to self assess health before leaving home. |
| Communal Facilities | Players Coaches General Public | <p>Dressing rooms shall not be available for use during the current pandemic.</p> <p>Toilet facilities will be available on a one in one out basis</p> | Hand Sanitiser provided and regular cleaning of Toilet facilities |

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| Spread of virus through use of equipment | Coaches Players Parents | <p><u>Cleaning – To limit transmission consider in your plan one coach responsible for the storage and placement/movement of equipment if possible. When equipment comes into contact with the hands of anyone involved it will need a clean afterwards before the chance that someone else will come into contact.</u></p> <ul style="list-style-type: none"> • Prior to start of the session all equipment needs to be sanitised using a cleansing product that has above 70% alcohol content. • During the session if equipment is handled then before it is left for use it receives another clean with appropriate product. • At the end, as equipment is collected a final clean before stored away. • The wearing of bibs should be limited. Bibs should not be shared. <p>FOOTBALLS AND EQUIPMENT TO BE CLEANED BEFORE, DURING & AFTER EACH SESSION</p> | <p>Educate players and spectators prior and remind during the session to not touch cones, poles, hurdles This is contained in the restart to training guidance given out and included with this RA.</p> <p>Also reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands</p> <p>Players to be reminded that wearing of gloves is not a substitute for good hand washing.</p> <p>Coach will need to be aware they are at risk when distributing and collecting footballs. Where possible without using their hands. If this is unavoidable, then gloves used and then disposed of safely after use or sanitising of hands after contact.</p> |
| Spread of virus through human touch | Coaches Players Parents | <p><u>Hand Washing</u></p> <ul style="list-style-type: none"> • Hand washing facilities in place. (sanitiser) • Players to sanitise hands with their own sanitiser & ensure it is available throughout the session / match • coaches to use, to maintain hygienic environment. <p><u>Social Distancing</u> <u>Defined area of play for each player, and activity planned and carried out in the session has considered and ensures players adhere to Social Distancing measures (as per Government Guidelines)</u></p> <p><u>Spectators/ households have a designated area to watch the session if they do not remain in their car.</u></p> | <p>Educate players and spectators to bring their own sanitiser to use for the session / match and on entry to the session they wash their hands This is contained in the restart to training guidance given out and included with this RA.</p> <p>Players are discouraged from spitting</p> |
| Water Breaks | Coaches Players Parents | <p>Players are to bring their own refreshments to consume at the session. At the start of the session they will be directed to where they can store there property/drink safely. At the planned water break they are to remain within this space to take their break in training / match</p> | <p>Educate players to bring their own refreshment as none will be provided by the club. This is contained in the restart to training guidance given out and included with this RA.</p> <p>Coaches to remind and monitor players to remain socially distanced (as per Government Guidelines) during the break.</p> |

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|---|--|---|---|
| Conduct of spectators | Coaches Players Parents | <p>1x Parent / Guardian should only attend. Upon entry to the session / match they wash hands and make their way to the designated spectator area designed to allow parents to watch the session and remain socially distanced (as per Government Guidelines)</p> <p>Adult to register details on Test & Trace System -</p> | <p>Educate the parents prior to them attending the session / match regarding movement in, out & around Carr Lane. This is contained in the restart to training guidance given out and included with this RA.</p> <p>Signage on Pavilion & around site</p> |
| Dealing with player injury | Coaches Players Parents | <p>If a player requires attention due to injury during the session / match</p> <ul style="list-style-type: none"> • If possible, invite the parent or carer to assess the injury keeping within the social distance measures (as per Government Guidelines). If not possible or the injuries requires your attention as a first aider, then • Coach must use PPE (gloves, apron and mask) to administer first aid treatment. These are one use only and disposed of safely <p>Ensure First Aid kits are fully stocked</p> | <p>Educate the players and parents of the procedure for dealing with injury during the session / match. This is contained in the restart to training guidance given out and included with this RA.</p> |
| Location of nearest defibrillator | On the wall near Main Pavilion Entrance Doors | | |
| Locations of nearest hospitals | <p>Adults - Southport & Formby General District Hospital, Town Lane, Kew, Southport, PR8 6PN, Tel: 01704 547471</p> <p>Children - Ormskirk District General Hospital, Dicconson Way, Wigan Rd, Ormskirk L39 2AZ, Tel 01695 577111</p> | | |
| <p>Available pitches</p> <p>Only the pitches listed are authorised to be used for training sessions / matches</p> | <p>Main Pitch (Seniors) - Full Size 11v11 Pitch - Senior Teams have priority</p> <p>Middle Pitch - 9v9 Pitch</p> <p>Container Pitch - 2x 5v5 pitches</p> <p>Pavilion Pitch - 7v7 Pitch (Until the start of Cricket)</p> <p>Back Pitches - 7v7, 11v11 & 9v9</p> | | |

COACH GUIDANCE

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PREPARATION AT HOME



WEAR CLEAN COACHING KIT.



BRING YOUR OWN (SMALL) HAND SANTISTER AND A DRINK.



COACHING EQUIPMENT.



FIRST AID KIT INCLUDING BASIC PPE (FACE MASK, GLOVES AND GOGGLES)



DISINFECTANT FOR USE PRIOR AND POST SESSION.



WASH YOUR HANDS WITH SOAP AND WATER. (20 SECONDS)

BEFORE LEAVING FOR TRAINING.

DURING TRAINING



AS THE PLAYERS ARRIVE, DIRECT THEM TO THEIR 'SAFE AREA'.

LEAVE THEIR BELONGINGS HERE.

SANITISE HANDS



EXPLAIN CLEARLY THE TASK AND CHECK THEIR UNDERSTANDING.

LET THEM BEGIN!



REMAIN 3 STEPS APART FROM ANYONE ELSE THROUGHOUT.

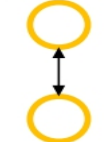
ARRIVAL AT TRAINING



ASSESS THE AREA FOR POTENTIAL DANGERS, TAKING INTO ACCOUNT THE PREPARED RISK ASSESSMENT.



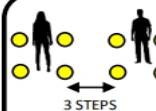
APPLY GLOVES AND BEGIN TO DISINFECT ALL EQUIPMENT TO BE USED PRIOR TO THE SESSION.



SET-UP PLAYER 'SAFE ZONES' USING HOOPS
ENSURE THEY ARE 2 METRES APART.



ORGANISE A CLEAR 'FIRST AID AREA'.



ORGANISE A CLEAR 'PARENTS AREA'



SET-UP AND ORGANISE THE SESSION.



SANITISE HANDS AND BE READY TO WELCOME THE PLAYERS WITH A 'THUMBS UP' AS THEY ARRIVE.

AT THE END OF TRAINING



ASK THE PLAYERS TO RETURN TO THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT BELONGINGS



OBSERVE FOR A PARENT GIVING THEIR CHILD A 'THUMBS UP' TO DEPART.



ONCE ALL PLAYERS HAVE LEFT.

DISINFECTANT EQUIPMENT POST SESSION.

PARENT GUIDANCE

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PREPARING FOR TRAINING



PLEASE READ THROUGH YOUR TEAM **RISK ASSESSMENT**.

SIGN THE TRAINING CONSENT FORM.

RETURN THE FORM TO YOUR COACH.



PLEASE READ THROUGH THE PARENT AND PLAYER GUIDANCE.



YOUR CHILD WILL NEED TO WEAR A CLEAN KIT.



YOUR CHILD WILL NEED THEIR OWN HAND SANITISER WITH THEIR NAME CLEARLY MARKED.



YOUR CHILD WILL NEED TO BRING THEIR OWN DRINK WITH THEIR NAME CLEARLY MARKED.



YOU AND YOUR CHILD SHOULD WASH YOUR HANDS WITH SOAP AND WATER (20 SECONDS) BEFORE LEAVING FOR TRAINING.

ARRIVING AT TRAINING



PLEASE ASK OR HELP YOUR CHILD TO TIE THEIR LACES BEFORE ENTERING THE VENUE.

YOU CHILD'S COACH CANNOT HELP DUE TO SOCIAL DISTANCING.

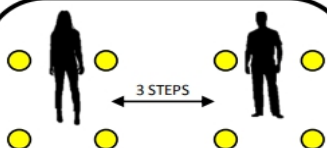


PLEASE WALK WITH YOUR CHILD TOWARDS YOUR COACH.

REMAIN A SAFE DISTANCE AWAY (5-10 METRES).

WHEN YOUR COACH SEES YOU, YOUR CHILD WILL GET A THUMBS UP TO MOVE INTO THE 'SAFE AREA'.

DURING TRAINING



PLEASE OBSERVE THE SESSION FROM THE 'PARENT HUBS' SHOWN BY THE YELLOW CONES.

ONE PARENT PER HUB UNLESS FROM THE SAME HOUSEHOLD.

REMAIN IN VIEW OF YOUR CHILD AT ALL TIMES.



IF YOUR CHILD REQUIRES BASIC FIRST AID TREATMENT THEY WILL BE SENT TO THE 'FIRST AID AREA'.

A COACH MAY ATTEMPT TO GUIDE YOUR CHILD THROUGH THEIR TREATMENT, OR THEY MAY REQUIRE YOUR ASSISTANCE. THIS WILL BE INDICATED BY THE COACH.



IF YOUR CHILD HAS A SERIOUS INJURY, THE COACH WILL IMMEDIATELY SEND ALL ABLE PLAYERS TO THEIR 'SAFE AREAS'.

THE COACH WILL APPLY BASIC PPE (IF POSSIBLE) BEFORE ANY EMERGENCY TREATMENT.

PARENTAL SUPPORT WILL BE REQUIRED. DIAL 999

AT THE END OF TRAINING



YOUR CHILD WILL: RETURN TO THEIR 'SAFE AREA'.

SANITISE HANDS

COLLECT THEIR BELONGINGS.



GIVE YOUR CHILD A 'THUMBS UP' TO SHOW YOU HAVE SEEN THEM AND ARE READY TO DEPART.

THE COACH WILL SEE THIS AND INDICATE THEY CAN LEAVE.

IF YOU URGENTLY NEED YOUR COACH AND CANNOT SAFELY GET TO THEM, GIVE THEM A CALL.

PLAYER GUIDANCE

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BEFORE TRAINING



WEAR A
CLEAN KIT



BRING YOUR
OWN (SMALL)
HAND SANITISER.

PUT YOUR NAME
ON IT.



BRING YOUR
OWN DRINK.

PUT YOUR NAME
ON IT.



WASH YOUR
HANDS WITH
SOAP AND
WATER.
(20 SECONDS)

BEFORE LEAVING
FOR TRAINING.

ARRIVING AT TRAINING



TIE YOUR LACES
OR ASK YOUR
PARENT TO HELP.

**YOUR COACH
CANNOT HELP.**



GET A THUMBS
UP FROM YOUR
COACH TO MOVE
INTO THE
'SAFE AREA'.



PUT YOUR
BELONGINGS IN
YOUR
'SAFE AREA'.



APPLY SOME
HAND SANITISER.



YOUR COACH
WILL TELL YOU
WHAT TO DO
NEXT.

DURING TRAINING



DO NOT TOUCH
EQUIPMENT
WITH YOUR
HANDS.

3 STEPS



REMAIN 3 STEPS
APART FROM
ANYONE ELSE.



COVER YOUR
MOUTH AND
NOSE WITH A
TISSUE OR YOUR
SLEEVE (**NOT
YOUR HANDS**)
WHEN YOU
COUGH OR
SNEEZE.



PUT YOUR TISSUE
IN THE BIN
IMMEDIATELY
AND USE YOUR
HAND SANITISER.



IF YOU NEED BASIC FIRST AID TREATMENT YOU WILL
BE SENT TO THE 'FIRST AID AREA'.

A COACH WILL TRY TO GUIDE YOU THROUGH YOUR
OWN TREATMENT, OR THEY MAY ASK YOUR PARENT
TO HELP YOU.

BAD INJURY

STAY WHERE YOU ARE AND DO NOT TRY TO MOVE.
YOUR COACH AND PARENT WILL HELP YOU.

AFTER TRAINING



RETURN TO YOUR
'SAFE AREA'.



APPLY SOME
HAND SANITISER.



GET A THUMBS
UP FROM YOUR
PARENT BEFORE
LEAVING THE
'SAFE AREA'.