



## Fighting Fit Football COVID 19 Risk Assessment

**Activity:** Adult Training (including contact training and match play) organised by FFFC, held each week at Watford FC's Training Dome.

Assessed by: Nick Light

Date: 5<sup>th</sup> October 2020

### CLUB RISKS AND ACTIONS

| Issue   | Who might be affected                   | Current Risk | Agreed   | Action needed   | Action by whom?   | Target date  | Residual Risk level |
|---|---|--------------|--|---|---|--|---------------------|
| <p><b>Note:</b> This risk assessment expressly excludes: competitive matches with other clubs; club social events; and any footballing activities with under 18s.</p> |   |              |  |   |   |  |                     |
| 1 - Communication of Activities and Safety Measures   | Players, Coaches, Helpers, Club members | <b>High</b>  | <p>The Club shall communicate the FA COVID-19 guidance and rules alongside this risk assessments and plans to all club members, players, helpers and coaches.</p> <p>Coaches and session organisers shall attend a mandatory safety briefing prior to commencing a competitive training session or match. The purpose of the safety briefing is to educate and inform coaches / organisers of their expectations and responsibilities.</p> <p>The club shall communicate all adopted safety measures via the web page <a href="https://www.fightingfitfootball.co.uk/covid">https://www.fightingfitfootball.co.uk/covid</a>, e-mail communication and social media platforms. In the event of the safety measures changing or being updated, the club shall adopt the latest UK Government guidance.</p> <p>The club shall brief players of the specific requirements, guidelines and rules relating to COVID safety</p> | <p>All participants to complete the Club registration and consent form. They are required to acknowledge that they have read and understand the COVID-19 rules and guidelines, as well as this risk assessment, and acknowledge the risks and their duty to minimise these risks.</p> <p>Consent form must be completed before a participant takes part in an approved session. Players who do not complete this will not be allowed to attend.</p> <p>The Club shall ensure all participants are aware of the COVID-19 Self Assessment Check and undertake a self assessment prior to every training session and/or match.</p> <p>Coaches/session organiser shall reserve the right remove any participant who does not adhere to the FA and Government rules and guidelines of the risk assessment.</p> <p>Coaches/session organisers must take immediate and necessary action to reduce risk where a danger arises.</p> <p>All incidents and concerns must be reported to a club official within 12 hours, or earlier.</p> | <p>FFFC</p> <p>All participants</p> <p>FFFC</p> <p>FFFC</p> | <p>12<sup>th</sup> October 2020, on-going thereafter</p> | <b>Medium</b>       |

|   |  |                    |   |   |                                     |   |                      |
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|   |  |                    | <p>and what will be expected of them.</p> <p>All players shall complete a consent form acknowledging and accepting the risk or COVID-19 and agreeing to comply with measures to minimise it's spread</p>  | <p>The Club reserves the right to suspend training without notice on the grounds of safety. In the event that the Club does not feel that a session can be carried out in compliance with FA and Government rules and guidelines or this risk assessment, then they should stop the session or match.</p>   | <p>All participants</p> <p>FFFC</p> |   |                      |
| <p>2 - Control and Authorisation of Training Sessions and Matches</p> | <p>Players, Coaches, Helpers, Club members</p> | <p><b>High</b></p> | <p>The Club shall plan each training sessions and matches so the club can keep record of all activities.</p> <p>All participants must be correctly registered with the club, that being that that the player has completed an online club registration form by visiting the club Events page on the website <a href="https://www.fightingfitfootball.co.uk">https://www.fightingfitfootball.co.uk</a> and selecting the event you wish to attend.</p> <p>A player cannot join in with any session, be it training or a match, without completing this form.</p> <p>Permission from the training venue (Watford FC) is required where a training session or match will take place.</p> | <p>Each session will be planned to ensure it complies with the safety guidance.</p> <p>The Club will ensure all participants who attend have completed the online registration process and additional COVID-19 consents.</p> <p>The Club shall follow any obligations that apply to it as identified by Watford FC's own risk assessment (as identified in Watford Dome section below) and communicate this to the club's participants as part of the briefings and through social media.</p> <p>The Club will ensure that the numbers of expected participants are known prior to a session and communicate this to Watford.</p> | <p>FFFC</p>                         | <p>12<sup>th</sup> October, on-going thereafter</p> | <p><b>Medium</b></p> |

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| 3 - Participant Safety Risk Awareness and Consent | Players, Coaches, Helpers, Club members |  | <p>All participants must provide additional consent (alongside the usual consent provided in the Club Registration Form) to participate in any session until further notice. Failure to complete the Club Registration and COVID-19 Consent Form will mean the participant will be unable to take part in any session.</p> <p>Participants accept and understand the risks and challenges of the COVID-19 pandemic; and shall implement and adopt all safety protocols required to significantly minimise the contraction or spread of the virus, however there can be no certainty that the risk of contracting the virus will be completely eliminated.</p> | <p>The club shall adopt a COVID-19 Safety Officer who is responsible for the implementation and compliance of COVID-19 safety measures.</p> <p>The Club will communicate all risk assessments, rules and guidance to participants and coaches (refer to Communication of Activities and Safety Measures).</p> <p>Club shall provide a summary policy of this guidance and a player code of conduct to ensure participants understand the risks and their role in this as a player. This will be provided as part of the registration process and must be read and agreed by all participants.</p> | FFFC             | 12 <sup>th</sup> October, ongoing thereafter         | <b>Medium</b> |
| 4 - COVID-19 Self Assessment/Check                | Players, Coaches, Helpers, Club members |  | <p>Prior to any training session or match, participants shall perform a COVID-19 Self Assessment/Check.</p> <p>Coaches and club officials must remind and communicate to participants the need to conduct a COVID-19 Self Assessment/Check before every training session and/or match.</p>  | <p>If a participant has any symptoms or fail any of the checks below then they MUST NOT attend:</p> <ul style="list-style-type: none"> <li>- A high temperature (above 37.8C).</li> <li>- A new continuous cough.</li> <li>- Shortness of breath.</li> <li>- A sore throat.</li> <li>- Loss of or a change of normal sense of taste and smell.</li> <li>- Feeling generally unwell.</li> <li>- Persistent tiredness.</li> <li>- Been in close contact/living with somebody who is suspected or has tested positive for COVID-19.</li> </ul>   | All participants | 12 <sup>th</sup> October and ever session thereafter | <b>Medium</b> |

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|                               |   |  |   | Further guidance about this and when it is safe to return to training can be found in the COVID Self Assessment document found here <a href="https://www.fightingfitfootball.co.uk/covid">https://www.fightingfitfootball.co.uk/covid</a>   |                              |   |               |
| 5 - Training Session Planning | Players, Coaches, Helpers, Club members |  | <p>Coaches/session organisers must plan all sessions such that they can adhere to FA and Government rules and guidelines AT ALL TIMES.</p> <p>Unless Watford FC specify a lower number, a group shall not consist of more than 30 people which includes all players, coaches, helpers and club officials.</p> <p>Coaches/session organiser shall agree the details of each planned training session and/or match with the club in advance of each session.</p> <p>Coaches/club should ensure that all planned exercises/drills conform to the FA rules and requirements. Warm-ups and cool-downs shall adhere to social distancing.</p> <p>Coaches / session organisers must provide an area big enough for each participant's possessions to be placed that adheres to social distancing measures (ie: 2m or more) between each person's belongings and away from the equipment.</p> | <p>Coaches shall start and finish their sessions promptly in case other teams are due to arrive/ leave.</p> <p>Coaches/session organisers must minimise the touching of equipment and footballs when planning drills/exercises / match play. Where a participant will be touching equipment regularly (e.g. goalkeeper focused session) then they should wear gloves and/or the coach shall regularly sanitise the equipment.</p> <p>Sessions must:</p> <ul style="list-style-type: none"> <li>- Minimise the amount of time players are in close proximity to each other for extended periods of time (e.g. marking on corner/free kick training).</li> <li>- ensure social distancing (2 metres) is adhered to when conducting training team talks - consider the use of cones/markers to enforce this</li> <li>- include regular hygiene breaks within the session to sanitise hands and equipment</li> </ul> <p>All equipment must be sanitised at the end of the session and only handled by the coaches</p> | Coaches / session organisers | 12 <sup>th</sup> October and every session thereafter | <b>Medium</b> |

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| 6 - Training Activities | Players,<br>Coaches,<br>Helpers,<br>Club<br>members |  | <p>Players should arrive to matches already in their clean kit and bring clean bibs – players shall be responsible for taking their own kit and bibs home to wash.</p> <p>Goalkeepers are responsible for bringing and cleaning their own gloves. Gloves should never be shared with others.</p> <p>During competitive training or match play and at any time before or after, players:</p> <ul style="list-style-type: none"> <li>- must not handle the balls or equipment themselves.</li> <li>- must not shake hands, fist bumps, high fives etc.</li> <li>- must sanitise hands immediately prior to commencing a match/ training and after too.</li> <li>- must not celebrate excessively or collectively and avoid contact with others;</li> <li>- shout towards the face of any other person; or</li> <li>- spit or clear their nose at any time</li> <li>- chew gum</li> </ul> | <p>The club will communicate all safety requirements and expected rules of conduct to all participants as part of registration and gain their agreement to it.</p> <p>Participants MUST follow the rules of conduct and safety measures put in place by the Club.</p> <p>This will be overseen by coaches and the Club and anyone who persistently breaches these rules will be required to sit out of training.</p> | FFFC<br><br>All<br>Participants | 12 <sup>th</sup><br>October<br>and every<br>session<br>thereafter | <b>Medium</b> |
| Hygiene Measures        | Players,<br>Coaches,<br>Helpers,<br>Club<br>members |  | <p>Participants shall ensure they adopt aggressive hygiene measures before, during and after any sessions</p> <p>The Club shall ensure coaches have:</p>   | <ul style="list-style-type: none"> <li>.Frequent hand washing using soap or hand sanitiser for at least 20 seconds.</li> <li>.Wiping and cleaning of their own personal items and equipment, or surfaces they will be touching.</li> <li>.Not share any personal items (e.g. water</li> </ul>  | All<br>Participants             | 12 <sup>th</sup><br>October<br>and every<br>session<br>thereafter | <b>Medium</b> |

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|  |   |  | <ul style="list-style-type: none"> <li>- the necessary equipment to sanitise their hands and disinfect equipment.</li> <li>- suitably equipped first aid kit with PPE.</li> </ul> <p>Paper towels and tissues used to disinfect equipment shall be suitably disposed of using a sealed bag upon disposal. Do not litter or leave on site.</p>   | <p>bottle, sanitiser) with members outside of their own household.</p> <ul style="list-style-type: none"> <li>- Keep the amount of objects and surfaces they touch to a minimum (particularly surfaces/objects frequently touched by other people).</li> </ul> <p>The club shall provide the following PPE to all teams as a minimum:</p> <ul style="list-style-type: none"> <li>- Hand Sanitiser (for coaches)</li> <li>- Disinfectant Spray</li> <li>- Paper Towels/Wipes</li> <li>- Face mask for coach to administer first aid if required.</li> <li>- Gloves.</li> </ul> <p>Ongoing monitoring of PPE requirements shall occur, with low stock replenished and/or additional PPE items added if required</p>        | FFFC             |   |               |
| Symptomatic Participants, Households and Vulnerable People | Players, Coaches, Helpers, Club members |  | <p>Any participant <b>or their household</b> must not participate or turn up to a training session if they are symptomatic. They must self isolate in accordance with Government guidelines and must not return until the period of self isolation has expired, or they have taken a Government administered/approved test which has returned back as negative.</p> <p>Any participant who are in an at risk group or has been previously advised to shield should continue to exercise caution and return to training and matches only when they feel comfortable.</p> | <p>Self assessment section above covers participants obligations to self assess for symptoms prior to every session.</p> <p>In the event that participant becomes ill with COVID-19 symptoms, then they must inform the Club's COVID-19 Safety Officer as soon as possible. The club shall keep an attendance record of all training sessions and their participants to aid with contact tracing (NHS Test and Trace) should the need arise.</p> <p>Of note, and in recognition of the fact that people with Parkinson's are considered at moderate risk, the club will ensure that all participants are made aware of the plans for training in advance of the session and any specific concerns are discussed with</p> | All Participants | 12 <sup>th</sup> October and every session thereafter | <b>Medium</b> |

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|          |   |  |  | participants. Training and match play can be moderated in a way that would reduce the risk further. This could include by way of example training in smaller groups of no more than six, minimising contact during play, and / or taking longer breaks / reducing the duration of the sessions. |      |   |               |
| Payments | Players, Coaches, Helpers, Club members |  | <p>Payments (where applicable) shall be via electronic method where reasonably possible.</p> <p>Only in exceptional circumstances shall cash payment be accepted. Where it is used as a payment method, the recipient(s) should sanitise their hands after handling cash and if possible, use disinfectant to clean cash payments.</p> | The Club shall adopt an electronic payments system  | FFFC | As and when payments are required to be taken | <b>Medium</b> |

### WATFORD TRAINING DOME RISKS AND ACTIONS

|   |   |             |  |   |  |   |               |
|---|---|-------------|--|---|--|---|---------------|
| 1 - Social Distancing – Entry and Exit management | Players, Coaches, Helpers, Club members | <b>High</b> | <p>Training Ground and training dome to have specific entry and exit points, managed by signage and external user leads – Queuing system in place where appropriate – Clear times for participants to arrive and depart – Systems to be in place before activities can start</p> | <p>On arrival, each participant will be subject to a temperature check at the Security Gate.</p> <p>All participants to wear masks when temperatures are being checked by security.</p> <p>Each participant to park up in the visiting car park and walk socially distanced from others to the dome. Before entering the dome, all persons must be one metre apart.</p> <p>All persons are expected to wash their hands</p> | Watford Security, All FFC Participants | 12 <sup>th</sup> October. Every training session thereafter | <b>Medium</b> |
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|  |   |             |   | <p>via the hand sanitiser stations upon arrival and again before departure at the Check in Point. (Entrance to the Dome).</p> <p>Social distancing is to be maintained at all times and a one-way system continues to operate and is signposted throughout the training ground</p>   |                       |   |               |
| 2 - Social distancing – maximum numbers per activity | Players, Coaches, Helpers, Club members | <b>High</b> | The number of participants per activity to be limited and controlled to maintain social distancing rules at all times   | <p>Competitive training for FFFC can take place for all players, in groups of no more than 30 (including coaches)</p> <p>Players to be appropriately socially distanced from each other when having drink breaks and not taking part in any part of competitive training.</p> <p>No spitting from any players and coaches</p> <p>Players and coaches should avoid shouting or raise their voices when facing each other</p> <p>No chewing gum allowed by anyone in the Dome</p> <p>No handshakes, high fives or group goal celebrations are allowed.</p> | All FFFC Participants | 12 <sup>th</sup> October<br>Every training session thereafter | <b>Medium</b> |
| 3 - PPE and Protective equipment                     | Players, Coaches, Helpers, Club members | <b>High</b> | <p>PPE to be provided by FFFC to those that require it including face masks and gloves where necessary/agreed</p> <p>PPE to be in place before activities can start</p> | <p>FFFC to provide any PPE equipment needed to coach that are delivering sessions and any individuals that may require face masks and gloves whilst at the sessions.</p> <p>If a player needs medical attention and it is not possible to maintain social distancing, the FFFC first aider must wear disposable gloves and face mask.</p>  | FFFC, Coaches         | 12 <sup>th</sup> October<br>Every training session thereafter | <b>Medium</b> |



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| 4 - Signage     | Players,<br>Coaches,<br>Helpers,<br>Club<br>members | Med    | Signage inside and outside of the Dome  | Signage will be displayed throughout the training ground for participants to read   | Training Ground Staff | 12 <sup>th</sup> October                                      | Low    |
| 5 - Cleaning    | Players,<br>Coaches,<br>Helpers,<br>Club<br>members | High   | Cleaning arrangements in place<br><br>Hand sanitisers available/accessible<br><br>Toilet facilities provided and are compliant with social distancing rules | Hand sanitisers will be available as external users enter and exit the Dome.<br><br>FFFC must ensure that they disinfect footballs and other required equipment before and after use. Equipment that is not FFFC's and is in the Dome is <u>not</u> to be used.<br><br>All players will use the portable toilets located adjacent to the Dome making sure hand sanitisers are used before and after use of the toilets.<br><br>If a player needs to sneeze or cough, they must either use a tissue or the crook of their elbow and avoid touching their face. Tissues must be disposed of immediately in a sealed bag/bin and hands washed or sanitised straight away | All FFFC Participants | 12 <sup>th</sup> October<br>Every training session thereafter | Medium |
| 6 -Refreshments | Players,<br>Coaches,<br>Helpers,<br>Club<br>members | Low    | Refreshments will not be provided for any participants  | All participants to make sure that any drink refreshments brought to the dome are safely placed in a distinct area. Before and after sessions players and coaches to clear any empty bottles and take any rubbish with them.<br><br>Food should not be brought into the dome unless medically required.   | All FFFC Participants | 12 <sup>th</sup> October<br>Every training session thereafter | Low    |
| 7 - Comms       | Players,<br>Coaches,<br>Helpers,<br>Club            | Medium | Comms to be prepared/agreed by FFFC to make players and coaches aware that sessions in the dome are re-starting and the protocols                           | FFFC to have signed and completed the external users COVID agreement to use the training ground facilities.   | FFFC                  | 12th October  | Medium |

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|  | members |  | for attending the sessions. | <p>FFFC must ensure there is a COVID officer who communicates all information to the players and coaches regarding any changes in line with government updates and training ground protocols.</p> <p>Before attending the training ground all FFFC participants must make sure their players and coaches have undergone a self-assessment for any Covid19 symptom each week.</p> <p>FFFC should support NHS test and trace efforts by collecting name and contact information on participants that attend the training ground for their session. This information should be stored for 21 days in-line with the Government Recreational Team Sport Framework then deleted and collected/processed in accordance with the Data Protection Act 2018 and in line with GDPR principles.</p> | FFFC / All FFFC Participants |  |  |
|--|---------|--|-----------------------------|---|------------------------------|--|--|

|                 |                   |   |    |    |    |    |
|-----------------|-------------------|---|----|----|----|----|
| <b>SEVERITY</b> | 5                 | 5 | 10 | 15 | 20 | 25 |
|                 | 4                 | 4 | 8  | 12 | 16 | 20 |
|                 | 3                 | 3 | 6  | 9  | 12 | 15 |
|                 | 2                 | 2 | 4  | 6  | 8  | 10 |
|                 | 1                 | 1 | 2  | 3  | 4  | 5  |
|                 |                   | 1 | 2  | 3  | 4  | 5  |
|                 | <b>LIKELIHOOD</b> |   |    |    |    |    |
|                 |                   |   |    |    |    |    |

| <b>LIKELIHOOD</b> |                                 |
|-------------------|---------------------------------|
| 5                 | Almost Certain – Very High Risk |
| 4                 | Probable – High Risk            |
| 3                 | 50/50 – Medium Risk             |
| 2                 | Improbable – Low Risk           |
| 1                 | Almost impossible – Low Risk    |

| <b>SEVERITY</b> |                                   |
|-----------------|-----------------------------------|
| 5               | Fatality – Very High Risk         |
| 4               | Severe incapacity – High Risk     |
| 3               | Absent 3 weeks – Medium Risk      |
| 2               | Absent less than 1 day – Low Risk |
| 1               | Insignificant – Low Risk          |

| 1–4 <b>LOW</b>  | 5–9 <b>MEDIUM</b>   | 10–15 <b>HIGH</b>   | 16–25 <b>VERY HIGH</b>   |
|---|---|---|--|
| Continue with existing control, however monitor for changes.<br>Implement any additional control measures required, within the timescales given in the risk assessment. | Requires attention to reduce the rating as well as regular ongoing monitoring.<br>Implement any additional control measures required, within the timescales given in the risk assessment. | Requires immediate attention to bring the risk down to an acceptable level. Implement the control measures required, within the timescales given in the risk assessment and continue to review working practices to reduce the probability of an accident to the lowest possible level. | Stop immediately – the risk is too high.<br>Take immediate action to reduce the risk to the lowest level possible. |