



QWFC Seniors Risk Assessment

COVID Officer/Secretary: Kelly Mulrain



Who will this affect: Players, Management, Volunteers, Committee and Spectators.

Area of Risk	Persons affected	Risk Rating (Red, Amber or Green)	Solution	Solution risk rating	Review
Symptoms of COVID	Everyone	Red	<p>Everyone must complete the COVID self check test before arriving at the ground. If someone has any of the symptoms they must stay at home and follow Government/NHS guidelines. All Players and Coaches to self-check before arriving at the ground</p> <ol style="list-style-type: none"> The existence of any COVID-19 symptoms in the last 7 days. For example: <ul style="list-style-type: none"> New persistent cough Fever/temperature Shortness of breath Loss of smell/taste Red/sticky eyes Abdominal pain or diarrhoea New blocked/runny nose Unusual fatigue/joint pain Headache <p>That they have not been in contact with a COVID confirmed or suspected case in the last 14 days.</p>	Green	<p>Ensure players and coaches are aware of procedures and the self-check test.</p> <p>Coaches to check self-check has been completed.</p>
Player/Coach developing COVID symptoms	Everyone	Red	<p>Kelly Mulrain (COVID officer) has completed a risk assessment prior to activity restarting. All players and coaches at sessions/games are recorded for track and trace purposes and information retained for 21 days. If anyone contracts any symptoms, the COVID officer will contact everyone to self-isolate.</p>	Green	
Personal Hygiene	Everyone	Amber	<p>Sanitizing stations around the site. Players and coaches are advised to bring extra hand sanitizer for personal use.</p>	Green	



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Cleaning of equipment	Helpers and Committee Members		All equipment including goalposts and corner flags are to be sanitized regularly.		
Travel	Everyone		Players to travel to training/games individually or with people from their bubble/household. If car sharing is required, it is advised to wear face masks and keep windows open. Travel should always be in line with government guidance.		
Use of Changing Rooms	Managers, Players and Officials		When one game is at home: <ul style="list-style-type: none"> Home and Away teams to spread across 2 changing rooms each to maintain social distancing as much as possible. Players to stagger showering. Referee changing room as normal. When two games are at home: <ul style="list-style-type: none"> Teams to have 1 changing room each so will therefore have to stagger changing and showering – maximum of 7 at a time. Players to stagger showering. Referee changing room as normal. 		
Building	Everyone		A one-way system will be promoted through the building to reduce contact.		
Toilets	Everyone		Toilets will be open before, during and after the game. They will be checked and cleaned periodically throughout.		
Sanitizing	Everyone		COVID Officer to follow guidance of officials regarding sanitizing breaks. All equipment will be sanitized.		
Goal Celebrations	Players		Close goal celebrations are discouraged – this is communicated to players.		



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Training Group Sizes	Players and Management		Training group sizes are in line with government guidelines.		Continually looking at guideline updates
Spectators			Signage on display to promote social distancing if spectators are at the game.		
Spitting	Everyone		Players and officials should not spit whilst at the ground.		
Shouting	Everyone		People should not shout facing anybody to reduce transmission of germs.		
Drink Bottles	Players		Players need to bring their own water bottles to training and matches.		Communicate to Players
Dugouts	Players and Management Team		Only substitutes and management in the dugout – if necessary subs to spread by nearby railings to adhere to social distancing.		
Kit Wash	Players and Manager		Players to change and put kit in the bag to be washed by the Manager.		
Arrival/Departure from the Ground	Everyone		Staggered arrivals to the ground: Home team, followed by Away team and Officials. Staggered departures from the ground: Away team and Officials followed by Home Team. Teams to leave as soon as possible after the game.		