

HEMPSTED FC : - COVID-19 Risk assessment

Chairman : Mr Mike Whitehouse 07591 055003 email mike.whitehouse1@sky.com

Secretary: Mr Matthew Whitehouse 07714 661577 email whitehouse101@hotmail.com

Venue details: Plock Court, Longford, Gloucester. COVID-19 Officer: Matthew Whitehouse (Secretary) COVID-19 officer contact details: 07714 661577

Area of risk	Persons affected/ responsibility	Risk rating (Red, amber or green)	Solution/ mitigation	Solution risk rating (Red, amber or green)	Review
BEFORE MATCH					
Symptoms of COVID-19	Everyone	RED	Everyone attending the ground, must complete our self-screen check BEFORE arrival at the ground. If they have ANY of the symptoms, they should stay home and follow the latest Government guidance.	GREEN	
Player/coach developing COVID 19 systems	Everyone	RED	The appointed covid officer will complete a risk assessment before the match or training session. All players /coaches will complete our track and trace form. This form will be kept for 21 days and then shredded. If anyone in attendance develops covid 19 symptoms the covid officer will contact everyone in attendance to inform them to self-isolate and get a NHS test immediately. The league will then be informed asap.	GREEN	
Personal hygiene	Everyone	AMBER	All players/ coaches to sanitise their hands on arrival at the sign in point.	GREEN	
Cleaning of equipment	COVID-19 officer and committee members	RED	All equipment, corner flags and goal posts to be cleaned before matches, at half time and the end of any session.	GREEN	
Travel	Everyone	RED	Players to travel to sessions and matches individually or in their individual bubbles. Sharing	GREEN	

			of lifts is prohibited, until the change in Government guidance.		
Use of changing rooms	Managers, players and officials.	RED	Managers to hand out kit before the day of the match. Players and officials, to arrive at the game ready to play and leave immediately after. Players are responsible for the washing of their own kit. There will be no use of changing rooms until deemed fit for purpose by facilities management.	GREEN	
Meeting times	Managers, players and officials.	RED	Staggered arrival times for players and officials to ease the congestion at the gate. COVID-19 officer will contact the away team and officials to confirm the arrival time. Example: for 2pm KO: Home team to arrive at 13.00pm Away team to arrive at 13.15pm Officials to arrive at 13.30-13.45pm.	GREEN	
Toilets	Everyone	RED	These will be suitable cleaned by facilities management as per guidelines.	GREEN	
Outdoor training	Everyone	RED	Groups will be no larger that 30 and each person attending will complete a self-risk assessment before attending.	GREEN	
Sanitising	Everyone	RED	COVID-19 officer to follow guidance of officials and leagues regarding sanitising breaks of goal posts, corner flags and equipment. (Possibly every 22.5 minutes)	GREEN	
Drink bottles	Everyone	RED	Club will supply drinking water in new sealed bottles each with the players number on it. No bottles to be shared.	GREEN	
Ball out of play	Players/manager and committee members	RED	If the ball goes of play, it will be retrieved by a players/members at the game that day. They will retrieve the ball using their feet where possible.	GREEN	
Spitting, shouting/ chewing gum	Everyone	RED	Players and officials should not spit when at the ground. Any chewing gum must be disposed of	AMBER	

			BEFORE entry to the ground. Players should avoid shouting when facing each other to reduce the risk of transmitting any germs.		
Goal celebrations	Players	RED	Goal celebrations to be kept to a minimum and no contact with other players	AMBER	
First aid	First aiders	RED	Only serious first aid injuries to be treated and the first aider to wear a mask, visor, gloves and apron available treating players. No massages to take place.	GREEN	
Match fees	Players	RED	Players to pay for their match fees using contactless payment. Referee to be paid by cash that has been sanitised and placed in a sealed envelope.	GREEN	
Substitutes	Players	RED	Substitutes to socially distance by the pitch side lines.	GREEN	
After the match		RED		GREEN	
Sanitising	Everyone	RED	Hands to be sanitised at the earliest opportunity after the match. Equipment will be wiped down by COVID officer and committee members.	GREEN	
Washing	Players	RED	Players to take the kit home and wash it themselves. If no changing rooms available, players to shower at home	GREEN	
Leaving the ground	Everyone	RED	Staggered departure from the game in the following order: Officials, Away team, home team	GREEN	
Infected player/ official	Everyone	RED	Anyone who become infected after the training session/ activity should report it to the COVID officer, who will then contact everyone on the Track and trace register.	AMBER	

Hempsted FC - Self screen health check

Players/club members to self-screen before travelling to venue on match days, and if you have any of the systems **NOT** to attend.

A high temperature above 37.8 degrees

A sore throat

A continuous cough

Shortness of breath

Loss of taste and smell

Close contact with someone who has or may have COVID 19 in the previous 2 weeks

If you have any of the above, contact the clubs COVID officer immediately