

Return to Futsal Adult

Risk Assessment (F-RA-001Ad)

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Scope of assessment

This risk assessment and safe system of training has been developed to safely allow the reintroduction of futsal within a controlled environment.

The assessment itself details the steps being taken by me to create a safe environment for adult players to return to futsal training.

To be successful, there is a reliance on players attending my sessions to comply with certain questionnaires. Where players do not, or cannot, comply they will be unable to participate in any sessions that I hold.

All equipment used within the training sessions belong to me personally and I provide and maintain these for the benefit of the player that attends.

The training sessions are planned and undertaken by me (Allan Tindall) and not affiliated with any futsal club. Despite this, I will continue to abide by the guidance issued by the UK government and the football association.

The risk assessment and standard procedures will be continually monitored and updated based on the provision of new advice and guidance by the UK government and the football association and as part of the review process of each training session.

Assessment details

Assessment complete by	Allan Tindall
Date	7 th June 2020
Review date	7 th July 2020 (unless government guidance changes or the control measure identified are found not to be sufficient within this period)

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Identified hazards

1. Initial Covid 19 / Coronavirus hazard
2. Using training equipment
3. Cleaning and decontamination of training equipment
4. Other persons within the facility (Using a public space)
5. Injured player
6. Players that need to leave the playing area (toilet or other reason)
7. Safe guarding

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Risk Assessment

What is the hazard?	Who might be harmed and how	What is being done to already control the risks	What further actions need to be done to control the risks?	Who is going to complete the action?	When does the action need to be complete by?	Is the action complete?
Covid 19 / Coronavirus	Players from contact with other players/persons from different households.	Unopposed practices to maintain a 2-meter social distance.	Questionnaire to be complete by players before child can participate in training. http://carlislefutsalclub.com/?page_id=11065&preview=true	Al Tindall	Before the player can participate in training sessions.	Yes
		Group sessions with no more than 5 players (Plus coach) following FA guidance	Continue to monitor FA guidance	Al Tindall	Ongoing	Yes
	Training sessions conducted outdoors rather than indoors					
	Players from sharing drinks bottles and other consumables	Players bring their own drinks bottles	Drinks bottles to be labelled to clearly show who owns each bottle	Players	Before the player can participate in training sessions.	Ongoing
Request to player to label drinks bottles (Email, text message) added to the pre-training questionnaire			Al Tindall	Before the player can participate	Yes	

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					in training sessions.	
	Coaches and players travelling to and from the training venue	Players to travel with persons from same household only	Inform players of this requirements	Al Tindall	Before the players can participate in training sessions.	Yes
The use of training equipment and aids	Players and coaches from handling equipment	Equipment cleaned and disinfected by coaches	Confirm that enough disinfectant is available to use throughout the session	Al Tindall	Before the start of training sessions	No
		Players required to sanitise their hands before entering the playing area		Players		No
		Players issued personal equipment to use during the session that they can pick up using their hands	Briefing to be held at the start of the session and continually monitored throughout by the coaches.	Al Tindall	Before the start of training sessions	No
		Players prohibited from handling futsal balls				
		Training sessions developed and controlled to ensure heading of the ball is not possible.	Training session reviewed by coaches before the beginning of each session	Al Tindall, Jon Reay & Phil Codd.	Before the start of training sessions	No

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Cleaning and disinfecting training equipment and aids	Coaches from handling equipment	PPE (Surgical gloves and face masks worn when disinfecting equipment)	Training on Hand hygiene, cleaning and disinfection, how to put on and remove PPE & Introduction to emerging respiratory viruses, including novel coronavirus completed by Coaches (Provided by the World Health Organisation)	Al Tindall	Before training sessions are permitted to commence	No
		Cleaning and decontamination process developed	Ongoing monitoring through the session by coaches	Al Tindall	Ongoing	Ongoing
Other persons using the facility/training area	Players and public from contact with other people from different households.	Training arranged around times where public areas should be quieter				Ongoing
		List of suitable alternative venues identified in case the training location is already in use				Ongoing
		Coaches have the right to cancel training session if the training venue is not safe to use/free from public/others				Ongoing
Injured Player	Coach from treatment of injured player	Organise training groups of up to 5 for players in same household.	Standard operating procedure for treating injured player – Will permit player from same household to help injured player seek medical help. If not available then follow standard first aid procedures.	Al Tindall	Before training sessions can be held.	Yes
		Coaches have first aid training certification issued by the England				Yes

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		Football Association				
		PPE available to protect coaches during provision of first aid	PPE (Sanitiser, face shield, protective clothing, surgical gloves) procured and within first aid bag	Al Tindall	Before training sessions can be held.	No
		Non-opposed training sessions which will reduce the likelihood of accident and injury.	Ongoing monitoring of training sessions by coach/s	Al Tindall	Ongoing	Yes
Players that need to leave the playing area (toilet or other reason)	Players that are within the playing area following contact with the player that leaves	Nothing	All players that leave the playing area for any reason are required to hand sanitize before re-entering	Players and Coaches	Ongoing	Yes
Safeguarding	Coaches from claims from players	Safeguarding training provided by the FA for all coaches involved with the training of players				Yes

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Standard Procedures

Session planning

1. Sessions limited to a maximum of 90 minutes.
2. Inform players of training location.
3. Send online questionnaire to players which must be complete before player is permitted to train.
4. Visit training location and see if available: If not proceed to other training locations within the town and check. If none of the venues are available, training will be cancelled and players informed.
5. Wear surgical gloves and prepare equipment for each player.
6. Mark out training areas for each player ensuring at least 2-meter distance from other players at all times.
7. Mark out seating area for each player and place personal equipment for each player within that area.
8. Mark out coaching area where session instruction will take place.
9. Mark out waiting area where non players can sit.
10. Position first aid bag in suitable location where it can be accessed by coach and/or player of any injured player.
11. Stagger arrival times of players so that groups of 5 arrive at 5minute intervals.
12. As players arrive, ask them to wait in the waiting area.
13. Once all players have arrived, invite them into the playing area 1 by 1 and instruct them to their seating area. Players must sanitise their hands before entering the playing area.
14. Once all players are within their seating area, give instruction on the session and commence with the training session.
15. Ensure groups of 5 are spaced out around the field at 30m distances to ensure no interaction.
16. Ensure groups of 5 are all working on separate exercise at any one individual time to comply with 'Groups not gathering for the same purpose' social distancing guidance from the government.

Suitable venues

Carlisle

Sheepmount Playing Fields

Newman School Playing Fields

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Chances Park

Session briefing for players

1. Send online questionnaire to players to be complete before player is permitted to train.
2. As players arrive, ask them to wait within the designated waiting areas whilst set up is ongoing. If set up is complete, the player can enter the playing area once instructed to do so by the coaching staff.
3. Confirm with player that drink bottle has the players name clearly displayed.
4. Once players are in their designated area and all players have arrived, explain the rules about handling equipment and maintaining a 2 meter gap between other players.
5. Ask questions and get different players to answer the questions. Once happy that all players understand the basic rules, the session can start.

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Cleaning and decontamination of equipment

All equipment will be cleaned and decontaminated:

1. Don surgical gloves before cleaning and equipment being used.
2. Spray/wipe down equipment before use.
3. Spray/wipe down equipment after use.
4. If a player touches a futsal ball with their hands, the ball will be disinfected before it can be reused. The player will then be required to sanitise their hands before resuming with the training session.
5. If a player touches another players issued training equipment, the touched equipment will be disinfected before it can be reused. The player will then be required to sanitise their hands before resuming with the training session.

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Treatment of an injured player

If a player is injured during the training session and requires treatment:

If a person from the same household (PSH) is on site

1. All players are instructed to return to their seating area.
2. Once all players are within the seating area, the PSH is requested to enter the playing area.
3. The PSH should collect the first aid bag en-route to their player
4. The player will either be treated using the equipment within the first aid bag.
5. A coach should only help if absolutely necessary.
6. If support from a coach is required, put on PPE (Face shield, mask, disposable apron and surgical gloves) before permitted to stand within 2 meters of the injured player.
7. Treat the player as required &/or request another player contact the emergency services (If required).
8. If emergency services are called, the training session and all subsequent sessions that day will be cancelled.

If PSH is not on site

1. All players are instructed to return to their seating area.
2. Coach to put on PPE (Face shield, mask, disposable apron and surgical gloves) before permitted to stand within 2 meters of the injured player.
3. Collect the first aid bag en-route to the player.
4. Another player will be asked to contact the player's guardian by telephone or messenger.
5. The player will be treated using the equipment within the first aid bag.
6. Treat the player as required &/or request another coach/player contact the emergency services (If required).
7. If emergency services are called, the training session and all subsequent sessions that day will be cancelled.

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Pre-training session briefing format

1. Ask the players if they are all OK and let them know how happy you are to see them.
2. Let the players know that there are special rules in place to keep them safe.
3. Explain to the players:
 - a. What the spaces mean that are marked out on the floor.
 - b. Why they have been given cones that they're not allowed to share with anyone.
 - c. Why they cannot touch other people's equipment.
 - d. Why they cannot touch the futsal balls with their hands.
 - e. That if they leave the playing area for any reason, they must sanitise their hands before re-entering.
 - f. What will happen if they hurt themselves during the training session.
 - g. What will happen if they break the rules.
 - h. What to do if they start feeling unwell.
4. Ask if they have any questions and answer as required.

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Action plan to return to futsal

We are not in a position to start with training until all of the actions below are complete and marked as “Yes”.

Action Title	Description of action	Person/s required	Description of what has been done	Is this complete?
Drinks bottles	Inform players of the requirement to ensure that all drinks bottles must be labelled with the child's name	Al Tindall	The requirements to ensure that all players's drink bottles have been added to the pre-training questionnaire that must be complete before players can train	Yes
Travel to and from training venue	Inform players that they should not travel to/from training with other people not from the same household.	Al Tindall	Question added to the pre-training questionnaire for the player to confirm they are not arriving together. This requirement is also contained within the risk assessment as a control measure and all players have reviewed and confirmed their approval with this document.	No
Training equipment	Determine the minimum PPE requirements to be on site and provide stock to ensure that this is always available prior to beginning a training session	Al Tindall	Minimum levels of PPE on site are:	No
Training equipment	Create a pre-training session brief for all players outlining	Al Tindall		No

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	what they can or cannot do – This will be delivered before every training session			
Cleaning and disinfecting training equipment and aids	Complete training on Hand hygiene, cleaning and disinfection, how to put on and remove PPE & Introduction to emerging respiratory viruses, including novel coronavirus completed by Coaches (Provided by the World Health Organisation)	Al Tindall		No
Marking out of waiting and sitting areas	Source and purchase equipment to enable safe areas to be marked out	Al Tindall	Jumbo chalk purchased for hard surfaces such as MUGA Semi-permanent line marking paint purchased for grass areas outside MUGA's Cones and flat spots purchased for other areas where chalk and line paint cannot be used	Yes

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Important links/information for parents and coaches

The FA, latest guidance to grass roots coaching (Covid 19): <http://www.thefa.com/news/2020/jun/01/grassroots-football-covid-19-guidance-update-010620>

The FA, Child to Adult ratio documentation: <http://www.thefa.com/-/media/thefacom-new/files/rules-and-regulations/safeguarding/section-5/5-5-ratios-of-adults-to-children-colour-version.ashx>

World Health Organisation training: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training>

Pre-training survey: <https://www.surveymonkey.co.uk/r/XZQL6BL>

Post-training survey: <https://www.surveymonkey.co.uk/r/K5ZJL39>