

COVID-19 RISK ASSESSMENT FOOTBALL ACTIVITIES



Pace FC and Pace Youth FC are committed to grassroots football in our community. We have produced this risk assessment to bring back training and matches to all our teams in line with the most up to date guidance issued by The FA to restart grassroots football.

Our risk assessment has been produced in line with the current Government roadmap for the easing of COVID-19 restrictions. The roadmap sets out that outdoor organised sports may return from Monday 29th March 2021 and the latest of these stages is Step Four commencing on Monday 19th July.

The return of grassroots football is something that we know many are keen to see, but this must be done with careful consideration for everyone's safety, especially vulnerable people.

The guidance from the Government is that competitive grassroots football may re-start from Monday 29th March 2021 provided all the Government and FA guidance is followed, and each club/facility has their bespoke Covid-19 risk assessment.

All latest documents for The FA Guidance can be accessed from our County FA website here (website accessed 18th July 2021):

<https://www.hampshirefa.com/news/2021/jul/16/an-update-on-non-elite-football>

The key change to the guidance is that in Step Four almost all legal restrictions on social contact are to be removed. However the government is encouraging people to act with caution.

Despite restrictions being lifted it is clear that COVID-19 is still prevalent in the community, particularly within school age children. There is no legal requirements on social contact, however our club will continue to follow best practice and we request that all persons around our club continue to consider those around them. There will still be people nervous about attending football training and matches, and gathering in larger groups. We politely request that all persons continue to use common sense, not gather in large groups, socially distance where appropriate, and practise good hand hygiene.

On the following pages are copies of the checklist provided by Hampshire FA to assist clubs and coaches in returning to competitive football (latest available dated July 2021), and also the guidance of our COVID-19 risk assessment that we request are still considered. All Pace Youth club coaches and officials use these as their guidance along with this risk assessment to ensure they conduct training and matchdays in an appropriate manner.

No person that is exhibiting COVID-19 symptoms or is self-isolating due to being a close contact of a person with positive COVID test. This is the definition of "Close Contact";

- Face-2-Face contact under one metre for any length of time – including talking to someone or being coughed on;
- Being within one metre of each other for one minute or longer;
- Being within two metres of each other for more than 15 minutes in total in one day;
- Travelling in the same vehicle.

Please note Pace and Pace Youth are an affiliated Charter Standard club with Hampshire FA (Affiliation numbers X-HAM6722 and X-HAM6883 respectively). We hold in-date Public Liability and Personal Accident insurances with Bluefin Sport.

The club only use Testwood School, Totton for their training activities and (home) matches as this is a safe and controlled environment for all of our participants.

In line with the latest FA guidance Pace Youth have assigned Ian Lewis (Club Chairman) as the club's nominated COVID-19 Lead.

The club are following the UK Government advice, however our recommendation to all our club participants is that records of attendance at on NHS Test and Trace by recording details of persons attending all training sessions and matches. These details will be kept for 21 days and then destroyed in accordance with the club's GDPR policy, available on our club website www.pacefc.co.uk. The QR codes will also still be available at Testwood School for checking in.

Prior to commencing any and every training session or match team managers/coaches conduct self-checks on themselves and their players, and any persons in their households, for symptoms of COVID-19. If any of these persons have symptoms they do not attend the session/match and put themselves into isolation and request a test in accordance with NHS guidelines. All players parents are requested to confirm that they are attending prior to training/match and that they accept their child taking part in the football activities.

Documents appended to this Risk Assessment, others available from Hampshire FA website:

1. COVID-19: Step Four Guidance for Grassroots Football – 16th July 2021

RE-STARTING OUTDOOR COMPETITIVE GRASSROOTS FOOTBALL – SUMMARY

COVID-19 GUIDANCE



FOR CLUBS, PLAYERS, COACHES, CLUB OFFICIALS, CLUB WELFARE OFFICERS, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS SPECTATORS AND FOOTBALL FACILITY PROVIDERS – Published: 18 July 2020

This document outlines actions to be taken before, during and after all competitive grassroots football activity in England. It should be read in conjunction with the latest UK Government Covid-19 guidance available [here](#) and the more detailed guidance document produced by The FA, available [here](#).

In outdoor competitive training and matches, physical contact is now allowed, but for all other activity (e.g. warm-ups/cool-downs) the Government guidance on social distancing should be observed, read [here](#). Should Government guidance change in response to the current Covid-19 Alert Level, The FA guidance will be updated accordingly.

BEFORE ACTIVITY

- Everyone should self-assess for **Covid-19 symptoms** before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection you must not participate or attend. You should stay home and follow the latest **Government guidance**.
- Clubs/facility providers should appoint a Covid-19 officer and conduct a thorough **risk assessment** before re-opening or re-starting competitive activity. They should also follow current **'NHS test and trace'** protocols, such as keeping an attendance register.
- Personal hygiene measures should be carried out by everyone and hand sanitisers brought and used at the training/match venue.
- The sharing of kit and equipment should be avoided, but where equipment is shared, it must be cleaned before use by another person.
- Goal posts and corner poles should be wiped down before matches, after matches and at half time.
- Follow Government guidance for travel, including minimising use of public transport.
- Active participants should arrive changed and ready to take part.
- Youth team coaches should re-acquaint themselves with all safeguarding policies and procedures.
- Meet-up times should be adjusted to avoid time spent congregating at a venue.
- Use of clubhouses, hospitality facilities, changing rooms and toilets must adhere to **Government guidance**.

Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning to football when it's right for them to do so.

DURING TRAINING & MATCH PLAY

- Competitive training can take place for all participants, in an outdoor setting provided this takes place in groups of no more than 30 (including coaches).
- Competitive match play is permitted, with social distancing in place before and after the session, and in any breaks in play.
- The sharing of kit and equipment should be avoided and participants should bring their own drinks or refreshments, in named containers.
- When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved using the feet rather than the hands where possible.
- Participants must not spit and should avoid shouting or raising their voices when facing each other, as detailed in The FA Covid-19 Code of Behaviour.
- Set plays: players are encouraged to avoid unnecessarily long set-up or close marking. Other modifications apply to specific situations, such as goal celebrations being discouraged. Read more in The FA's more detailed guidance [here](#).
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play and training.
- Observing rigorous hygiene standards, injuries can be treated. See full guidance [here](#).
- Spectator groups should be limited to six people per group and spread out in line with wider **Government guidance**.
- Match fee payments should be cashless – consider using **The FA Matchday App**.
- Small-sided football should include more regular hygiene breaks in activity and players discouraged from touching or tackling against boards.

AFTER ACTIVITY

- Hands should be washed at the earliest opportunity and personal equipment should be wiped down with a disinfectant.
- Unless absolutely necessary, participants should take their kit home and wash it themselves, or by family members. Post-activity showers should be taken at home.
- Everyone must continue to maintain **social distancing** including in any facilities where groups of people congregate (e.g. clubhouses).
- Everyone should leave following the traffic-flow system the club or facility provider has put place.
- Anyone who becomes infected after training/matches should report this to the **NHS test and trace system**.

DISCLAIMER:

This guidance is for general information only and does not constitute legal advice, nor is it a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice

should be sought, as required and depending on your, or relevant circumstances. While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to-date information regarding social distancing and any other Government measures.

THANK YOU! NOW LET'S GET OUR GREAT GAME GOING AGAIN – SAFELY.

COVID-19 RETURN TO COMPETITIVE TRAINING CHECKLIST: CLUBS

- ☐ Ensure club is affiliated with Hampshire FA for 2020/21
- ☐ Ensure required insurance confirmed and purchased through Hampshire FA for 2020/21
- ☐ Nominate COVID-19 Lead to establish and monitor delivery within FA guidelines
- ☐ Agree COVID-19 action plan and roles and responsibilities for all involved*
- ☐ Complete COVID-19 risk assessment for all relevant venues
- ☐ Source and distribute any required signage and cleaning equipment
- ☐ Review FA First Guidance and ensure nominated first aiders have sufficient PPE
- ☐ Notify coaches, players and parents/carers of their roles and responsibilities (see additional checklists)
- ☐ Establish method for obtaining written consent to participate from all players or parents/spectators
- ☐ Establish method for confirming self-assessment upon attendance at each training session
- ☐ Establish method for recording **ALL** attendance and storing information for a minimum of 21 days (to support NHS Test & Trace)

**This checklist can form the basis of your action plan*



COVID-19 RETURN TO COMPETITIVE TRAINING CHECKLIST: MANAGERS AND COACHES

- ☐ Review **FA Guidance on Re-Starting Outdoor Competitive Football** in full
- ☐ Review club/venue **COVID-19 Risk Assessment** (and contribute where required)
- ☐ Adhere to FA travel Guidance (**FA Guidance on Re-Starting Outdoor Competitive Football; P6**)
- ☐ Complete self-assessment before attending every session
- ☐ Ensure every parent/player provides consent to participate
- ☐ Ensure every parent/player confirms the following prior to each session:
 1. Who is attending (including parent/carer)
 2. Self-assessment completed and clear (including parent/carer)
- ☐ Limit participant numbers to a maximum of 30 (including coaches*)
- ☐ Practice social distancing wherever possible and consider within practice design
- ☐ Maintain clean equipment and avoid sharing between players
- ☐ Disinfect footballs during breaks in play
- ☐ Ensure everyone adheres to FA Code of Behaviour (**FA Guidance on Re-Starting Outdoor Competitive Football; P12**)
- ☐ Allow parents/carers to attend to their players' injuries unless life/limb threatening - refer to **FA First Aid Guidance** for details
- ☐ Advise spectators to practice social distancing and do not gather in groups of more than six


**Ensure appropriate coach:player ratios are maintained - FA safeguarding guidance notes 5.5*



COVID-19 RETURN TO COMPETITIVE TRAINING CHECKLIST: PARENTS AND CARERS

- ☐ Adhere to FA travel Guidance (**FA Guidance on Re-Starting Outdoor Competitive Football; P6**)
- ☐ Adhere to any additional requirements put in place by training/playing venue
- ☐ Ensure player arrives appropriately dressed and ready to play (including laces tied!)
- ☐ Ensure player has their own labelled drinks bottle, hand sanitizer and kit/equipment
- ☐ Confirm consent for your player to participate
- ☐ Upon arrival to each session provide/confirm the following information:
 1. Who is attending (including parent/carer)
 2. Self-assessment completed and clear (including parent/carer)
- ☐ Players - practice social distancing whenever possible (pre, post, during breaks, etc.)
- ☐ Parents/carers - practice social distancing and do not gather in groups of more than six
- ☐ Adhere to FA Code of Behaviour (**FA Guidance on Re-Starting Outdoor Competitive Football; P12**)
- ☐ Parents/carers to attend to their players' injuries (coaches/managers will only intervene if life/limb threatening) - refer to **FA First Aid Guidance** for details
- ☐ Ensure good hygiene practice



1: Risk Assessment Details – COVID 19 Grassroots Football			
Revision	8	Sign Off Date	18/07/2021
Initial Date Risk Assessment Created		26 th June 2020	
Date of Risk Assessment Review		18 th July 2021	
Date of Next Review		August 2021 (or earlier if guidance changes)	
Name of Risk Assessor		Ian Lewis (Pace Youth Club Chairman)	
Signature of risk assessor			
Key Legislation		UK Government Guidelines on COVID-19 The English FA Guidelines on COVID-19	
Residual risk evaluation Severity		4 Life Threatening	
Residual risk evaluation Probability		2 Rare	
Residual risk evaluation Score		4 Rather Small	

2: Risk Assessment	
Name of Risk Assessment	Coronavirus (Covid-19) Risk Assessment

Introductory Notes / Description
<p>The information for this risk assessment has been prepared by a non-medically trained volunteer for Pace Football Club and is based on the information publicly available.</p> <p>The risk assessment is subject to regular updating.</p> <p>Risk assessment is to be read in conjunction with The FA Guidance for providers of outdoor football facility; FA Guidance for Players; FA Guidance for Coaches; FA Guidance for Parents and Carers.</p> <ul style="list-style-type: none"> • COVID-19 is a new strain of coronavirus which is classified as an airborne High Consequence Infectious Disease (HCID) • COVID-19 is most likely to be transmitted from person to person. It is probable that the risk increases the longer someone has close contact with an infected person. • The incubation period of COVID-19 is thought to be between 2 to 14 days but can be up to 24 days. However, if you remain well for 14 days after contact with someone with COVID-19, you are unlikely to have contracted the virus. <p>Symptoms of COVID-19 are:</p> <ul style="list-style-type: none"> • Raised temperature • New, continuous / persistent cough • Shortness of breath • Loss or change to your sense of smell or taste <p>The symptoms are like other common illnesses such as cold and flu therefore having these symptoms does not mean you have the virus, but you should take action as below if you have these symptoms as a precautionary measure.</p> <p>COVID-19 can cause (in rare cases) severe symptoms such as pneumonia. People with underlying health conditions such as diabetes, cancer and other chronic conditions, people with a weakened</p>

immune system and older people, the symptoms can be more severe. In extreme cases, the virus is fatal, however this is very rare.

In the majority of cases, the body's immune system responds effectively to the virus. Once the body has killed the virus, it is not thought that you can be re-infected with the same coronavirus. There are currently two vaccines being used in the UK with more coming on stream. The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI). It is important to note there is a chance you might still get or spread coronavirus even if you have the vaccine. Further information can be found on <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

If you have any concerns or require further advice, contact NHS online in the first instance at: <https://111.nhs.uk/> If you think you have contracted COVID-19, do not visit your GP or come to training. Instead, use the NHS online services. Use a mobile or landline telephone to contact the football club secretary and other members of your family or close friends. Remember to always keep calm. In an emergency, call 999.

Self-Isolation

Anyone who meets one or more of the following criteria should not come to the site:

- Has a high temperature, a new persistent cough or loss or change to your sense of smell or taste - follow the guidance on self-isolation
- Is a vulnerable person (by virtue of their age, underlying health condition, clinical condition or are pregnant)
- Is within 14 days of the day when the first member of their household showed symptoms of Coronavirus

Anyone who is living with someone who is shielding from Coronavirus should stringently follow guidance on social distancing and minimise contact outside the home.

What are the hazards?	Control Measures
Coaches / Players becoming infected with COVID-19	Maintaining good personal hygiene is the first line of defence. <ul style="list-style-type: none">• Wash hands thoroughly paying attention to around and under nails, the backs of hands and between fingers. Wash hands for at least 20 seconds using the approved 20-second rule.• Wash hands on arriving to training.• Washing hands for 20 seconds with soap and running water is preferable to hand sanitiser. However, hand sanitiser is a good alternative when soap and water is not available. Hand sanitisers of 60% alcohol or more are most effective. Disinfectant wipes are also an alternative to hand washing and hand-sanitiser. Coaches should remind all players and parents where these facilities are.• Use a disinfectant wipe or spray to clean all equipment that is going to be used in the training session or match before commencement. The coach should also clean all equipment again after training or match.

	<ul style="list-style-type: none"> • The amount of equipment used is to be as limited as possible. All equipment is to be cleaned before and after a training session. • All open wounds(cuts), no matter how small is suitable dressed (plaster) • All coaches/players will not shake hands.
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What are the hazards?	Control Measures
Arrivals and Departures – How can we promote social distancing to ensure a safe entrance to the training/match pitch.	<ul style="list-style-type: none"> • To assist with social distancing and safety while arriving and departing the Testwood School site, guidance to be provided by the club to participants on parking so that groups can enter/exit the school without excessive contact with others. • Spectators to carry out social distancing where possible. • On entering the pitch a hand sanitiser station should be provided for use by players / coaches. These should be used during breaks in-play, and on completion of the training/matches.

What are the hazards?	Control Measures
In session – alongside FA guidance, how can we provide a safe training session/matchday.	<ul style="list-style-type: none"> • In accordance with FA Safeguarding at all times two persons that hold FA accepted DBS CRC shall be in attendance at each training session and match. • During training each team will stay in their own training area for the duration of the session. • The coach may mark with cones a social distancing area for each player. The only person to enter this zone will be the player and they are to keep their drinks and kit in this zone only. Drinks breaks for players will be taken in their area. • Parents may be in attendance in the event of first aid being required and as per FA guidance on child welfare. • Parents to either have their own socially distant area or share their child's. • Spectators at matches must not gather in large groups and socially distance wherever possible. • Goals – these may be used however only coaches to move roller goals, or pop-up goals used. Posts (and crossbar where possible) should be cleaned before/after use. • Players acting as a goalkeeper must wear and only use their own goalkeeping gloves, gloves should not be shared with others. • Where possible start and finish times staggered to minimise numbers entering and leaving at same time.

	<ul style="list-style-type: none"> • Players advised not to limit touching any equipment (cones, kit bag etc)
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What are the hazards?	Control Measures
Emergency Care	<ul style="list-style-type: none"> • If your child gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide. • First-aider or other medical personnel present, they should be equipped with the appropriate PPE to protect themselves and others if they need to break social-distancing guidelines to provide medical assistance. • All coaches to ensure they have appropriate PPE in accordance with current FA guidance (refer to latest FA guidance attached) and as a minimum; gloves and a mask to carry out any emergency care. • Appropriate wipes, sanitiser, disinfectant spray to be provided by the teams and available during training sessions and matches.
3: Facilities and other considerations	
<p>Promote social distancing as highlighted in the risk assessment.</p> <ul style="list-style-type: none"> • The Pace Hut has been made available for use with limited persons inside, preference is for masks to be worn indoors. The defibrillator is located inside the Hut and all team managers should have a key if it is required . • Signs / Visual Information to remind / reinforce social distancing & to prevent touching fences or surfaces. • Being outside reduces capability of transmission • Grass pitch use at Testwood School is possible, however the inability for spectators to adequately social distance when Pitches 2 (9v9) and 3 (11v11) are in use simultaneously. Where Pitches 2 and 3 do have to be used in manner that does not permit social distancing of spectators, the coaching areas and spectator areas may require amended accordingly. 	
<p>Toilets: Handwash to be provided in toilets. Toilet facilities at Testwood School will be available, these are cleaned regularly by school staff. The number of people permitted at any time will be limited. ***NOTE – during the school summer holidays 2021 the toilets facilities will not be available and temporary toilets will be provided. These will have hand sanitiser provided.***</p>	
Pre-training education – document to be produced to all parents prior to training and matches.	
<p>NHS Test and Trace is fully supported and coaches are documenting attendees at all training and matches. These details are passed on to the COVID-19 Lead who maintains the record for 21 days and then destroys the information in accordance with GDPR.</p> <p>All persons attending Testwood School are requested to download the NHS COVID-19 APP for Test and Trace. Testwood School have provided posters with the relevant QR code to scan. Should anyone not be able to use the APP it is requested that they have their details recorded and passed to the Covid Lead.</p>	

Quantitative Risk Evaluation System

		Severity				
		Minor injury/ negligible 1	Moderate injury/ harmful 2	Non-fatal injury 3	Life threatening 4	Fatal injury 5
P R O B A B I L I T Y	Rare 1	Extremely Small 1	Very Small 2	Very Small 3	Rather Small 4	Moderate 5
	Unlikely 2	Very Small 2	Rather Small 2	Rather Small 3	Moderate 4	High 5
	Possibly 3	Rather Small 3	Rather Small 6	Moderate 9	High 12	Very High 15
	Likely 4	Moderate 4	Moderate 8	High 12	Very High 16	Extremely High 20
	Almost certain 5	Moderate 5	High 10	Very High 15	Extremely High 20	Extremely High 25

1 – 3	Low-risk activity
4 – 9	Medium-risk activity
10 – 25	High-risk activity

P R O B A B I L I T Y	Rare 1	May only occur in exceptional circumstances	< 3%
	Unlikely 2	Could occur sometimes	3 – 10%
	Possibly 3	Might occur sometimes	11- 50%
	Likely 4	Will probably occur in most circumstances	51- 90%
	Almost certain 5	Is expected to occur in most circumstances	> 90%

S E V E R I T Y	Minor injury/ negligible 1	Hazard may cause minor injury, illness, first aid treatment. Employee can continue to work	E.g., small cuts, local burns, headaches
	Moderate injury/ harmful 2	Hazard may cause an accident that causes an employee to be absent for 1 – 14 days	E.g., twisted ankle, moderate bruising
	Non-fatal injury 3	Hazard may cause an accident that causes an employee to be absent for 15 consecutive days till recovery. No permanent damage	E.g., broken leg
	Life threatening 4	Hazard may cause severe injury illness or permanent partial loss of one or more bodily functions or loss of production capability. Irreparable permanent damage	E.g., loss of leg, organ damage
	Fatal injury 5	Hazard may cause death	E.g., death, cancer



COVID-19: STEP FOUR GUIDANCE FOR GRASSROOTS FOOTBALL

Version: 1.9

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FOR ALL



COVID-19: STEP FOUR GUIDANCE FOR GRASSROOTS FOOTBALL

We want to thank you in advance for playing your vital part in helping our great game get going again. By observing Government guidance and the football-specific protocols, let's work together to ensure the transition back to enjoying football is as smooth and safe as possible. Naturally, we'll provide any updates if any are required going forward.

THIS GUIDANCE FOR STEP FOUR COMES INTO EFFECT ON MONDAY 19TH JULY. UNTIL THEN PLEASE FOLLOW FA GUIDANCE FOR STEP THREE, WHICH CAN BE FOUND ON [THE FA.COM](https://www.thefa.com).

IT IS EXTREMELY IMPORTANT THAT CLUBS, PLAYERS, COACHES, MATCH OFFICIALS, LEAGUE OFFICIALS, VOLUNTEERS, PARENTS/CARERS AND FACILITY PROVIDERS READ AND UNDERSTAND THIS GUIDANCE ON WHAT YOU CAN AND CANNOT DO AS PART OF THE LATEST STEP OF THE GOVERNMENT'S ROADMAP.

A SUMMARY OF WHAT YOU NEED TO KNOW ABOUT STEP FOUR OF THE GOVERNMENT'S ROADMAP OUT OF LOCKDOWN

On Monday 19th July, England will move to step four of its roadmap in easing Covid restrictions. This means almost all legal restrictions of social contact will be removed. However, the Government is encouraging people to act with caution.

The summary key points are below, with more detail on subsequent pages:

1. On-field adaptations for playing football are no longer required.
2. No limits of how many people can meet.
3. One-metre-plus rule is removed.
4. The **definition of close contact** remains the same, however the rules on self-isolation will be changing from the 16th August.
5. Face coverings no longer required by law, but recommended in crowded indoor settings and may be mandated by some organisations.
6. Changing rooms can be used, however participants should use their own judgment and minimise use where possible to avoid close contact in a crowded area for a prolonged time.
7. No capacity limits for spectators, but good practice is encouraged.
8. Hospitality is permitted without restrictions.
9. NHS Test and Trace QR codes are not required by law, but are encouraged.
10. Free NHS lateral flow testing is available to clubs and The FA encourages clubs to take this up.
11. No domestic travel restrictions. Participants should continue to follow Government advice on international travel for any fixtures/tournaments.

This guidance document applies to all youth and adult football and futsal, including all formats of the game, indoors and outdoors.

COVID-19: STEP FOUR GUIDANCE FOR GRASSROOTS FOOTBALL (CONTINUED)

DETAILED GUIDANCE ON STEP FOUR RESTRICTIONS FOR GRASSROOTS FOOTBALL

ADAPTATIONS TO THE GAME

In previous FA guidance, we set out the required adaptations to the playing of the game, to align to the Government's team sports framework. This included not prolonging elements of the game where players will be in close proximity (i.e. free kicks and corners) and avoiding team huddles and handshakes (for example).

As part of step four, these adaptations will no longer be required by the Government and so have been removed from The FA guidance. However, clubs, leagues and all participants should remain vigilant and be respectful of individuals/teams who may not wish to shake hands before games (for example).

CLOSE CONTACT AND SELF-ISOLATION

It is important to note that the **definition of close contact** remains the same in step four. Examples of close contact include:

- Face-to-face contact under one metre for any length of time – including talking to someone or being coughed on;
- Being within one metre of each other for one minute or longer;
- Being within two metres of each other for more than 15 minutes in total in one day;
- Travelling in the same vehicle.

If a player tests positive on a team there is not a need for the other players to self-isolate, unless they were in close contact, have been contacted by Test and Trace, have developed symptoms or tested positive themselves. Therefore, players and clubs should consider how they can reduce the likelihood of close contact occurring.

From the 16th August, those who are fully vaccinated and under-18s will not have to self-isolate, unless they test positive for Covid or develop symptoms, in which case they must isolate. There must also be a two-week gap (i.e. 14 days) between your second vaccination and this exemption coming into effect. If you are over 18 and not fully vaccinated, you will still need to isolate if you come into close contact with someone with Covid.

It is important to note that players must continue to self-assess and if they are experiencing any symptoms and awaiting a test result, they must stay at home.

MASKS AND SOCIAL DISTANCING

In step four, the use of masks will become voluntary in all settings, with the Government advising people to use their personal judgement and to take responsibility, depending on the situation. Government advice is that the use of masks reduce risks to people (both yourselves and those around you) in crowded spaces. Please also note that businesses and organisations may still require masks to be used.

CAPACITY

All businesses and facilities will be able to open in step four, with no caps on capacity (indoors or outdoors).

QR CODES

While there is no legal requirement for use of QR codes, Government is encouraging businesses and facilities to continue using these.

CHANGING ROOMS

Changing rooms can be used. However, given that the definition of close contact is not changing, participants may wish to consider this and minimise use of changing facilities where possible to avoid prolonged contact with people in a crowded space.

Clubs and facilities may also wish to consider taking precautions to avoid close contact, for example, asking participants to socially distance and ensure thorough ventilation.

SPECTATORS

As part of step four, there are no limits on spectators for indoor or outdoor football, this includes parents and carers. All facilities can open without restrictions on capacity; however, facilities should follow **Government guidance** on how to best manage crowds, particularly for bigger events

HOSPITALITY

All outdoor and indoor hospitality will be allowed as part of step four and can operate without restrictions on capacity limits or how people order food and drink.

COVID-19: STEP FOUR GUIDANCE FOR GRASSROOTS FOOTBALL (CONTINUED)

KEEPING YOUR CLUBHOUSE AND EQUIPMENT CLEAN

Keeping your clubhouse clean will reduce the risk of passing the infection onto other people. To achieve this, your cleaning procedures should be thorough and rigorous. A cleaning schedule could include:

- Daily cleaning throughout the clubhouse and facility;
- Identifying high-contact touch points for more regular cleaning (e.g. door handles, grab rails, vending machines);
- Frequent cleaning of work areas and equipment between use;
- Cleaning of shared training equipment after each individual use;
- Having waste facilities and more frequent rubbish collection;
- Removing any non-essential items that may be difficult to clean.

The FA is working with its recently-appointed official hygiene partner, Dettol, to support the return of the grassroots game. You can find more information [here](#).

NHS FREE LATERAL FLOW TESTS

As a further consideration for club safety at this time, The FA encourages clubs to consider the Government's community-testing programme. You can find details on this [here](#).

Rapid lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others. These are currently distributed free by the Government, and you can order packs to be sent to a home address. Where clubs do follow the twice-weekly free community Government testing programme, according to recently published PHE guidance they would meet the criteria for a Low-Risk Pathway, meaning certain first aid restrictions during Covid-19 can be lifted in this situation. More information can be found in our First-Aid guidance on TheFA.com.

FIRST AID

All participants should ensure they have read the updated FA guidance on First Aid, which can be found on TheFA.com.

TRAVEL

All participants may travel to games with no restrictions in place for domestic travel. Participants should be aware that travelling in cars is now permitted, however this does mean that they will likely be in close contact and should manage any risks linked to this. Any international travel should be in line with **Government advice**. Players and clubs should consider how they can reduce the likelihood of close contact occurring.

INSPECTING THE EXISTING CONDITION OF YOUR FACILITY

If parts of your facility have not been used for some time, a thorough building inspection and walk-round will allow you to identify any issues and damage. This will help you plan what work needs to be carried out and should include water quality (e.g. for Legionella and other contaminants), drains, gas services, ventilation, alarms/safety systems and pest control.

FINAL CONSIDERATIONS

The guidance you are reading is FOR ALL – players, coaches, club officials, club welfare officers, match officials, league officials, first-aiders, volunteers, parents/carers, facility providers and spectators.

Clubs and facility providers should update their risk assessment regularly and also update their medical emergency action plan around player care, as well as strictly following the first-aid guidance document published by The FA, without exception. This is both to protect players and any club member who is trying to aid the player if an emergency arises.

Whenever this document refers to finding further information on TheFA.com, you'll find it [here](#).

DISCLAIMER:

This guidance is for general information only and does not constitute legal advice, nor it is a replacement for such, nor does it replace any Government or PHE advice; nor does it provide any specific commentary or advice on health-related issues. Affected organisations should therefore ensure that they seek independent advice from medical practitioners, or healthcare providers, prior to implementing any re-opening plan, as required. Independent legal advice should be sought, as required and depending on your, or relevant circumstances.

While efforts have been taken to ensure the accuracy of this information at the time of publication, the reader is reminded to check the Government website to obtain the most up-to- date information regarding social distancing and any other Government measures.

**FOR ALL**

The Football Association
Wembley Stadium
London HA9 0WS
T: +44 (0)800 169 1863
F: +44 (0)800 169 1864
W: TheFA.com