



5Ways Soccer: Returning to football at Varndean College

This risk assessment is divided into two sections... firstly, venue specific risks and mitigating actions and secondly, risks and mitigating actions associated with the actual delivery of the training sessions themselves. The guidelines have been developed using the FA's recently published and government approved plans for a return to football – [these are available in full here](#)

Venue Specific Risk Assessment and Mitigating Actions

This part of the plan has been developed in accordance with the guidelines set out by the Government and the FA in relation to the provision of facilities for football sessions. [The link to the full guidance notes can be found here \(downloadable PDF\)](#)

1. Access to the Main Varndean College Building (From September 5th)

Access to the main Varndean college building will be limited to the following...

- Access to the store cupboard area to retrieve training equipment at the start of the day and to put it away at the end of sessions. This will involve accessing the under-stairs cupboard area that 5Ways Soccer uses for all its equipment storage by entering through the single door to the left of the external Gym steps.
- Public Access to the girls' toilet facilities located outside the college staff room. This will involve patrons of 5Ways Soccer entering the college's lower corridor through the double doors at the link college-end of the building and walking approximately 10 metres into the building.

Mitigating actions to be taken for Varndean College building access

- Access to store cupboard to be limited to a small number of pre-designated 5Ways Soccer staff only. All will be contact traceable, wearing masks and following strict hygiene protocols.
- Only one person to access the toilet at a time (unless it is a parent with a child from their own family) with outside queuing put in place to prevent close contact between individuals in an indoor setting.
- Hand sanitiser to be provided in the toilet facilities and at the entrance to the college corridor.
- Double doors and toilet doors to be fixed open to prevent people having to touch door handles.
- High contact surfaces (taps/hand dryer/toilet doors/loo seats/tissue dispensers/soap dispensers) to be frequently wiped down with disinfectant spray by our designated covid19 prevention officer.
- Taped floor markings and signage with arrows to direct traffic flow and ensure access to the building is limited to toilet use only, with no further surfaces being touched than is necessary for toilet use.
- No use of indoor sports halls, gym, changing rooms or any other area of the college building.

- No tea and coffee stand to be run to prevent congregation in the car park area.
- Use of signage at all entrances to direct 5Ways Soccer patrons and stop them attempting to gain access to the college through anything other than the designated entrance and exit for toilet use.
- All further access points to the college to remain locked (if not required for use by Varndean College staff)

2. Use of Playing Fields

- Our intention is to use the lower playing fields as well as the raised pitch (old hockey pitch) immediately to the left hand side of the main entrance and the upper pitch for delivery of our sessions.
- Access to the college will be through the main gate.
- All pitches will be accessed from the main car park using the steps and grass slopes

Mitigating actions to be taken for playing field access

- Use of multiple pitches in different locations allows for sessions to be well spread out
- All football sessions to be delivered in accordance with the Government-approved guidelines for a return to football. Details of these are outlined in full in the “training session guidance notes” below.
- Whilst the FA has designated maximum group sizes of 30, 5Ways Soccer will be limiting this to a maximum of 18 children in a training group and 2 coaches. However, the majority of groups will be considerably smaller than this (an average size of 14).
- The government has designated that multiple groups of up to 30 participants are allowed at a single venue as long as social distancing protocol is observed between separate groups – we will ensure a minimum of 5 metres gap between each coned out pitch to maintain the separation of the groups and preserve the integrity of the training bubbles.
- No mixing of bubbles before, during or after the training sessions
- One-way access lanes to be created – steps providing access onto the field will be for upward travel only. Disability access slopes and natural grass slopes will be for downward travel. These restrictions will be signposted.
- Hand sanitiser stations to be set up at all entrance and exit routes.
- Multiple bins with bin liners to be provided in outdoor locations for hygienic disposal of waste
- Any handrails will be sprayed down with disinfectant at regular intervals (4x 5litre pump spray bottles have already been purchased to perform this task)
- There will be a designated spectator area for each group with watching adults being asked to maintain social distancing at all times.
- A designated covid19 officer will be employed by the soccer school to ensure people are continuously reminded of their responsibilities around social distancing. They will also be responsible for spraying down high contact touch points and training equipment.
- All patrons who can do so will be encouraged to walk to the venue to reduce the traffic flow in the car park
- Start times for groups will be staggered with 15 minute gaps between start and finish times to allow for safe transitions between groups and minimise the risk of close contact due to a build-up of traffic at the college car parks.

Contact Tracing

- Providing contact details for all attendees (including parents and guardians) will be a pre-requisite for signing up to the course – this will include email and mobile phone contact numbers.
- Every child will be registered on arrival to the venue so we have clear idea of who has attended
- A complete register of attendees on any given week will be kept for 21 days after the event.
- In the event of a confirmed case, 5Ways Soccer will be able to quickly contact everyone within a training bubble. Or, if necessary – anyone who has attended the soccer school on any given day.
- 5Ways Soccer will make it a condition of signing up to a course that, if required, all participants contact information can be shared with the college on the basis that it is kept for only as long as strictly necessary in line with current data protection laws.

Additional considerations

- Booking and payments will be taken online to minimise the use of cash

5Ways Soccer Covid19 Football Training Session Delivery Protocol

This is a summary of the requirements for a return to training provided by 5Ways Soccer for their staff - [The full FA guidelines are available here](#)

Document to be shared with all parents and participants prior to restarting their sessions.

Returning to 5Ways Soccer - A summary of procedures for Coaches, Assistants and Parents/Guardians

All Criteria to be followed by 5Ways Soccer Coaches for the duration of their sessions at Varndean College

Additional Equipment Required (For Coaches/Assistants)

- Large Hand Sanitiser dispenser with ample Hand Sanitiser for every group
- Disinfectant Spray bottle for equipment (Covid19 officer)
- Face mask and gloves in first aid kits for any provision of first aid where you cannot maintain social distancing of 2 metres.
- Fully completed register of participants at each session with contact details stored remotely for all players and family member to support NHS test and trace.
- Registers of weekly attendees will be kept for a minimum of 21 days after each training session

Training Equipment Management (For Coaches/Assistants)

- All equipment must be disinfected before, during and after the training session.
- Limitations on the amount of equipment used will be in place. This will consist of Cones, Balls, bibs and training poles.

- All bibs will be washed before and after every training session and will not be shared amongst participants. Use will be limited by only bibbing-up one team during training matches and if any player is needed to switch teams they will be provided with a fresh and unused bib. Used bibs will be kept separate and put straight into the wash bag at the end of the training session.

Player's Kit (For Parents, Coaches and Managers)

- Children should bring their own water bottles clearly marked with their names and should at no time share their bottle with any other participants.
- Any bags/clothing brought by participants should be kept separate from others – coaches must lay out cones for each player in attendance ensuring their kit is neatly placed at 2 metre intervals so participants can maintain social distancing during drinks breaks.

Essential safety precautions to be taken before the start of a sessions (For coaches and assistants)

- Sessions will start with a safety briefing for all participants outlining what is expected from them with regards to social distancing and taking mitigating action to help prevent the spread of the virus – *these are outlined in detail in the "During football sessions" section below*
- Completed register of attendees (including spectators) that will be updated with any latecomers
- Ensure no child or adult that is displaying symptoms attends training sessions for two weeks from the first signs, or until they have received a negative test.
- The same applies for anyone who has been in contact with anyone displaying symptoms
- Anyone who falls ill during a session must be sent home as a priority and told to follow NHS guidelines
- Contactless Infrared digital thermometers will be available for use by anyone who needs to use one.
- Symptoms to remind people to self-diagnose for in safety briefing are as follows:
 - *a high temperature above 37.8c,*
 - *a new and continuous cough,*
 - *a loss of sense of smell or taste*
 - feeling unwell
 - persistent tiredness
 - Sore throat

Parents must complete the following (For Parents)

- provide consent for their child to take part in the sessions (will be done with google forms as part of the booking process)
- Ensure their child arrives changed and ready for exercise with their own water bottle and hand sanitiser with their name on.

During football sessions (For Everyone)

- Outdoor sessions only – no indoor sessions will be allowed
- No more than 30 participants (including coaches) in one training session.
- Minimum of two coaches present at all training sessions

- Competitive contact football is allowed throughout the sessions but will be limited where possible.
- Participants must maintain 2m social distancing in any breaks of play, and in warm ups and cool downs
- No handshakes, team huddles or group goal celebrations
- Coaches to make efforts to limit the time where children are in regular close proximity. Eg. avoid training set ups that put lots of children close to one another, encourage quick free kicks and corners to limit the amount of time children are close contact marking or standing next to one another in a wall.
- Make time for regular hygiene breaks where children can sanitise their hands and Covid 19 officer can disinfect the ball with disinfectant spray.
- Children and spectators will be discouraged from picking up the ball with their hands – instead they must use feet when collecting it, and use kick ins rather than throw ins for all training matches and drills.
- Children will be discouraged from handling any equipment
- Goalkeepers should regularly disinfect their gloves and should not share them with others
- Players should avoid shouting when in close proximity to others (to avoid spread through droplets)
- Absolutely no spitting or clearing of nostrils during sessions
- Participants to cover face when sneezing or coughing
- Coaches, spectators and players not involved in the play should maintain 2m social distancing on the side lines at all times.
- Coaches will pay special attention to the wellbeing of players. Having spent several months under lockdown, they may be lacking confidence, be nervous, confused. Check with them and report any concerns to parents and the 5Ways Soccer management/Head coaches
- Practice Catch it, bin it, kill it protocol using the additional bins provided.

After the session (For Everyone)

- Maintain 2m social distancing in line with government guidelines
- Wash hands and disinfect kit and equipment at the earliest possible opportunity
- If anybody turns out to be infected at a later date, report this to the NHS test and trace system and to Ben Lewis – the club’s designated Covid19 officer who will inform the relevant parties.

First Aid Procedures (For Designated First Aiders/Parents)

- The first-aider should wear the mask supplied in the first-aid kit when dealing with any incident.
- If an injury happens, everybody should stay away from the injured player apart from the first-aider (or the player’s parent / guardian)
- The first-aider (or parent / guardian) can come close to the player but should still keep to social distancing, unless there is urgent treatment to perform (eg CPR), for which we accept that the risk from the injury is higher than the risk of catching Covid-19
- The first-aider (or parent / guardian) should thoroughly clean their hands afterwards