**playing football individually e.g. practice of individual skills or fitness activities**;  
  
  \*   playing football with your family or other people living in your household;  
  
  \*   football training or fitness activities in groups of no more than six, keeping two metres apart at all times. Sharing of equipment should be kept to a minimum and strong hand hygiene practices should be in place before and after. Physical contact with anyone outside of your household is not permitted, therefore, playing of any games (small-sided or full) is also not permitted at this time. Avoid meeting in groups of six in busy or overcrowded areas, if it is so busy that it is not possible to maintain social distancing at all times.  
  
  \*   Football coaches can now undertake small group sessions up to six people (including the coach) but are reminded to follow The FA safeguarding policy when coaching/working with children. This must include risk assessing the activities, gaining consent from parents/carers and ensuring you are in sight of another adult e.g. parent/carer or another coach and that the ratio of coach to different age-groups of children is appropriate, the additional parent/carer or coach is not included as part of the group of six but must remain in sight of the activity.  
  
  \*   It is permissible for coaches to organise a training session that has two or more groups of six (including the coach) involved as long as the groups of six are kept separate, everyone is socially distancing, and strict hygiene measures are in place with any equipment.  
  
  \*   Football coaches working with people with impairments must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition.  
  
Please be reminded, if an individual is symptomatic, living in a household with a possible COVID-19 infection or if you are classified as extremely vulnerable on health grounds, the guidance is that you should remain at home.

It is important to understand the following guidelines outlined below.

1. **Social distancing** – coaches can now train outdoors, providing you are meeting no more than 5 other people from outside of your household, outdoors, and you are staying a minimum of 2 metres apart.

2. **Self-isolation** - Anyone who either has a high temperature or a new persistent cough or is within 14 days of the day when the first member of their household showed symptoms of Coronavirus (Covid-19) should not come to site, but must follow the guidance on self-isolation.

3. **Person at increased risk** -Anyone who is at increased risk of severe illness from Coronavirus (Covid-19) is strongly advised to work at home and should be particularly stringent about following social distancing measures.

4. **Persons defined on medical grounds as extremely vulnerable** - Anyone identified as extremely vulnerable will be advised by their health authority and must follow the guidance on shielding and protecting extremely vulnerable people.

5. **Living with a person in one of the above groups** - Anyone living with a person who is at increased risk of severe illness, or an extremely vulnerable person who is shielding from Coronavirus (Covid-19), should stringently follow the guidance on social distancing and minimise contact outside the home.

6. **If someone falls ill** - If a worker develops a high temperature or a persistent cough while at work, they should:

1. Ensure coach is informed
2. Return home immediately
3. Avoid touching anything
4. Cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow.

**They must then follow the guidance on self-isolation and not return to training until their period of self-isolation has been completed.**

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| **HAZARD** | **CONSEQUENCE** | **AT RISK** | | **ASSESSMENT**  **SEVERITY X PROBABILITY = RISK FACTOR** | | | **CONTROL MEASURES** | **RESIDUAL RISK**  **SEVERITY X PROBABILITY = RISK FACTOR** | | |
| **PARENT** | **INDIVIDUAL** | **SEVERITY**  **0-5** | **PROBABILITY**  **0-5** | **RISK**  **FACTOR** | **SEVERITY**  **0-5** | **PROBABILITY**  **0-5** | **RISK**  **FACTOR** |
| **Travel to Training** | **Catching/Spreading** | y | Y | 5 | 4 | **20** | * Journeys to training should be only be made by persons of the same household. * If a child or adult in the same household shows any symptoms of covid 19 they are not to attend training and self-isolate as per PHE guidelines. * When arriving at training all children and adults are to wash their hands using soap and water for 20 seconds wherever possible or hand sanitiser if soap and water are not available ensuring that the 2-meter distancing it maintained at all times. | 5 | 1 | **5** |
| **Training** | **Catching/Spreading** | y | Y | 5 | 4 | **20** | * Consent from parents/carers and ensuring you are in sight of another adult e.g. parent/carer or another coach and that the ratio of coach to different age-groups of children is appropriate, the additional parent/carer or coach is not included as part of the group of six but must remain in sight of the activity. * Training up to six people (including the coach) but must follow The FA safeguarding policy when coaching/working with children * All training is to be completed at an outdoor venue and the training area is to be coned off only allowing the 6 participants to enter the training ground. * All parents/Carers are to maintain the 2 mtr social distancing guidelines if spectating and are not to enter the training area. * Each participant is to stay within the designated area as instructed by the coach which will maintain the 2 mtrs social distancing rule. * All training will be consisting of individual skills and fitness with strictly no contact between participants. * All participants are to bring their own drinks and suitable means of hand washing e.g hand sanitiser/hand wipes and these are to be kept in a bag with them in their training zone. * More than one group of training is allowed providing there are enough qualified coaches and that the groups are kept apart in separate training areas and do not mix. * Participants with impairments must ensure they can adequately cater for any additional needs whilst still avoiding physical contact and maintaining social distancing. Individuals should follow Government guidance relevant to their own impairment or health condition. * At the end of each session the participants will be sent to their parents/carers individually to maintain social distancing. | 5 | 1 | **5** |
| **First Aid and Emergency Service Response** | **Catching/Spreading and putting pressure on the NHS** | N | Y | 5 | 4 | **20** | * The primary responsibility is to preserve life and first aid should be administered if required and until the emergency services attend. * Consideration must also be given to potential delays in emergency services response, due to the current pressure on resources | 5 | 1 | **5** |

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| **Revision Number:** | **Reviewed by:** | **Review Comments** | **Date:** |
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