

RAMS Title: 18. 'COVID-19' - Sevenoaks 1St Team Matches & Training

RAMS Document Control:

RAMS Risk Rating

D4 - HIGH

STFC – COVID-19 1st Team Matches & Training v 1.2

Date:	25 March 2021	Site:	Sevenoaks Town FC 3G Stadium	Who Might Be Harmed: (insert ∨)	Coaches	Volunteers	Officials/players	All Visitors	
Review:	Sept 2021	Assessed By:	Paul Lansdale – Chairman and Justin Baker – FCCA, IOSH Managing Safety (Volunteer)		√	√	√	√	

		Kr	nown Haza	rds (insert	√)						PPE to be	Jsed (inse	rt √)			
Manual Handling	Slip / Trip Hazard	Harmful chemicals	Noise/ Dust	Electric Shock	Vehicles	General Risk of Danger	Biological	Bump Cap	Safety Glasses	Face Mask	Hi-Viz	Overall / Uniform	Apron / Tabard	Protective Gloves	Safety Shoes	
						√	✓			✓				✓		

Equipment Required:

- · Sanitising Spray for warm up and match equipment
- First Aid PPE as per The FA First Aid Guidance
- Hand Sanitiser supplied at the club pitch entrance and exit.
- Temperature reader for access to the ground
- Hand Soap and Consumables for Toilet and shower rooms
- Important to note that probability of contracting COVID-19 are further reduced with Government controls in place.
- Should Government guidelines change then these new rules will be communicated as an appendix to these RAMS with clear indication of any facilities that are not available and any new controls that need to be added.

Activity	Task Specific Hazard(s)	Ri	sk Ratin	ng 	Control Measure(s)	Res	idual Ri	isk
		Probability	Severity	Rating		Probability	Severity	Rating
Communication	Infection risk of Covid-19	3	4	12	 The club is following the Government Guidelines, The League and The FA guidelines for return to football for COVID-19. Everyone - All players/coaches/volunteers/club officials, etc. will be provided with access and asked to read The FA 'Code of Behaviour' An email has been sent to all players/coaches/volunteers giving instructions/information and this will be provided to any visiting teams and match officials prior to arrival. Coaches/volunteers/players/match officials/ visiting teams will be reassured and instructed to ensure they wash their hands and comply with social distancing. All visitors are instructed to carry out a self-assessment with regards to COVID symptoms and informed not to come to the stadium and self-isolate. Anyone who wishes to shield will be permitted to do so. All visitors will be provided with a reminder of the symptoms of COVID-19 and need to follow government guidelines. Attendees records to the stadium will be kept for 21 days in line with the club's data protection policy and used upon request to comply with the requirements for the NHS track and trace. Confirmation will be obtained from visiting teams to confirm they have all contact details for their visiting team. Communication sent to all with regards to the stadium controls in place by the club for attendance at the training/matches. Separate guidance providing any updated restrictions to be sent to all players, coaches, volunteers which will include any changing tier or local restrictions for attendance at matches. This will include any travelling and destination COVID-19 restrictions at away match venues and locations that will need to be followed. 	2	4	8

					Board Members responsible for COVID-19 Policy will observe a number of matches in order to ensure compliance and reminders of compliance is adhered to.			
Access Control	Infection risk of Covid-19	3	4	12	 Coaches/Volunteers/Players/Parents/Officials will only be allowed into the 3G stadium at their allotted time. Manned Access control will be managed via the turnstiles. A one-way system will operate around the football pitch as far as reasonably possible with social distancing markers in place. PPE will be provided if medical assistance is required and social distancing is not possible. Hand Sanitiser is provided before entering the ground, while inside the ground and on exiting the ground. All entrants to the stadium must undertake and pass a Temperature reading machine otherwise entry is refused. Access touchpoint will be cleaned prior to training/matches and or as required and treated with a sanitising solution that provides up to a 90 day residue to combat COVID-19 and other viruses. Signage inside the stadium will provide guidance and reminders of social distancing measures. 	2	4	8
H&S Arrangements and First Aid	Infection risk of Covid-19	3	4	12	 Medical and PPE provision is available at the ground to follow The FA PPE level requirements for First Aid. First Aiders are advised to wash hands after treatment and record name, date and treatment provided for NHS track and trace process. Suitable sanitisation process in place for stadium touchpoints Signage regarding handwashing and social distancing is displayed Hand wash and santiser and wipes are available A quarantine room has been allocated which has direct access to the outdoors and first aid including wipes, gel and sanitiser. (See RAMS Stage 2&3 for process if used) Emergency evacuation procedures have been reviewed alongside the fire risk assessment. 	2	4	8

Training and Warm	Infection risk of Covid-19	3	1	12	Staggered start times will be allocated for matches and training 2 4	Q
Up Session	Intection risk of Covid-13	3	4	12	sessions to reduce overcrowding.	0
Equipment					Coaches will be required to bring their own football equipment	
_45.pc					• Equipment is not to be shared by other teams.	
					Bibs should be allocated to a player to keep and launder between	
					sessions	
					Footballs, cones and other training equipment must be sanitised	
					before commencement, as required through the training session	
					and after the training session.	
					Only the coaches should place and collect up all the training	
					equipment used at the training session.	
					Touchpoint will be treated as required or as required and treated	
					with a sanitising solution that provides up to a 90-day residue to	
					combat COVID-19 and other viruses. (Appendix A of to Stage 1	
					RAMS document).	
					The venue will have a periodic swab test to touch points to ensure	
					sanitising program is effective otherwise more frequent	
					sanitisation will take place.	
					Coaches and players reminded to wash their training/match kits	
					after each session.	
					Pitch side areas have been provided for the sanitisation of all seach's agricument used for the session at certain and exit points to	
					coach's equipment used for the session at entry and exit points to the pitch should they be required.	
					Players should refrain from spitting, chewing gum and shouting in	
					close proximity of others.	
					Players and coaches should remain inside their allocated training	
					area and ensure that they are able to maintain social distancing	
					when not participating in competitive training sessions.	
Competitive		3	4	12	• STFC to be affiliated with County Football Association prior to 2 4	8
Match Play and				1-2	match play.	
Training					Safety briefings prior to competitive activities should be provided	
Hallillig					reminding participants of The FA 'Code of Behaviour' and the	
					requirement to social distance during breaks in play.	
					Pre-match handshake should not happen. Instead players will be	
					asked to hand-sanitise before kick-off;	

					 Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible; Warm-ups/cool-downs should always observe social distancing; Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made; Additional seating area will be provided to allow for social distancing Match preparation meetings by officials should be held by video call; Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls; Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time. Goal celebrations should be avoided; Interactions with referees and match assistants should only happen with players observing social distancing; Kit should be taken home and washed after play Football should not be handled unless for throw-ins and if the ball goes outside of the pitch confines then it should be sanitised before re-entering play and an alternative sanitised ball used to help the game flow. Use of foot instead of hands where possible. Technical Areas will have additional seating provided to allow for social distancing to take place. Face coverings: All participants should follow the Government guidance on face coverings.
Match Officials	Infection risk of Covid-19	2	4	8	 Match officials should observe The FA's guidance and any contact form players or mangers with match officials should be done so while observing social distancing measures at all times. Team sheets to be sent electronically by teams No hand shaking Electronic Payments made where necessary.

Break times	Infection risk of Covid-19	2	4	8	 Players will be reminded to keep social distancing a priority during any breaks. Players will be asked to bring their own named water bottles, hand sanitiser, sun cream for their training or match session to be used during, before, after and any break. Volunteers/Staff reminded of social distancing 	1	4	4
Store rooms and club house.	Infection risk of Covid-19	2	4	8	 Clubhouse and store rooms will remain closed for access by all with separate RAMS carried out for the clubhouse facility. The Clubhouse changing room can be used when permitted and covered under this heading below. Store rooms will only be accessed by those trained to use stored equipment. Those trained will provide sanitising clean to their grounds equipment after each use with appropriate chemical. Where maintenance work is being carried out, social distancing measures are in place and where this may not be possible then face masks are provided. 	1	4	4
Toilets		3	4	12	 Toilets will be treated as required with sanitising solution that provides up to a 90-day residue to combat COVID-19 and other viruses. Toilets will have one-way system and 'one out - one in' approach. During pitch opening, the toilets will be checked hourly for consumables and sanitising wipe as required. 	2	4	8
Changing Rooms/ Showers		3	4	12	 Changing rooms/shower rooms will be used for matches where required to do so by the league and in line with government legislation. However, all teams and officials will be asked to attend the match already changed. All players/ coaches/ match officials are advised to shower at home after matches. Where changing rooms/showers are permitted to be used then they will be will be treated as required and a sanitising solution that provides up to a 90-day residue to combat COVID-19 and other viruses. (Appendix A to Stage 1 RAMS document). 	2	4	8

					 Clubhouse changing facilities can be used in addition to those inside the ground to aid social distancing and these will be sanitised prior to use. Changing Room windows will be opened to allow for ventilation. Only authorized personnel to access changing rooms and each will be clearly marked with the maximum number of individuals permitted access and this communicated to all teams and officials. Changing rooms only used for changing and showering and no other purpose.
Spectator Stands	Infection risk of Covid-19	3	4	12	 The spectator stands have been sanitised and treated with a sanitising solution which can continue to work for up to 90 days after application. Labels have been placed on seats to provide suitable social distancing for users. Restricted numbers of spectators or no spectators in line with any government and FA guidelines is in place to prevent overcrowding inside the stadium. Face coverings: All participants should follow the Government guidance on face coverings.
Travelling, Car Park and External Areas outside the Stadium	Infection risk of Covid-19	2	4	8	 All participants will be reminded of the need to comply with the latest government legislation for traveling to and from matches. Users of Local Authority Car Park and the park area are reminded to maintain social distancing and follow government guidelines. Club will not authorize the sharing of vehicles unless family members but will advise participants of the importance of vehicle hygiene, personnel hygiene, ventilation and face masks should a situation arise where it may occur. All participants will be advised of the latest government guidelines for safe travel.

Additional RAMS available for Youth Football Training and Match Play at the Stadium

PROBABILITY X SEVERITY = RISK RATING (USING BOSTON SQUARE);

1 to 6 Controls are adequate; 8 to 12 Review controls, take additional action if required; 15 to 25 Urgent actions required, Stop Work.

Method Statement		Risk Assessment Number:	STFC – COVID-19 Stage 1 v1.2
Risk Assessment Title:	'COVID-19' - Sevenoaks Town FC 3G Stadium	PAT Test/Inspection Due:	No

Definition:

Personal Protective Equipment (PPE) is all equipment including clothing affording protection which is intended to be worn or be held by a person at work and which protects them against one or more risks to their health and safety e.g. face masks, hand sanitiser, gloves

Legal Duties:

PPE at Work Regulations state that personal protective equipment is to be supplied and used at work wherever there are risks to health and safety that cannot be adequately controlled in other ways. Any PPE is to be provided free of charge and when issued employees/coaches/volunteers are legally obliged to wear it as identified by the relevant risk assessment.

PROCEDURE & CONTROL MEASURES

COVID-19: https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19

http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720

This RAMS gives strict guidance on the generic risks and control measures of training at Sevenoaks Town FC 3G Stadium

Index for the Map positioned on the next page

Training / Match Pitch, complying with maximum number of people allowed as directed by The FA to their allocated part of the pitch at any one time.

Training / Match Pitch, complying with maximum number of people allowed as directed by The PA to their allocated part of the pitch at any one time.

ONE WAY system around the pitch Changing Rooms

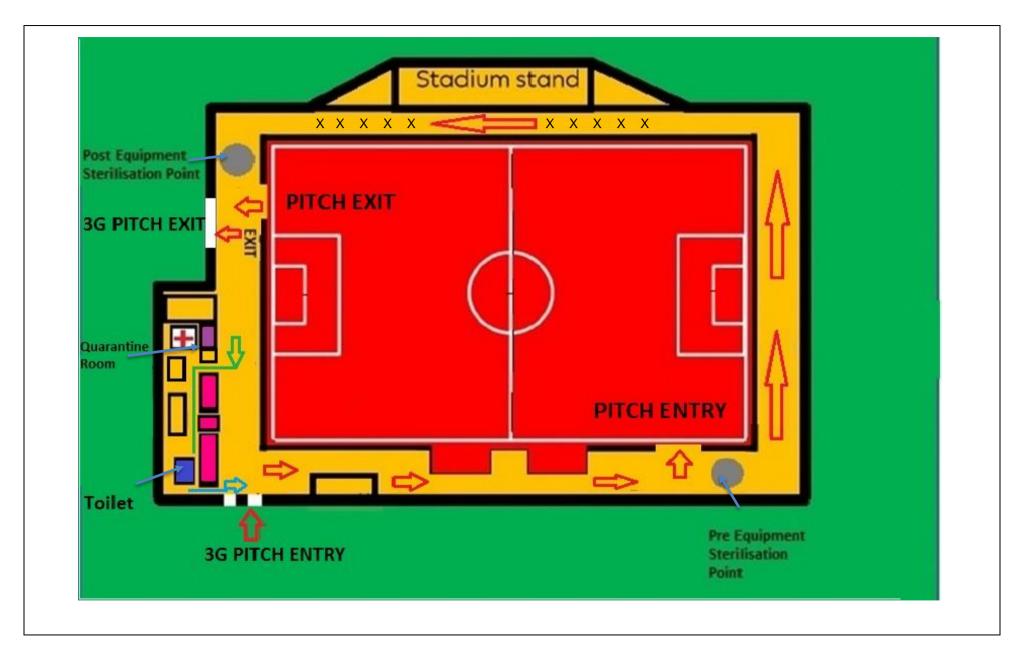
Pre and Post training equipment sterilisation points

Attendees (spectator) standing position

Quarantine Room for those showing COVID-19 symptoms during session (follow RAMS Stage 2&3 if used).

Toilet with Green arrow and line showing entry and blue line and arrow showing exit for one-way system

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Please be aware of any communication from the club with updated controls based on the latest government guidelines for attending football training or matches. This will include any local COVID controls set in place for both home attendance and away fixtures. These additional club communicated controls will supersede this document should there be any conflict and if you are unsure of the controls then seek clarifications.

Arrival

- Communication with Away team and Match officials to advise them of access, ground layout and ground control measures.
- Before travelling ensure you have self-assessed and do not attend the ground if you have any COVID-19 symptoms which are detailed on the COVID-19 questionnaire.
- On arrival at the car park ensure you follow government guidelines on maintaining a safe distance from others.
- Only make your way to the 3G pitch if it is possible to maintain social distancing from others.
- Wait outside the 3G pitch entrance before entering the ground to allow others in front to leave the entrance area maintaining the appropriate social distance.
- The turn style entrance will be manned and you will be required to confirm that you are not suffering from any COVID-19 symptoms after which you and all entrants will undertake a temperature check before being allowed to enter the stadium. If you are refused entry please return home and seek medical advice.
- Hand sanitiser is available for use at the point of entry and you may proceed around the one-way system maintain social distance to others.
- Follow the one-way system and maintain social distancing. Go directly to the allocated training area/ warm up area on the pitch in the red zone if it is free, maintaining social distancing. If your area on the pitch is occupied then remain in the orange zone with players maintaining a social distancing and only allow entry to the pitch when it is been vacated. Spectators should go to the allocated standing and seating areas.
- Maximum number of people as specified by the FA guidance are only permitted in the allocated training area (including coaches) at any one time.
- Maximum number of spectators as specified by the FA guidance are only permitted in the stadium.
- All match team players may access the red zone maintaining social distancing
- There is a position just passed the pitch entry point for sanitising football training equipment if not already done so.

During Training and Warm Ups/Cool Downs

- Only coaches to touch the training equipment do not ask players to move or collect or set down.
- Players should not handle the balls where possible or unless you are a goalkeeper wearing gloves which should be sanitised regularly. Santitisng solution will be available by each goal for use.
- Players should not spit or chew gum.
- Players should be encouraged to cough and sneeze into their elbow should they need to while in the stadium.
- Players, coaches and officials must follow The FA 'Code of Behaviour'
- Warm-ups/cool-downs should always observe social distancing;

During Matches – Must be affiliated with local county FA for the 20/21 season before any match play takes place.

- Safety Briefings prior to competitive activities should be provided reminding participants of The FA 'Code of Behaviour' and the requirement to social distance during breaks in play.
- Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;
- Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible;
- Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made;
- Match preparation meetings by officials should be held by video call;
- Set plays free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;
- Set plays corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing;
- Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
- Kit should be taken home and washed after play.
- Footballs should not be handled unless for throw-ins and if the ball goes outside of the pitch confines then it should be sanitised before re-entering play and an alternative sanitised ball used to help the game flow.
- Goal Posts, sub benches and Flag Posts will be treated with sanitising solution which can last for up to 90 days.
- Half Time break goal post and corner flags will be sanitised even though they will be treated with a solution which can continue to work up to 90 days in order to comply with league requirements.

Toilets/Changing Rooms

- Anyone attending training or matches should try and use the toilet before leaving home.
- Toilet facilities will be available at the ground using the one-way system as detailed on the map. Green line and arrow showing entry and blue line and arrow showing exit. Please follow the one-way system around the pitch.
- Toilets will be treated with sanitising solution which can last up to 90 days.
- On training and match days, the toilets will be checked periodically to ensure consumables are present and to sanitise any obvious soiling and door handles.
- Signage is provided for one-way system and washing of hands.

- When permitted, changing Rooms will be available for changing and showering in order to comply with league regulations.
- When changing rooms are open, they will be treated with a sanitising solution that can last up to 90 days and notices will be displayed detailing the maximum number of permitted individuals that are able to maintain social distancing once inside.
- All Changing room windows and doors where possible should be left open to allow for ventilation.
- Additional changing faculties are available to be used in the Clubhouse in order to aid social distancing and they will be used should more individuals then permitted number of individuals requiring access to changing facilities exceed the permitted number for the ground changing rooms. In order to facilitate this, away teams will be asked whether they will need the facility and if so for how many individuals.

Player Injury at Training or During Match play

If STFC provide a HCPs the HCP will abide by the guidance as depicted by the League, as advised by the Government and the elite sport framework.

STFC first aiders will follow the guidance set out in The FA 'Return to Grassroots Football' as a minimum. The FA guidelines as detailed in the table below wearing the appropriate PPE based on the injury being treated if they need to compromise social-distancing guidelines to provide medical assistance. All PPE will be kept at the ground for use by first aiders and HCPs. A copy of The FA's 'Clubs and Coaches Covid-19 first aid guidance' will be distributed to HCPs and first aiders.

TABLE 2: DEFINITION OF SITUATIONAL PERSONAL PROTECTIVE EQUIPMENT LEVEL REQUIREMENTS

What are the hazards?	Gloves	Apron	Fluid-resistant long-armed gown/ coveralls	Fabric/cloth mask^	Fluid-resistant Surgical Face mask Type IIR	Filtering Face Piece Respirator 3 (FFP3) mask^^	Eye Protection Goggles/Full face visor in addition to personal spectacles
	SINGLE USE*	SINGLE USE*	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE REUSABLE***	SESSIONAL USE REUSABLE***
NON-MEDICAL SCENARIO Where social distancing may be compromised? including at training	X	X	x	1	x	X	X
LEVEL 1 Where government-advised distancing may not be maintained at all times	X	X	x	X	✓	X	X
LEVEL 2 Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	1	1	X	X	1	X	✓
LEVEL 3/AGP Aerosol-generating procedure (AGP or high potential for aerosol)	1	X	✓	X	X	1	1

^{^ 3} layers: 1st water absorbent cotton I 2nd filter layer I 3rd is water resistant 16

Non-medical but unable to comply with social distancing

Level 1 Can be seen as any minimal contact with injured players (<1min)

Level 2 Should be seen as any prolonged period of time spent with injured player

<u>Level 3 Should be seen as any injured player with bodily fluids and /or aerosol generation (e.g. shouting /screaming)</u>

STFC has spill kits available to be used for bodily fluids.

^{^^} Please be aware WHO¹6 does recommend FFP2 mask as an alternative in FFP3. However FFP3 is included in this framework as this is in line with PHE

^{*} Single use: Equipment that must be changed after each contact

^{**} Sessional use: Worn for a period of time when undertaking duties in a specific clinical care setting/exposure environment; a session ends when the responder leaves this defined remit; however, it should be disposed of if it becomes moist, damaged or visibly soiled;

^{***} Reuseable equipment appropriately decontaminated to PHE standards that can be reused 13 .

Departure

- Players and coaches to leave the pitch by the exit gate marked on the map and follow the one-way system around the pitch.
- There is a position at the pitch exit point for sanitising football training, warm up, match equipment immediately after the session should this be required.
- Hand sanitiser is available at the exit to be used.
- Exit through the perimeter fence gate and wait at a safe distance on the other side for players to be collected by a family member or guardian or adults may proceed to the car park area.
- Maintain social distancing from others at all time.

If the event of an emergency e.g. fire, then please use all available emergency exit points.

Showing Symptoms of COVID-19 while at the Stadium

Symptoms are:-

- Has a high temperature (above 37.8oC);
- Has developed a new continuous cough;
- Has shortness of breath or a sore throat;
- Loss of or change in normal sense of taste or smell;
- Or generally feels unwell
- Persistent tiredness
- Been in close contact with a suspected or confirmed case
- Anyone in the household/bubble are self-isolating awaiting for a test result for COVID-19

Should a person show any one of these symptoms or been in close contact with another person who may have COVID-19 then do not travel to the stadium, self-isolate and seek medical advice. If a person has entered the stadium and then shows signs of COVID-19 then they should leave the stadium with an accompanying family member of guardian. If this is not possible then the use of the quarantine room must be used. Quarantine Room RAMS must be followed and are labelled as Stage 2&3 v1.2. Use of professional Cleaning company to decontaminate areas are available upon request. Contact details Wetton Cleaning Services Limited, Contact Tel 0207 237 2007 www.wettons.co.uk.

Manned Entry for Stadium Access

- Manned gate area will be sanitised as required and treated with a solution that can last for up to 90 days and periodically checked.
- Person manning must not be shielding and must wear gloves and a face mask as a minimum and used hand sanitiser or wash hands prior to commencement of shift.
- Clear divider between turn style entrance and manning point.

- Manned gate person to check entrants have self-checked for COVID-19 symptoms.
- Undertake the Temperature check and refusing entry to anyone failing.
- Once all entrants arrived, then the person will undertake a check of the washrooms and carry out sanitising clean to handle touchpoints and any obvious soiling plus replenish any consumables as required.
- At end of the shift, dispose of gloves and sanitise hands before departure.
- For those manning the gate should follow the Government guidance on face coverings.

Matches not at the Bourne stadium

- Follow all the latest government guidance and also local site requirements for attending any fixture away from the Bourne Stadium.
- The club will provide updates for any changes in Government guidelines including area tier rules for footballing activities, travelling and attendance.

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ADDITIONAL INFORMATION

Ensure that you follow social distancing measures at all times. If you are unsure of any process then please ask.

DICK	MATRIX			Severity		
KISK I	MATRIX	1: Insignificant	2: Minor	3: Moderate	4: Major	5: Catastrophic
	A: CERTAIN (> 90%)	Moderate	High	EXTREME	EXTREME	EXTREME
	B: LIKELY (50 to 90%)	Moderate	Moderate	High	EXTREME	EXTREME
Likelihood	C: POSSIBLE (20 to 49%)	Low	Moderate	High	EXTREME	EXTREME
	D: UNLIKELY (5 to 19%)	Low	Low	Moderate	High	EXTREME
	E: RARE (<5%)	Low	Low	Moderate	Moderate	High
Completed By:	Paul Lansdale	Name: Paul	Lansdale	Position: Covid office	Date:	25 March 2021
Comments:					Review Date:	Sept 2021
Completed By:		Name:		Position:	Date:	
Comments:					Review Date:	Sept 2021



Recovered 03Mar20 from: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public





	Employee/Coach/Pla	ayer/Volunteer		Trainer	
Name	Ref Number (If applicable)	Signature	Name	Signature	Date

Employee/Coach/Player/Volunteer			Trainer		
Name	Ref Number (If applicable)	Signature	Name	Signature	Date