

Risk Assessment

Clwb Pel-Droed Llandeilo AFC Senior - Restart Arrangements August 2020

The FAW have announced that clubs can restart training within specific guidelines see attached FAW document ¹

The Club must ensure that social distancing can be maintained at all times with in the facility – Tregib Sports Facilities, Heol Bethlehem, Ffairfach . See Restart Protocols from TSF Ltd.²

The club will ensure that social distancing guidelines can be maintained at the facility , this should include monitoring and accessing the numbers of players attending each training session

There should be sufficient coaching staff to help ensure social distancing is maintained

Depending on player and /or staff numbers eligible to attend a training session , staggered arrival and departure time slots for each group need to be considered

The type , lay out , length and location of training should be considered and reviewed after each session and adjustments made .

Session should be designed and pre-planned to ensure social distancing can be maintained.

Prior to each session Staff and players will need to be able to answer that they are fit and able to train and do not have any of the widely recognised Covid 19 symptoms i.e. high temperature, new continuous or persistent cough , loss of taste and smell . They should confirm that no members of their family and immediate circle has presented with Covid 19 symptoms. Any one who can not fulfil these recommendations should be asked to leave immediately

The club will provide adequate supplies of sanitizers, antiseptic wipes etc and each player, coach or committee member will be asked to sanitizer hands at the start of the training , during a break and again at the end of the training session.

Any player, coach or committee member exhibiting any Covid 19 symptoms will have to self isolate and should not return to training unless 100% fit and certainly until after 14 days have elapsed . If a member of the family becomes

¹ FAW http://contentfaw.aws-skybrid.co.uk/files/1115/9662/8468/FAW_Safer_Return_to_Training_Phase_2_Protocol_-_Tier_3_and_below.pdf

² TSF Reopening Protocol TSF v1.2.pdf

unwell with Covid in that period , the player , coach or committee member will need to avoid contact for a further 7 days .

Players and staff should bring their own personalised water bottles to all team activities to help reduce transmission risk. Individuals should take their own water bottles home for cleaning.

There will be no storage facilities within the changing rooms and it is recommended the players & coaches arrive ready to train.. If training with the building ie Sports hall , it is the responsibility of the coach to arrive earlier and clean any hard surfaces or equipment .

Training will be given to all players and coaches on appropriate cleaning regimes to ensure that adequate hygiene is maintained. Players and Coaches should use the hand sanitizers provided by the club or TSF or their own upon arrival , during breaks and on leaving the facility .

There is adequate car parking at Tregib but it is recommended that players/coaches keep a distance from each car. Do not congregate to talk unless you can maintain 2 metre apart .

It is strongly recommended that players to not pool cars and arrive separately or have lifts from family or people within the recognised social bubble .

Only equipment deemed to be essential will be used . Equipment should be sanitised before use and again after the training session is completed.

If training bibs are used, it is the responsibility of the player to take home and wash them.

The re-joining protocols of TSF confirms that the showers will not be available and that the toilets should be used one person at a time and each person should use the sanitizer before entering and to wash hands thoroughly after .

You should not drink the water from the Taps- TSF have made every effort to prevent Legionella in the system but the facility was empty for 5 months and static water can breed this bug .

The Club will be sourcing First Aid PPE and will investigate placing additional people through approved First aid Courses

The Club will formulate a plan for the steps to be taken if a player gets injured during training

The club will review these arrangements as more guidance is provided by FAW and the need to adopt and improve is highlighted