

Risk Assessment Sept 2020

Midlands Performance Centres – Risk Assessment

Covid-19 – Managing and controlling the risk at PC venues

Who is exposed and at risk?

- PC Staff
- Players
- Facility staff
- Spectators

What are the Hazards?

- Person to person contact spread
- Person to person aerosol spread
- Contact spread via touching surfaces - fomites

What are the Risks?

Spreading Covid -19 amongst PC staff and players via:

- PC Staff
- Players
- Equipment / kit
- Facilities structure
- Facilities staff
- Spectators

By having no controls in place the risk of someone within PC bringing in coronavirus to the PC environment and spreading it amongst our immediate PC community, the facilities staff and spectators, is very possible.

Spreading Covid -19 to the wider community via:

- PC Staff
- Players
- Equipment / kit
- Facilities staff
- Facilities structure
- Spectators

By having no controls in place we could allow Covid-19 to enter the facility and then be taken away by PC staff, players and spectators. This may allow spread within the individuals' local communities. The risk of extensive spread is greater considering the number of players and staff we have within PC from across the Midlands region. However, squads and training times have been organised to minimise contact between players and staff from different parts of the wider Midlands region.

Midlands PC Control Measures

1. **Pre-session participation procedures for all players and staff**
 - a) **Participation Agreement**
 - b) **Self Assessment**
 - c) **Self-isolation, lockdown and quarantine**
 - d) **Player Hygiene**
 - e) **Player Equipment**
 - f) **Playing Kit**

2. **Pitch preparation**

3. **Players and staff - travelling to PC activities**

4. **Pre-session on pitch briefing**

5. **Playing hockey**

6. **Post session briefing**

7. **After playing hockey**

8. **Spectators**

9. **General**

1. **Pre-session participation procedures for all players and PC staff**

- a) **Participation Agreement**

All players engaging in PC hockey activity MUST sign an England Hockey Participation Agreement for the PC centre they have been assigned for training purposes. Each player will be notified of the relevant centre in their invitation letter. In completing this agreement players are agreeing to the England Hockey Terms and Conditions and Code of Ethics and Behaviours, which include specific reference and guidance in relation to Covid-19.

This participation agreement must be completed at least 24 hours prior to attending the first PC session, guidance on this will be provided in the invitation letter. If players do not complete this agreement for the correct hockey centre they will not be allowed to participate. This decision is non-negotiable pursuant to England Hockey guidance.

The Participation Agreement can be found on the England Hockey website [here](#) and also on the Midlands Performance Centres website [here](#).

All participants have a duty and responsibility to reduce the risk of Covid-19 and, pursuant to the England Hockey Participation Agreement, everyone is opting into complying with these practices and procedures when they participate in hockey activity.

We expect all our PC players and staff to be honest about contact they may have with Covid-19.

b) Self Assessment

All those engaging within any hockey activity must complete a self assessment prior to each PC hockey session.

Every player who registers on arrival at the venue are declaring that they are symptom free (confirmed by a parent for those aged Under 18) and have NOT been in contact with anyone with suspected or confirmed Covid-19 symptoms within the last two weeks.

Signs will be on display to remind all players that they must be symptom free before registering on arrival at a PC venue.

If anyone becomes sick with Covid-19 symptoms, tests positive for Covid-19 or has been exposed to a suspected or confirmed case they must take the following steps:

- Stay at home
- Contact Julie Airey, Mids PC Covid Officer, admin@midlandspowercentres.co.uk
07894 205131
- Contact NHS Track and Trace – [click here](#)
- Notify your hockey club and school

Once we receive this information we will contact other PC participants to let them know that there is a suspected case of Covid-19 and advise them to monitor their own health.

We are also obliged to notify the facility operator and England Hockey via their incident reporting procedure.

The following symptoms are highly suspicious of Covid-19 infection:

- a high temperature (above 37.8oC)
- a new continuous cough
- shortness of breath
- a sore throat
- loss of, or change in normal sense of taste or smell
- feeling generally unwell
- been in close contact with, or living with, a suspected or confirmed case of Covid-19 in the previous 2 weeks

Please refer to the NHS 111 online symptom checker if you are at all concerned - [click here](#)

If you have recently had, or are suffering from Covid -19 players can return to play after the 14 day self-isolation period specified by NHS subject to all applicable guidance and regulations.

c) Self-isolation, Lockdown and Quarantine

We expect all our players and parents to follow all relevant government guidance including, but not limited to: self-isolation, lockdown (local or national), as well as quarantine rules when returning from holidays.

We expect everyone to comply with track and trace guidelines.

d) Player Hygiene

All players must wash or sanitise their hands thoroughly, as per government guidelines, prior to entering the hockey pitch. Hand sanitiser will be available at every venue and anyone entering the pitches will be expected to sanitise their hands prior to entry.

All players should have their own named hand sanitiser for regular use throughout the session.

All players should bring their own cloth face covering – ideally with at least two layers of fabric. This may be required if first aid treatment is required. These face coverings must be taken home with each player and not left at the venue.

All players must bring their own personal first aid kit for treatment of minor injuries. All major injuries will be dealt with by the PC coaching staff using PPE, however to minimise the risk to PC staff we may decide, after a player assessment, that we will not physically deal with minor injuries. We will contact the parent and if they are on-site they can attend to treat the player following all safety instructions provided by the PC staff.

All injuries will be carefully assessed to determine the best course of action based on St Johns Ambulance Covid guidelines.

Hands must be sanitised prior to, and after, filling water bottles.

Chewing gum is banned at all PC venues.

e) Player Equipment

Every player must use their own personal equipment; sticks, mouth-guards, GK kit, water bottles. At this time, and until further notice, Midlands PC will not be doing work involving face masks for penalty corners.

Please ensure water bottles are full on arrival (all bottles must be clearly named). It is recommended that players bring multiple large filled water bottles, as some of the PC venues will not have easy access to taps. Players may not be able to fill their bottles inside the venues.

f) Playing Kit

All players must arrive ready changed for the PC session. There will be no changing facilities at any venue. Toilet facilities are not to be used as changing rooms under any circumstances.

Player kit – outfield players please arrive at every session in the following:

Official PC player kit for all existing players.
Playing shirt - dark blue or black,
Skort/shorts - dark blue or black,
Socks - dark blue, black or white.

Important - All outfield players must bring a white shirt to every session.

Players will NOT be asked to change shirts on the side of the pitch – if a different colour shirt is required during the session it must be worn over the top of the original shirt.

Player kit – goalkeepers:

Official PC smock for all existing goalkeepers.

Smock – during the assessment process we are happy for non-PC GKs to wear their usual smock however it would be sensible to wear the same smock to every session to allow easy identification by the coaches.

GKs must change promptly when instructed and keep all items clear of other players. GK items must not be shared.

Bibs will not be used at this time therefore all players will need to bring a white shirt to every session.

U15 players will be given a number to pin on their shorts/skort to ensure the coaches can correctly identify them. This number will already have pins attached to allow it to be fastened to clothing. Players must remove the number at the end of the session and reattach the pins and return as instructed by the Team Manager. On no account must these numbers be removed from the venue.

2. Pitch Preparation

All players have been assigned a PC squad for training purposes. There will be no player movement between these squads at this time under any circumstances. When squads are scheduled to be at the same venue on the same date we have ensured that there are ample breaks between the sessions to allow players to depart, surfaces to be cleaned, equipment to be cleaned or changed and the next players to arrive without any crossover. Staff will be allocated to a squad on these days and there will be no direct crossover of staff between the squads.

Where PC training sessions have players arriving at different times (for example Sunday sessions and cluster matches), each squad will have separate playing equipment assigned so as to avoid any transmission between squads.

PC coaching staff will be assigned to a squad and will not rotate. Head coaches and Team Managers will float between squads but will have no close contact with any players or PC staff from any group.

All PC staff will have washed / sanitised their hands before the arrival of any player.

Prior to the arrival of any player, the PC staff will arrive and undertake any necessary cleaning of surfaces. Any items, water bottles, etc, which have been left from previous non-PC sessions, will be removed. All balls and equipment will have been either cleaned/sanitised, or have been left for over 72 hours, prior to use.

3. Travelling to PC activities and arrival on site

All our PC players and staff are encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. We strongly advise players to travel with family members 'household group' or people within your 'bubble'.

Government guidance regarding travel is as follows and we would urge our PC players to follow this guidance at all times. [Click here for government guidance](#)

If you do need to share a vehicle to participate in PC activities please try to:

- share the transport with the same people each time
- keep to small groups of people at any one time
- open windows for ventilation
- travel side by side or behind other people, rather than facing them
- consider seating arrangements to maximise distance between people
- clean the car between journeys using standard cleaning products
- ask the driver and passengers to wear face coverings

- arrive promptly and on time – there will be nowhere for players to congregate and wait prior to registration and entry to the pitch

Please be aware that players are not authorised to travel with any PC staff to any PC sessions, unless they are children of the member of PC staff.

On arrival at the venue, please take note of instructions from PC staff and on site signage regarding where to park and routes to the pitch, as these may be different from usual.

All players must register on arrival with the Team Manager, with minimum 2m distance in the queue, between each player.

Once registered players must proceed to the pitch – there is no need to wait for other PC players prior to accessing the pitch, your coaches will be waiting to direct you as soon as you have registered.

Players must place their bags where instructed, this will be at suitable distances apart along the side-line of the pitch. Bags and belongings should not be left in the dug-outs under any circumstances.

Where possible avoid touching gates and fences unless absolutely necessary.

4. Pre-session pitch briefing

At the beginning of every session all players will be reminded of their responsibilities associated with the EH guidance. It is important that all players are present.

5. Playing hockey

When not physically playing:

- we appreciate that some of you may not have seen each other for some time, but please no hugs between players
- clean/ sanitise your hands during breaks.
- when using the WC facilities always wash hands thoroughly and sanitise your hands when returning to the pitch.
- stay 2m apart at all times, especially when having a rest break, or team chat.

When playing:

- socially distance when play stops and when listening to the coaches
- avoid excessive shouting, and spitting
- no handshakes with other players or close contact during goal scoring celebrations

Players must not touch balls, cones or throw downs at any times with their hands.

If a player or member of PC staff becomes symptomatic during the activity, they should immediately remove themselves from the activity and return home as soon as possible. They should then manage their symptoms as per the advice given by the NHS.

6. Post Session Briefing

Players will have a short briefing with the coaches at the end of each session, and then asked to promptly leave the site. Players should do this independently and keep at least 2m apart from other players and staff.



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7. After playing hockey

Clean your kit or leave it for 72 hours

If you display any symptoms of covid-19 after playing hockey, contact the Midlands PC Covid Officer for further information (including contacting NHS track and trace).

8. Spectators

We kindly ask that all spectators follow the guidance provided by the PC staff or facilities guidance for each venue regarding access to spectator areas. Some of our venues have very tight viewing areas and walkways which will not be suitable to allow social distancing so there may be limited opportunity for anyone to view the sessions from the usual locations. Please do not be offended if we ask you to remain in your car or view from further afield.

Please limit spectators on site to one parent per junior player.

If gates are closed by PC staff or facilities staff to prevent spectator access please respect these decisions.

We ask that spectators return to their cars promptly before any players leave the pitch to allow a clear exit for our players.

There will be no opportunity at the PC sessions for parents or spectators to have discussions with the coaches or PC staff. If you have any questions you should contact your Team Manager in the first instance, or the Midlands PC administrator.

Toilet facilities have been organised for players and staff only.

9. General

Goals - Only PC coaches, Team Managers and PC support staff are allowed to move goals. PC staff will sanitise their hands after touching the goals.

Dug outs – Only players who are receiving medical attention are authorised to sit in the dug out