

**Goalball UK Return to Play Guidance**

**‘Getting Back on Court’**

**Version 10, published 19th July 2021**

Updated versions will be hosted on the Goalball UK website here: <http://goalballuk.com/the-sport/r2p/> and shared with the goalball community via affiliated clubs and social media channels.

This document has been designed with the intention to be fully accessible for screen readers. If you are unable to access any information particularly the tables in the appendices, please get in touch at covid@goalballuk.com.

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# 1. Glossary of Terms

**Affiliated Club**

Approved deliverer of goalball by Goalball UK.

**Affiliated Club led activity**

A training activity, session, or competition for which an affiliated club or organisation is responsible.

**Clubs and Competition Committee (CC)**

Committee responsible for guiding Goalball UK on competition planning and delivery.

**Club Matters**

Support organisation for organisations (clubs) delivering sport and physical activity.

**Face coverings**

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth.

**Facemasks**

Fluid resistance mask that must be worn in medical or cleaning situations.

**Guide Dogs for the Blind**

National sight loss charity.

**Members**

Includes all players, volunteers, coaches, supporters, and officials who are members of a club.

**NHS Test & Trace**

NHS initiative that will help to control the rate of reproduction (R) by ensuring anyone who develops symptoms can be tested and trace anyone who has been in close contact.

**NGB led activity**

A training activity, session or competition for which Goalball UK is responsible.

**‘opt in’**

A decision to participate made by a participant after the COVID-19 mitigation processes are explained.

**Organised Sport or Physical Activity (Goalball)**

Goalball activity formally organised by Goalball UK, a club, public body, qualified instructor, company, or charity, and which follows Goalball UK return to play guidance.

**Participants**

People that play the game at sessions or events.

**Personal Protective Equipment (PPE)**

Equipment to help reduce the risk of infection.

**Personal Support Personnel**

Someone who provides support to allow a participant to safely access a session or event.

**Workforce**

Goalball UK and affiliated club coaches, volunteers, and anyone is involved in planning and delivering activity.

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# 2. Introduction

As we move further forward out of lockdowns across the UK it is important, we continue to follow the principles of our guidance.

* Safety: the safety and wellbeing of members is the number one priority.
* Information: we will continue to provide detailed up to date information to inform people’s choice.
* Choice: it is the personal choice of all individuals to return to play ‘opt in’. No one should be made or feel pressured to play goalball.
* Support: Goalball UK want to support all members to safely return to play; please continue to work with us and feedback as we go through the process.

Failure to take reasonable steps to apply this guidance when undertaking all goalball activity will not only put people at risk but may also invalidate any insurance cover.

## 2.1 Main Risks

It is recognised that risk in sport cannot be completely eradicated, but with caution and care, risks can be reduced, and the benefits of our great sport can be enjoyed fully again.

The Department for Digital, Culture, Media and Sport (DCMS) and health authorities still recognise three major risk factors for team sports:

1. Droplet transmission: the risk associated with each action in an activity based on duration and proximity of participants.
2. Fomite transmission: The risk associated with the handling and transfer of equipment in the sport.
3. Population: The number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high-risk groups, who wish to participate.

The guidance has been produced to help reduce risk before, during and after activity to allow the goalball community to get back on court.

## 2.2 Opting in principle

All activity should follow the process of members, participants, and workforce ‘opting in’ based on having all the available information about the activity and risk management. We have provided wording ([appendix A](#_Appendix_A_–)) that can be used to gain acknowledgement of this fact.

We recommend clubs ask their members, participants, and workforce to confirm understanding of the wording in ([appendix A](#_Appendix_A_–)) by reply email or create a document that people physically sign to acknowledge they are opting in.

## 2.3 Home Nations

Goalball UK acknowledge there are differences between the Home Nations Governments and sporting bodies’ advice, but this goalball (sport specific) guidance is designed to be applied when indoor sport for people with a disability or people without a disability can resume.

## 2.4 Goalball UK Contact

Goalball UK staff are here to support, if you have any questions, would like further advice, and or input into your COVID-19 club meetings please contact us at Covid@goalballuk.com or 07706 286584.

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# Preparing your club or organisation for return

## Step 1 – Working Group to appoint COVID-19 Officers

Arrange a small working group (this could be your committee) to take responsibility for leading on your club’s return to play. Within this group look to appoint two key roles;

1. Lead officer responsible for communications with the venue, enforcement of procedures, and register as the club’s lead COVID-19 officer with Goalball UK.
2. Supporting officer responsible for communication with the playing population and workforce to ensure people are well informed of the risks and mitigations in place.

[Appendix B](#_Appendix_B_-) further explains the responsibilities of these roles.

A direct output from this group is to complete a COVID-19 risk assessment. Venues will expect your club to have this place before allowing you to return.

## Step 2 – Contacting your Venue

Your venue is a key partner for your club or organisation returning to play.

We have created a checklist ([Appendix C](#_Appendix_C_-)) to go through when speaking to your venue about returning. This guidance is designed to work alongside individual venue protocols and procedures, if there is conflict on protocols, please follow the venue’s protocols. If you do not feel the protocols are appropriate, we recommend you do not use the facility.

## Step 2 - Additional Venue Information

[RNIB, British Blind Sport, and Metro Blind Sport](https://www.metroblindsport.org/wp-content/uploads/2020/07/Best-Practice-Sport-Leisure-Guidelines.pdf) have produced guidance that can be shared with your venue to encourage best practice for engaging blind and partially sighted users.We recommend you share this with your venue when discussing your bookings.

## Step 3 - Communication with members

A key part of the process is talking to your club members including workforce and keeping them up to date as things change. We encourage you to share this document with them and then run a consultation via a virtual meeting or a short survey using Google or Microsoft forms. If you need support with this, please contact Goalball UK at Covid@goalballuk.com

Based on your discussions with your membership you may decide you aren’t ready to return to play, you need to make some changes to your plans, or potentially only certain members will initially come back in a phased return.

Remember everyone’s circumstances are different and no-one should be made to or pressured into returning to play.

Further advice around consulting your membership can be found in the [Club Matters – Understanding Your People Guide](https://learn.sportenglandclubmatters.com/pluginfile.php/31274/mod_resource/content/4/Club%20Matters%20-%20Understanding%20Your%20People%20SO.pdf)

## **Step 4 – Workforce Training**

[CIMPSA](https://www.cimspa.co.uk/) in partnership with Sport England have created free training ‘Reactivate’ to support workforce confidently return to delivering activity.

Any person involved in delivering organised goalball activity is recommended to complete the free training before returning to training.

Sign up here: <https://prozone.futurefit.co.uk/goalball-uk/plans/1005>

You can then sign into your account anytime here: <https://prozone.futurefit.co.uk/goalball-uk/login>

Please send certificates on completion to Covid@goalballuk.com

## Step 5 - Register your return plans

Please use this form [Goalball UK COVID-19 Registration](https://forms.office.com/Pages/ResponsePage.aspx?id=_4i_34Y7vESCxLjNNVsxk6hWfC5vKL9PgMulWCo_p0ZUMjNZVFBBMDlWRkw5N1NJUzBJWFpRUjBKTi4u) to register your COVID-19 Officer/s, confirm full reading of this guidance and intended timescale for your club’s return. On completion of this form your club will be eligible to access **£100** of funding to support with the purchase of PPE and cleaning equipment.

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# 4. Planning and Delivering Sessions

This section has been broken down into measures and actions your club or organisation can put in place before, during, and after sessions.

## 4.1 Before the session

### 4.1.1 Risk Assessments

In line with this Goalball UK guidance and standard venue requirements, all organised activity is expected to have a COVID-19 risk assessment.

We recommend clubs and organisations have a separate COVID-19 risk assessment that can be updated as restrictions change. [Appendix D](#_Appendix_D_–) details items to consider and a template to use.

Goalball UK recommends affiliated clubs to send their risk assessments to Covid@goalballuk.com for collation of best practice.

We recommend you share your signed off risk assessment with your members to highlight the work you have done to reduce risk and inform the ‘opt in’ process.

Further information and guidance regarding risk assessments can be found via [Club Matters – Creating a Risk Assessment](https://learn.sportenglandclubmatters.com/pluginfile.php/31273/mod_resource/content/2/Club%20Matters%20-%20Creating%20a%20Risk%20Assessment%20SO.pdf)

### 4.1.2 Pre-Screening

All participants and workforce should take the pre-screening questionnaire before leaving home – [Appendix E](#_Appendix_E_–)

Remind all members they must **NOT** attend if they:

* Have COVID-19 symptoms. List of symptoms can be found here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
* Have someone in their household who has symptoms and is in isolation
* Have been asked to remain at home as a result of test and trace

### 4.1.3 NHS Lateral Flow Testing

We recommend your organisation introduces ‘opt-in’ non-compulsory lateral flow testing before sessions, we recommend using the following messaging:

To further improve safety and people’s confidence in attending training we would like to encourage all of you to participate in the free-of-charge lateral flow testing and do a test the day before you attend training. [Order free test kits.](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

[Instructions in electronically/large print/easy read.](https://www.gov.uk/government/publications/instructions-for-covid-19-self-test.)

You can use support from the [Be My Eyes App](https://www.bemyeyes.com/) with reading the result.

As a club we will not be asking for proof of your results but trust you to follow all the guidance to keep everyone safe.

### 4.1.4 Population

There are now no restrictions on numbers of participants and support personnel within your session. We recommend limiting the support numbers to those that are essential to deliver the activity in a safe and appropriate way.

General spectators are allowed. However, we would advise you consider if spectators are essential to the session.

Note: the venue may put in place restrictions that limit numbers.

### 4.1.5 Registers - Supporting NHS Test and Trace

We recommend you take registers as part of your normal club or organisation practice and have up to date contact details for all in attendance.

To reduce risk do not take cash payments. Set up a system so your members can pay by bank transfer for sessions.

## 4.2 The Session

### 4.2.1 Spacing of People

Participants should arrive at the session / event as close to the start as possible and avoid congregating before entering the hall.

We recommend maintaining two metre social distancing by all participants when not taking part in activity. Ensure the hall space you use is large enough to allow this to take place.

We recommend providing each player with an area two metre apart (if you have space) where personal belongings can be kept including personal hand sanitiser. If you have time these can be made tactile using string and tape.

### 4.2.2 Measures and Mitigations

We recommend the following measures are used:

#### Face Coverings

Face coverings are to be worn by everyone (exemptions apply) at all times during the session or event, unless you are playing the game or participating in related activity e.g. drills, warmup, cool downs etc. This includes when guiding or being guided, setting up and breaking down, coaching, sat on a bench as a substitute, and officiating.

#### Kit and Belongings

Do not touch other people’s personal items such as shades, towels, water bottles (including filling up) and mobile phones. Participants to bring a separate bag to put used kit into (shirts, leggings, pads, shades, sleeves, strappings etc.) after the session or event for immediate washing. Wash any loaned kit before using again. No sweat towels.

#### Interactions

* No handshakes before and after the game.
* Do not swap ends during the game.
* Do not celebrate by hugging and or touching teammates etc. Substitutions will be guided onto court using the voice of coach or official.
* Shades check, if required, to take place from two metres with use of vision only.

#### Coaching and Volunteering

You may need to use more verbal communication and create audible cues by tapping of the feet on the ground or goal. Avoid touching the ground or goal with your hands.

Do not provide tactile assistance to coach technique or skills of the game.

#### Officiating the Game

Use a squeeze whistle which you operate with your hand to avoid your hands going near your face these can be purchased from [Newitts](https://www.newitts.com/playm8-squeeze-whistle?sku=IT042186&gclid=EAIaIQobChMI2Pb7nbSp6gIVhbHtCh3OegYrEAQYAyABEgLj4PD_BwE.) or other online sports suppliers.

Space out table officials to remain 2 meters apart when sat down.

#### Movement around the venue

Remember to contact venues in advance (Venue Checklist – [Appendix C](#_Appendix_C_-)) to understand changes to the venue surroundings including what the process will be on arrival and their rules on face coverings.

* If the workforce has the vision to do so they should direct participants using voice while wearing a face covering
* Use audible cues to ‘alert’ others of their location when moving around the sports hall
* Use of canes (if owned) to support all movement around the venue
* Avoid unnecessarily touching surfaces including walls etc.
* If physical guiding does need to take place both people should wear a face covering and sanitise their hands before and after

#### Cleaning

Before

* Court floor (12m wide and 20m long)
* Goals
* Balls that are due to be used for the session if they have been used in the last 72 hours
* Ensure Air flow by opening doors to the hall or air conditioning is switched on (see venue checklist [appendix C](#_Appendix_C_-))

During

* Have regular hand sanitising breaks, use of personal hand sanitiser is recommended. To help with this have a short break or unofficial time out for all at least every 20 – 30 minutes.
* Plan in cleaning breaks when practical during the session for the balls, team areas, and goals. As a guide look to have a cleaning break every hour.
* If you are running back to back sessions cleaning must take place in between each session.

After

* Clean the goals
* Clean the balls that have been used if they are due to be used in the next 72 hours
* All participants wash or sanitise hands
* Wash mop head/s on high temperature

Further advice is set out in [appendix G](#_Appendix_G_–) - Goalball UK Equipment Cleaning Guidance. This includes advice on how to clean the balls, goals, and floor.

### 4.2.3 Medical

1. All first aid kits are required to have hand sanitiser and well stocked PPE including: fluid resistant facemasks, eye protection, disposable gloves, and apron. The level of recommended PPE required for types of medical situation is highlighted in [Appendix F](#_Appendix_F_-).
2. Injuries during play should still be treated as participant wellbeing is utmost.
3. Face masks are recommended for the patient if appropriate.
4. Encourage self-first aid where possible, e.g. someone talks through the first aid process for the individual to complete themselves. In some situations, this will not be applicable or appropriate.
5. Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives. This is advice is taken from the Resuscitation Council UK. [More Information can be found here.](https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19)
6. After contact with an injured participant, immediately sanitise your hands and then at the earliest opportunity clean your hands thoroughly with soap and water. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum social distancing was maintained. Avoid touching your mouth, eyes, and nose. Physios or their equivalent, should keep a record of each participant they have come into contact with for track and trace purposes.
7. See [further information](https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov) for those who may need to act as a ‘first responder’ role in a sports setting.

## 4.3 After the Session

* Leave the venue promptly avoiding spending unnecessary time in changing rooms and communal areas
* Sanitise hands on exiting the venue
* Follow Government guidance regarding social mixing and transport.
* Inform the COVID-19 Officer if you develop symptoms or test positive within the 48 hours following of the end of the session or event.

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# 5. Displaying of COVID-19 symptoms process

1. The person displaying symptoms should immediately stop participating and begin to self-isolate.
2. Get a test to check if you have COVID-19. The test needs to be done as soon as possible but within the first 5 days of having symptoms. More information about getting a test can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>
3. If anyone else from the session has coronavirus symptoms, they must also self-isolate and [get a coronavirus test](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/) as soon as possible.
4. Inform NHS. Tell the people you have been in close contact with, that you have symptoms or have tested positive including the lead club COVID-19 Officer for the session you attended.
5. The COVID-19 Officer should inform participants and workforce someone from the session is displaying symptoms or has tested positive.
6. Those people do not need to self-isolate unless they have symptoms or have been contacted by the NHS Test and Trace service. But they should take extra care to follow [social distancing advice](https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/), including washing their hands often.
7. If at an affiliated club session, the club COVID-19 officer should also inform the Goalball UK (NGB) officer for information.
8. The participant’s name is not to be disclosed for protection of personal information.

Advice taken from <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

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# 6. Appendices

## Appendix A – Opt-in notice to be used in communications

By attending **[insert event or activity]** you are personally opting into the session on the basis that you have received relevant information to make an informed choice. If you feel you do not have all the information required, please request further information, or do not attend.

Any person found deliberately or consistently breaking the guidance at the discretion of the appointed COVID-19 officer set out by **[insert organisation]** will be asked to leave the venue / session with immediate effect.

In this instance details will be passed onto Goalball UK as the national governing body responsible for the measures in line with Government advice.

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## Appendix B - COVID-19 Officer Roles and Responsibilities

**Introduction**

Prior to restarting goalball, each club must appoint individual/s who will take on the role of COVID-19 Officers for the club.

To help with workload we suggest this is two people.

1. Lead officer responsible for communications with the venue, enforcement of procedures, and register as the club’s COVID-19 officer with Goalball UK.
2. Supporting officer responsible for communication with the playing population and workforce to ensure people are well informed of the risks and mitigations in place.

If required one person can oversee both roles.

These individuals will be responsible for ensuring that each session is run in line with Goalball UK’s ‘Return to Play’ guidelines.

It is recommended that either the Club Welfare Officer or Club Secretary take on the lead role as they are already familiar with the club’s existing health and safety policies and procedures.

Coaches should also help by taking an active role for their sessions to ensure that all necessary health and safety procedures are followed during their coaching sessions.

**Roles and responsibilities of the COVID-19 Officers**

* Be aware of the latest Government guidelines and COVID-19 related safety, hygiene and social distancing protocols by completing the CIMPSA ‘Reactivate’ training. Sign up here: <https://prozone.futurefit.co.uk/goalball-uk/plans/1005> You can then sign into your account anytime here: <https://prozone.futurefit.co.uk/goalball-uk/login>
* Lead and complete a COVID-19 risk assessment
* Work with the Club Committee to ensure each session is compliant with the guidance.
* Ensure all players attending sessions understand the guidelines for the session.
* Complete a COVID-19 risk assessment for each session
* Liaise with the session venue (see venue checklist appendix C) to gather information on the venue’s COVID-19 guidance to ensure the session adheres to this
* Ensure the session implements a pre-booking / registration process to manage the number of participants attending each session allowing for you to maintain social distancing measures.
* Ensure contact details for all players attending are collected prior to the session
* Manage session delivery and movement within the sports hall to ensure that group sizes are not exceeded, and social distancing is always maintained.
* Ensure cleaning products are purchased and available and protocols are followed linking to fomite transmission

**NHS Test and Trace**

All participants and workforce have a responsibility to notify the lead COVID-19 Officer should they get symptoms or test positive for COVID-19. The COVID-19 Officer should contact everyone who attended that session to advise them that an individual within the group has reported symptoms or tested positive. If the individual is a coach who has led additional sessions, all participants in these additional sessions need to be contacted.

Full details and process of person displaying symptoms can be found in section 9 - Displaying of COVID 19 symptoms process of the Goalball UK return to play guidance.

**Further support**

These guidelines are accurate at the date of publication but are subject to change in line with Government guidance. Keep checking <http://goalballuk.com/the-sport/r2p/>for the latest version and supporting information or if you have any questions please contact Covid@goalballuk.com

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## Appendix C - Venue Checklist

To be completed in conjunction with the Venue Manager or appropriate personnel before booking a session. This will help shape your club risk assessment and inform members about the venue conditions.

**Venue name:**

**Venue contact name:**

**Date:**

The table below has 4 columns. The first column highlights the areas you should speak to your venue about. The following 3 columns provide space to collate the venue response, state if you are satisfied with the response, and space for additional notes. If you would prefer to receive this information in non-table format please contact Covid@goalballuk.com

|  |  |  |  |
| --- | --- | --- | --- |
| **Find out / question for venue** | **Venue Measure / Response** | **Satisfied Yes / No** | **Follow up notes** |
| **Risk*** Request a copy of the venue risk assessment and what they expect from you regarding risk assessments and NGB guidance
* Ventilation practices of the sports hall? Ventilation systems should provide 100% fresh air and not recirculate air from one space to another
* Any restrictions on the numbers allowed in the sports hall?
 |  |  |  |
| **Arrival Process** * In general, what support is available for visually impaired participants on arrival? Will there be a member of staff at the entrance to provide assistance if required? [Share the RNIB best practice guide](https://www.metroblindsport.org/wp-content/uploads/2020/07/Best-Practice-Sport-Leisure-Guidelines.pdf) with venue to help them offer the best support.

Additionally:* What is expected for Test and Trace?
* Sanitisation requirements?
* Temperature checks?
* Reception screens?
* Have there been any changes to provision for guide dogs at the venue?
 |  |  |  |
| **Change in lay out** * Entrance and exit doors / systems?
* What markings are in place to guide flow through venue – are these tactile?
 |  |  |  |
| **Changing & Toilet facilities*** What changing and showering facilities will be in place for users?
* What toilet facilities will be in place for users?
* Have there been any changes with the new layout?
 |  |  |  |
| **Equipment** * Is the venue happy (if applicable) for you to bring equipment into the centre e.g. balls, pads, tape, and goals?
* Does anything need to happen to the current equipment in storage at the venue regarding access and cleaning?
* Is the venue happy for you to clean the floor during your session/s? Double check you can use cleaning spray or has the venue got something you can already use.
 |  |  |  |
| **Food and Drink*** Are provisions on site open? Under what conditions?
* Can you take personal water bottles into the venue?
 |  |  |  |

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## Appendix D – COVID-19 Risk Assessment

This information and guidance has been taken from [Club Matters – Creating a Risk Assessment](https://learn.sportenglandclubmatters.com/pluginfile.php/31273/mod_resource/content/2/Club%20Matters%20-%20Creating%20a%20Risk%20Assessment%20SO.pdf)

Before re-opening and encouraging your members, volunteers, and staff to return, your club is required to complete a risk assessment that covers the specific considerations linked to the coronavirus (COVID-19) pandemic. This can help you to ensure your activities are restarted as safely as possible.

The HSE acknowledges that ‘You’re not expected to eliminate all risks, but you need to do everything ‘reasonably practicable’ to protect people from harm’. Further information can be found [here](https://www.hse.gov.uk/simple-health-safety/risk/more-detail-on-managing-risk.htm).

A number of generic risks associated with returning to activity have been listed below for you to consider in your COVID-19 risk assessment. However, this is not an exhaustive list and we recommend that you complete a full assessment considering any unique risks associated with your club. There may also be some listed that aren’t relevant to your club.

**Risks**

Activity offer – consider the activities that your club/organisation plans to offer. Identify the risks, then develop controls that can be put in place to ensure that activities take place in a safe environment. Your activity offer should be inclusive which may require different approaches for different age groups and abilities.

Access to equipment – it is important to consider the risks associated sharing equipment and cleaning.

Social distancing – consider the risks associated with being able to maintain the Government guidance on social distancing whilst visiting the club/organisation and undertaking activity. You will need to consider how users arrive, queue, pay, move around your facilities, equipment layout, ventilation, access to toilets and the maximum number of users that you will be able to accommodate at once.

Risk of transmission – identify actions to control the risk of transmission of COVID-19 amongst members, participants, visitors, volunteers and staff. Ensure that Public Health advice is followed should there be an outbreak, or somebody is symptomatic at your club or organisation.

Cleanliness and hygiene –think about how you can ensure that touch points, equipment and busy areas are regularly cleaned, sufficient handwashing facilities are provided, enhanced cleaning protocols (check with venue) and new cleaning schedules are adhered to, and there is access to cleaning/hygiene supplies and equipment. This will help minimise the risk of the Coronavirus being spread within the facilities you use.

Personal protective equipment –identify any PPE required to safely run activities at your club/organisation and consider the risks associated with not providing this and why this might happen, such as not having the required levels of stock.

Lack of personnel and volunteers – consider whether you have enough suitable, qualified and DBS checked people to support your safe delivery of activity, and the risks associated with personnel/volunteers being unable to attend.

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## Health and Safety Executive LogoGoalball UK COVID-19 Risk Assessment Template

Club name: Date of next review: [next session]

Date assessment was carried out: Any review should include COVID-19 Officer/s

Original Assessment carried out by: Name & Role

The table below has 7 column headers linked to assessment with rows providing blank space for each risk. If you would prefer to receive this information in non-table format please contact Covid@goalballuk.com

| Hazard / Risk  | Who might be harmed and how? | What are you already doing to control the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
| --- | --- | --- | --- | --- | --- | --- |
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## Appendix E – Individual Self-Screening Questionnaire

You must **NOT** attend if you have:

* Symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather)
* A new persistent cough
* A loss of taste or smell
* Been in contact with a person with suspected COVID-19 within the past 48 hours
* Been asked to remain at home by the UK Government track and trace system
* Been advised to self-isolate due to a third party from another setting (i.e. school) that has been infected with COVID-19
* Anyone within your household who has COVID-19 symptoms as outlined above, which would require the whole household to go into isolation as guided by UK Governments

**People previously shielding**

If you were asked to shield previously by the Government (before 1st August), we strongly recommend you take extra care to understand the environments you attend and make sure it is the right decision for you.

**Opting- Out**

There should be no pressure placed upon a player to attend a training session or game if they have symptoms or they feel like the environment is unsafe for them. If during a session an individual feels uncomfortable with the management of the session, then there should be no pressure placed on that individual if they decide to opt-out of that session.

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## Appendix F - PPE in Medical Situations

PPE Level 1: fluid resistance facemask

PPE Level 2: fluid resistance facemask, eye protection (risk assessed), disposable apron, gloves. Additional use of disposable eye protection (such as face visor or goggles) should be risk assessed when there is an anticipated risk of contamination with splashes, droplets of blood or body fluids.

|  |  |
| --- | --- |
| **Medical Situation** | **PPE Level Required** |
| Social distancing maintained and no risk of face-to-face contact  | 1 |
| Not maintain 2m distance, with face-to-face contact risk  | 2 |
| Wound care, all medical procedure excluding oral / dental / nasal injuries  | 2 |
| Uncomplicated Head Injury Assessment (HIA) | 2 |
| Managing complex injuries, with no C-spine involvement i.e. shoulder dislocation, fracture, ACL injury  | 2 |
| Cardia arrest with face covered, continuous compressions, automated external defibrillatorWithout airway interventions  | 2 |

Level 3 PPE; respiratory facemask, eye protection, long sleeve fluid repellent gown, and gloves

The following procedures require level 3 PPE that is designed for medical professionals and is required to be fitted to the individual before use.

It is not expected for this to be available during NGB and club affiliated activity when medical professionals are not present.

|  |  |
| --- | --- |
| **Medical Situation** | **PPE Level Required** |
| Procedures such as managing epistaxis or oral injuries  | 3 |
| Aerosol generating procedure  | 3 |
| Medical emergency with potential for airway compromise i.e. complicated head injury or choking  | 3 |
| Cardia arrest – without covered compressions (30:2), AED and airway interventions  | 3 |

Advice taken from:

* <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>
* English Institute of Sport, COVID 19 – RETURN TO TRAINING v3 (last updated 25.06.20): EIS PERFORMANCE SUPPORT STAFF (SCIENCE AND MEDICINE) GUIDANCE

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## Appendix G – Equipment Cleaning Guidance

### PPE

Before and after any cleaning you should sanitise your hands. If when cleaning, you are going to come into direct contact with the surface and or any bodily fluid you should apply additional PPE.

* Apron
* Gloves

### Timings

All equipment and shared surfaces should be cleaned at regular intervals when practically possible within sessions. Plan in cleaning breaks when practical during the session for the balls, team areas, and goals. As a guide look to have a cleaning break every hour.

Look to plan your sessions so cleaning can take place at the end of a game or specific drill, players can then hydrate while the cleaning is taking place.

If you are running back to back sessions cleaning must take place in between each session.

### Cleaning Processes & Products

All the processes and products below have been tested by Goalball UK, however clubs / organisations should undertake their own testing.

#### Balls

Use a disinfectant cleaning wipe to wipe the ball then leave to dry approx. 5mins. Ensure you have enough balls for the session to allow for a number of balls to be in play while others are being cleaned or drying.

#### Goals

Wipe down both posts and cross bar using a disinfectant wipe.

#### Court Area

Spray the team area (3m x 9m) at both ends and any other areas where sweat is prevalent using a pump sprayer, hold the nozzle at approximately hip height to ensure even coverage across the area, mop to clean & dry and then test the floor is dry and nonslip by rubbing / kicking the soles of your feet on the floor. The products (listed below) have been tested and dry within 2-3mins after mopping.

The cleaning spray itself can be any hard-surface cleaner that is designed to kill bacteria and viruses or have a minimum 70% alcohol disinfectant spray. The hard surface cleaner is the most cost-effective option for clubs and suitable for training sessions. We recommend contacting your venue to get permission to use the spray you intend to use on the floor.

Have two mops available one for each end of the court, change the mop heads after each session. Place the used mop head / fabric into a sealed bag and wash on a high temperature (60 degrees) before using again.

### Product Links

The products listed are those that have been sourced by Goalball UK as options to use. Goalball UK takes no responsibility for any damage or harm caused by the use of the products listed.

Wipes: <https://www.fbtsports.co.uk/product-details/wipes-pack-50>

Surface cleaner: <https://www.tesco.com/groceries/en-GB/products/264843462>

70% alcohol spray: <https://reynardhealth.co.uk/products/surface-cleaning/reynard-70-isopropyl-alcohol-disinfection-spray-750ml/> Contact:uk@reynardhealth.com to place an order.

Pump sprayer: <https://www.screwfix.com/p/sx-cs5-white-black-pressure-sprayer-5ltr/7490x>

Mops: [https://www.amazon.co.uk/gp/product/B08C4YZYJ4/ref=ox\_sc\_act\_title\_1?smid=A2Z294N04RYYOC&psc=1](https://www.amazon.co.uk/gp/product/B08C4YZYJ4/ref%3Dox_sc_act_title_1?smid=A2Z294N04RYYOC&psc=1)

Additional mop heads: [https://www.amazon.co.uk/Professional-Microfiber-Cleaning-Reusable-Washable/dp/B08B7X54W3/ref=sr\_1\_77?dchild=1&keywords=floor%2Bmop%2Bheads&qid=1601292570&sr=8-77&th=1](https://www.amazon.co.uk/Professional-Microfiber-Cleaning-Reusable-Washable/dp/B08B7X54W3/ref%3Dsr_1_77?dchild=1&keywords=floor%2Bmop%2Bheads&qid=1601292570&sr=8-77&th=1)

### Disposal of Waste

### No Symptoms Present

If there are no symptoms present waste can be disposed of as normal. However, we recommend having separate bags at sessions and events for the disposal of PPE and cleaning waste. These can be tied up and then placed in standard waste.

### Symptoms Present

1. Personal waste from individuals with symptoms of COVID-19 and waste from cleaning of areas where they have been (including PPE, disposable cloths and used tissues):
* Should be put in a plastic rubbish bag and tied when full
* The plastic bag should then be placed in a second rubbish bag and tied
* This should be put in a suitable and secure place and marked for storage until the individual’s test results are known
1. This waste should be stored safely and kept away from children. It should not be placed in communal waste areas until negative test results are known, or the waste has been stored for at least 72 hours.
2. If the individual tests negative, this can be disposed of immediately with the normal waste.
3. If COVID-19 is confirmed this waste should be stored for at least 72 hours before disposal with normal waste.
4. If during an emergency you need to remove the waste before 72 hours, it must be treated as Category B infectious waste. You must:
* keep it separate from your other waste
* arrange for collection by a specialist contractor as hazardous waste. There will be a charge for this service.

This advice has been taken from <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

### Further Support

If you have any questions or would like further advice on cleaning requirements, please contact us at Covid@goalballuk.com

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# 7. Disclaimer

The support, tools and resources provided in this guidance is provided solely for general information. Goalball UK is not your adviser and any reliance you may place on this general information is entirely at your own risk.

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