



How Freestyle Football Workshops are COVID-19 Friendly

Prior to the COVID pandemic, our workshops were already naturally socially distanced. This was mostly due to the sport of freestyle football being a generally individualist sport. However, with the health of the children we teach being of the utmost importance, we have gone too extra lengths to ensure social distancing & proper hygiene at all times. To help paint a picture of how we are COVID 19 safe, let us explain how a typical 30 minute workshop is carried out at a school.



Typical structure and layout of Freestyle Football Workshops

- Each child comes into the hall, collects their football and finds their own individual spot (at least 2m distance from anyone).
- They stay in this spot for the entirety of the workshop.
- The freestyler starts the workshop with a brief chat about their career and what they've achieved and then performs a 5 minute freestyle routine at the front of the hall.
- The freestyler then proceeds to teach the first freestyle trick.
- The children then spends 2-3 minutes attempting the trick in their spot.
- A child is then selected to demonstrate the trick in front of the class in their spot.
- This is repeated for anywhere between 5 - 10 tricks.
- The workshop finishes with a Q&A with the freestyler.
- The children then finish the workshop by leaving their football in their spot and leave the hall.



Important Points

- The children remain in their allocated spot in the hall at all times.
- The children only use the football allocated to them at the start of the workshop
- All tricks selected to be taught are tricks which don't require any hands on help from the freestyler.
- Trick examples include : The Rocket Launcher, Reverse Rocket Launcher, Around The World, Neck Stall, Neck Flick, Blind Heel, Shoulder Stall, Eye Stall, Sit Down Juggling, Finger Spin.
- Essentially, all of the tricks we teach to primary children can be attempted alone therefore minimising transmission from freestyler to child or child to child.
- The freestyler brings none of the equipment needed for the workshop (other than his own football). We ask the schools to provide the footballs.
- The workshops can be both indoors & outdoors
- After each workshop each football gets a deep clean ahead of the next workshop.



Risk assessment



FREESTYLE

FOOTBALL

WORKSHOPS

for schools

COVID-19 SPECIFIC RISK ASSESSMENT

Area of consideration	Who might be harmed and how?	Recommendation	Action by who?	Action by when?	Done
Dropping off at venue	Parents, attendees, freestyler & other staff all at risk of transmission of COVID	<p>From parking to reaching the netball court, Social distancing to be adhered to at all times.</p> <p>Parents are to demonstrate social distancing at all times. The Freestyler will be positioned at the entrance to the court to take the register. . Only attendees & Parents who are symptom free are permitted to attend the workshop.</p> <p>Attendees to enter the court and their will be hand sanitiser on arrival which every child must use.</p> <p>Encourage attendees to avoid touching their face, eyes, nose and mouth. All parents and attendees coming to the workshop should avoid all non-essential public transport travel if possible.</p> <p>Any attendee who has been told to shield or who is clinically vulnerable or live in a household with someone who has been advised to shield or is clinically vulnerable cannot attend the workshop.</p>	Workshop leader / freestyler	From arrival of leader/ freestyler	
Social Distancing during Workshops	Attendees, freestyler & other staff all at risk of transmission of COVID	<p>At the beginning of the workshop, the attendees will be told to stand on a designated cone on the court which will be 1m-2m away from their neighbour.</p> <p>This will be there designated spot for the initial freestyle performance & intro talk.</p> <p>Each attendee will then be told to spread even further out and find a space on either court.</p> <p>They will then stay on this space for the remainder of the workshop.</p>	Workshop leader / freestyler	From beginning of workshop	

Parents	Parents at risk of transmission of COVID	Unfortunately we won't be able to accommodate spectators at the workshops and thus politely ask any parents etc to either stay in their cars or leave the site completely for the duration of the workshop.	Workshop leader / freestyler	From beginning of workshop	
Equipment + toilets	Equipment capable of carrying the virus	<p>The following equipment will be at the workshops : footballs, cones & a music speaker.</p> <p>The sports centre will be providing the footballs, or the attendees can bring their own footballs.</p> <p>This improves overall hygiene. The footballs will also be deep cleaned after the workshop.</p> <p>Toilets are only available if absolutely necessary.</p> <p>Attendees & parents are encouraged to go before the workshops.</p>	Workshop leader / freestyler	From arrival of leader/ freestyler	

GENERAL RISK ASSESSMENT

What are the hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control this risk?	Action by who?	Action by when?	Done
Slips and trips	Staff and visitors may be injured if they trip over objects or slip on spillages in outdoor areas	General good housekeeping is carried out. All areas well lit, including stairs. No trailing leads or cables. Staff keep work areas clear, eg no boxes left in walkways, deliveries stored immediately.	Better housekeeping in staff kitchen needed, eg on spills. Arrange for loose carpet tile on second floor to be repaired/ replaced.	All staff, workshop leader to monitor	From now on	
Football/sports-related injuries	Children or staff could fall whilst using footballs, or footballs could be accidentally kicked at others or at breakable objects	Ensuring there is plenty of space for activities to take place and high enough ceilings (if indoors) to allow for the movement of footballs. Paying close attention to everyone using a football at any time and make sure to keep all activities within direct eyeline. No footballs should have loose panels or be overly inflated.	Making all children and staff aware of the risks at various intervals, and periodically check that all are abiding by the safety procedures. Check that all participants have suitable clothing and footwear for sports activities. Checking for untied shoelaces and similar hazards	Workshop leader, staff to monitor	From start of workshop session	
Sun damage	Children and staff are at risk of sun damage in outdoor environments if the temperatures are high and weather is sunny.	Checking weather forecasts beforehand and ensuring appropriate checks take place at the start of every session	Asking the school if suncream is available for children should it be deemed necessary. Taking regular breaks from the sun	Workshop leader, all staff	From arrival at the venue	
Dehydration	During physical activity in warm outdoor conditions, dehydration can occur if there is no water/fluids readily available	Checking that water is readily available for all children.	Checking if the children are thirsty or need a break. Taking regular breaks regardless, to ensure hydration is taking place	Workshop leader, all staff	From start of workshop session	