

COVID-19 RISK ASSESSMENT

Date:	Assessed by:	Location :	Review :	
31/ 08 /20	Andy Jordan	RUN Harpenden sessions at Highfield Oval	30/09/2020 or in response to guidance updates	
HAZARDS	WHO / WHAT	EXISTING PRECAUTIONS	ADDITIONAL PRECAUTIONS	RISK AFTER PRECAUTIONS (Low/Medium/High)
(may be present or may be generated)	(may be harmed)	(already in place to either eliminate or reduce the risk)	(may be needed to either eliminate or reduce the risk)	
Exposure to Covid 19 during club runs from RUN Harpenden athletes or members of the public	Athletes / members of the public may breath in contaminated airborne droplets or come into contact with Covid 19 from touch points which could lead to them developing Covid-19	<p>Athletes will be informed that they should not attend sessions if they are unwell/showing signs of Covid 19 or if they have been in contact with people with Covid 19. If a member becomes unwell with signs of Covid or tests positive for Covid following a run (or someone from their household), they will immediately contact RUN Harpenden so that contract tracing can be completed.</p> <p>Athletes will socially distance from each other (2 metres apart) during all sessions. Athletes will also ensure they stay 2 metres apart from members of the public during sessions, moving away/giving way as appropriate.</p> <p>Athletes will be informed to arrive at the meeting place on time, to avoid congregation at the start of a run.</p> <p>Athletes will be informed that spitting is prohibited.</p> <p>Athletes should practice good respiratory hygiene by coughing into their arm or clothing rather than their hands.</p>	<ul style="list-style-type: none"> • Athlete Checklist and guidance documents will be included in the online booking Terms and conditions for each session. Athletes must agree to the Terms and Conditions before they are able to book onto a session. • Athlete Checklist and guidance will be included in the session briefing at the start of each session. 	

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	Athletes / members of the public may breath in contaminated airborne droplets or come into contact with Covid 19 from touch points which could lead to them developing Covid-19	<p>Athletes should be advised to not share drinks and food Athletes should be advised to carry and use alcohol gel on their hands before and after each run Athletes should carry their own belongings such as key's phones etc.</p> <p>Group numbers will be capped at 6 (including the coach or run leader).</p> <p>Groups will meet at agreed socially distanced meeting points to avoid large gatherings of people. Records of attendance for each group should be maintained so that that contract tracing can be carried out if required. The Run Together Leader App will to used to record attendance. Athletes should appropriately socially distance at all times before, during and post run.</p> <p>Coaches who use any equipment, such as cones and stop watches shall be the only person to handle these. Any equipment needs to be cleaned following the recommended cleaning guidance found here https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings</p>	<ul style="list-style-type: none"> Athletes Checklist and guidance documents will be included in the online booking Terms and conditions for each session. Athletes must agree to the Terms and Conditions before they are able to book onto a session. 	Low
Athletes get too close to each other	Athletes and their families/housemates	Provided advice & intended training procedure to athletes beforehand on social distancing requirements	Stagger meeting time or start time for reps, review venue and training procedures, revise if appropriate.	Low
More than five athletes turn up	Coach, participants and general public	Prior advice to session and RunTogether booking system to constrain numbers	Request that those who had not booked in for the session leave the venue and book for a future session.	
Running into members of public	Athletes and public	Prior sessions advice on safe training	Change time / location of session in future weeks. Use wide open spaces.	

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Covid 19 and clinically vulnerable groups	Athletes who are clinically more vulnerable to Covid 19 are at increased risk of harm if they acquire Covid 19	Athletes who identify as vulnerable to Covid 19 should continue to follow government advice for their groups. They should only participate in club activities if they feel it is safe to do so.	<ul style="list-style-type: none"> Athletes Checklist and guidance documents will be included in the online booking Terms and conditions for each session. Athletes must agree to the Terms and Conditions before they are able to book onto a session. 	Low
Injury/medical emergency	Club members who require first aid or emergency intervention	<p>Coaches & Run Leaders will ensure that a fully charged mobile phone is available to call for assistance if required.</p> <p>Ensure all Athletes have updated their in case of emergency contacts on RunTogether.</p> <p>Coaches & Run Leaders will hold current Emergency First Aid at Work certificates and carry a small first aid kit.</p> <p>First aid kit includes PPE (gloves & mask & alcohol wipes). PPE should be worn if emergency first aid needs to be administered.</p> <p>Encourage athletes to carry in case of emergency contacts on wristbands, their phones, Garmin's etc on all runs.</p>		Low
Travel to sessions	Athletes may be exposed to Covid 19 if sharing transport	<p>Athletes will be reminded that guidance recommends they do not car share with other athletes (unless they are from the same household) to travel to meeting points.</p> <p>Advise travel in separate household groups, arrive by own individual transport, walk or run to/from activity. Avoid/minimise use of public transport.</p>	Carry/use face mask where deemed appropriate	Low

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Not keeping up to date with national and local guidance	Placing athletes and members of the public at risk of Covid 19	<p>RUN Harpenden Covid coordinator to review risk assessment and guidance as it is released.</p> <p>Monthly review of this risk assessment (or sooner if guidance changes)</p> <p>Respond to local lockdowns as required, suspending RUN Harpenden activity</p>		