

Risk Assessment: Easingwold Running Club – group running/training sessions during Covid-19 restrictions

Date:	Assessed by:	Location :	Review :
17 th Sept 2020	Nigel Ramsden Covid Coordinator	Outdoor training – winter programme	Oct 2020

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Complete
Respiration of airborne particles from club members/public	Club members/public breathing in contaminated airborne droplets and developing Covid-19	<ul style="list-style-type: none"> Limiting the group to a maximum of 12 members in line with EA regulations. Everyone will be informed of the need to observe the 2 metre social distancing rule to ensure Covid safe running environment. If a club member feels unwell and shows any of the symptoms of Covid-19 (high temperature, new continuous cough, loss of taste/smell) they should stay at home and follow Government Guidance, getting tested as appropriate 	H	<ul style="list-style-type: none"> The route will be a known route and where possible the routes will be identified as areas that have limited interaction with other members of the public permitting the 2 metre distance rule whilst training. Details and timings of the training run will be circulated beforehand to ensure prompt start to training and limiting the time spent congregating at the start of training. Coaches to take into account any current government regulation for group size limits meeting in one area. 	M	yes

				<ul style="list-style-type: none"> • Members must sign up to the run using 'Doodle' to ensure the maximum permitted numbers is not exceeded. • Coaches to keep register of attendees as part of track and trace requirements. • Members should always refrain from spitting. 		
Contact with contaminated surfaces - no hand washing facilities	Club members/ public risk of infection when touching hands to mouth, eyes and nose.	<ul style="list-style-type: none"> • Limit the number of surfaces touched. If gates need opening, one person will hold gate open for the whole group. • Remind members to limit touching their face. 	M	<ul style="list-style-type: none"> • Members will be reminded to maintain good personal respiratory hygiene at all times, ie coughing into arm, clothing, handkerchief, turning face away from other people. • Members encouraged to bring their own hand sanitiser in the absence of hand washing facilities but reminded to wash hands as soon as able to do so. • 	L	
Exposure whilst travelling to and from training	Club members potential to be exposed to respiratory particles in vehicles	<ul style="list-style-type: none"> • Members not to travel to training with other club members unless they are from the same household 	M	<ul style="list-style-type: none"> • Members to travel alone or walk, cycle to venue if able to do so. • Communicate to group. 	L	
Parking at the meeting venue	Club members/public in breach of 2 metre social distancing guidance	<ul style="list-style-type: none"> • If able to do so, members to walk or cycle to the venue 	M	<ul style="list-style-type: none"> • Members to remember 2 metre social distancing guidelines when using parking facilities and be aware of other members of the public using the same facilities. 	L	

				<ul style="list-style-type: none"> Where possible quieter car parks will be used. 		
First aid/emergencies	Club members needing first aid or other emergency assistance	<ul style="list-style-type: none"> Group leader to have a mobile phone with them at all times. Group members to take personal responsibility of their own running abilities and to run at a pace appropriate to the terrain. Members to be aware of any trip/slip hazards, slowing down their pace as appropriate to the terrain/surface of the run to reduce risk of injury from trips/falls. Phone 999 if necessary, for emergency assistance 	M	<ul style="list-style-type: none"> A basic first aid kit to be carried by the group leader (plasters, antiseptic wipes/tissues). Injured party to self-administer first aid if able to do so. If other group member to administer first aid, the use of disposable gloves (and mask if available/necessary) to be used, limiting close contact and physical touching kept to a minimum. Contaminated tissues to be bagged and disposed of using appropriate waste disposal facilities. 	L	
Lack of toilet facilities	Club members not having access to toilet facilities at training venue	<ul style="list-style-type: none"> Communicate to the group the lack of toilet facilities 	M	<ul style="list-style-type: none"> Ensure members are aware they are representing ERC and not to show any anti-social behaviour. 	L	
Members unaware of protocol for running under Covid guidelines	Group at risk of not being insured by UKA. ERC in breach of UKA guidance and risk of bad publicity.	<ul style="list-style-type: none"> If possible, risk assessment to be circulated prior to training. Risk assessment to be taken to training venue for members perusal. Leader to remind members of key points. 	M	<ul style="list-style-type: none"> Risk for group running is kept to a minimum ensuring safety of members. 	L	