

Risk Assessment Date (DD/MM/YYYY)

Cleobury Mortimer Running Club

26/08/2020

Carried out by: Andrea Ford, Covid Officer.



Health & safety risks to runners, volunteers, members of public and others caused by Covid-19

Generic Hazards caused by lack of awareness		Likelihood	Potential impact	Mitigating or planned action
S1.1	Lack of Covid-19 awareness by club members or volunteers could lead to transmission to another member, volunteer or their families.	Low	Low	Continued communication, education and sharing of all up-to-date advice from Government and Local Authorities and England Athletics. Use email, social media, conversation. Constant communication and guidance to all coaches and leaders.
S1.2	Lack of knowledge of government and England Athletics guidelines by club members and volunteers could put people at risk of transmission.	Low	Low	Covid Officer appointed - has completed Covid-19 training. Risk assessment and Action Plan completed and will be shared with all club members and volunteers.
S1.3	Runners turning up un-well and potentially spreading Covid-19 to other members, volunteers and their families.	Low	High	All runners must be pre-registered and PAR-Q forms completed and emergency contact details taken. These should be updated by everyone prior to returning to training. Online register taken at each session using app. Post run email sent if required to reinforce SD requirements. Ask members if they understand guidelines before allowing them to attend by adding disclaimer to booking system.
S1.4	More runners turning up than Guidelines permit creating an unsecure environment.	Low	High	Pre-booking only - 12 per group in a Covid Secure Environment. Walk-ups are not permitted.
S1.5	Lack of awareness of guidelines by members of public causing conflict.	Medium	Low	Communication via social media etc. informing local community of measures put in place to safeguard them and us.
Spreading transmission of Covid-19 through contact with disease on surface		Likelihood	Potential impact	Mitigating or planned action
S2.1	Transmitting Covid-19 through contact with surfaces in changing rooms or toilet facilities.	Low	High	Changing rooms and toilets are closed and unavailable. Athletes advised to turn up ready to run or change in their car.
S2.2	Transmitting Covid-19 through contact with cash.	Low	High	No cash handling. All transactions carried out online.

S2.3	Transmitting Covid-19 through contact with personal items.	Low	High	Leaders and coaches can not accept items from runners. Runners to carry their own keys etc.
S2.4	Transmitting Covid-19 through contact with equipment.	Low	High	No equipment to be used.
S2.5	Transmitting Covid-19 through contact with gates, stiles etc.	Low	High	Coaches/leaders to avoid routes with physical barriers that require touching.
Spreading of Covid 19 through airborne transmission from infected person		Likelihood	Potential impact	Mitigating or planned action
S3.1	Transmission whilst waiting inside prior to sessions starting.	Low	High	All members and volunteers to meet outside in open air. They must arrive no earlier than session start time and leave as soon as session has finished.
S3.2	Transmission through lack of social distancing.	Medium	High	Use communication channels to pre-warn members of changes. Booking system to limit numbers to a maximum of 12 per group. Groups will meet in different locations. All attendees are logged. All coaches and leaders are qualified and will comply with ratios. Coaches and leaders will plan routes to avoid other groups and members of the public as much as possible. Coaches and leaders to reinforce SD guidelines prior to the session beginning. Coaches and leaders to plan sessions so that SD can be maintained easier eg: staggering runners as they start, using different direction etc.
Spreading Covid 19 through physical contact with an infected person		Likelihood	Potential impact	Mitigating or planned action
S4.1	Transmission whilst dealing with minor first aid injuries.	Low	High	Runners must treat their own minor injuries (eg. applying plasters). Coaches/leaders will carry first aid supplies and hand sanitiser.

S4.2	Transmission whilst dealing with a severe injury or illness (threat to life).	Low	High	No volunteer is obliged to put themselves at risk whilst carrying out emergency first aid. It will be their decision if they wish to provide treatment. Trained Medical Assistance (999) should be summoned and/or the injured person's emergency contact called depending on the severity of the incident. All volunteers are supplied with basic PPE.