

COVID-19 – HJ Road/Trail Running Session – Risk Assessment

Assessor: Stephen Entecott		Assessment Date: 18-May-2021		Next Assessment Due Date: 30-Jun-2021	
<u>HAZARD</u>	<u>Who's at risk?</u>	<u>Setting</u>	<u>Risk level (1-5) 1 = minimal 5 = High</u>	<u>What we have done to mitigate</u>	<u>Risk level (1-5) 1 = minimal 5 = High</u>
Prevention: Lack of guidance awareness around Covid-19	Running group attendees	General	4	<p>All club members group runners have signed and returned an agreed return-to-run consent form which provides links to latest Covid-19 related guidelines set by the government and England Athletics and guidelines on who the club will operate and what is expected of the session members.</p> <p>In all instances, attendees will have signed the Covid-19 consent form that states that they will not attend if they have had any Covid-19 symptoms in the 14 days previous to a session or who are self-isolating, in accordance with the latest government guidelines.</p>	1
Prevention: Spreading/transmission of Covid-19 through contact with disease on a surface	Running group attendees	Outdoor open space	4	<p>All club members wanting to join the Tuesday road/trail group sessions have signed and returned an agreed return-to-run consent form.</p> <p>Only those members that have signed up can join these sessions.</p> <p>Attendance is via a managed booking process.</p> <p>Tuesday club road/trail running session groups are restricted to a maximum number of runners set by the run leader, the committee's recommendation is a maximum of 12.</p> <p>The group leader will turn away those that are not listed in their weekly run group report.</p> <p>Tuesday club road/trail running sessions will meet in an open space.</p> <p>Tuesday club road/trail running sessions will not meet in one specific location but various local locations and varying times managed by coordinators via a closed Facebook group. This will prevent overcrowding at popular meeting points.</p> <p>Social distancing will be reinforced and observed by the group leader and members of the group before and during the run.</p>	1

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				Session members have agreed, via the consent form, that they maintain good personal hygiene before, during and after each session.	
Prevention: Spreading/transmission of Covid-19 through air-borne transmission of the disease by an infected person	Running group attendees and passing pedestrians	Outdoor open space	4	<p>All club members wanting to join the Tuesday road/trail group sessions have signed and returned an agreed return-to-run consent form.</p> <p>Only those members that have signed up can join these sessions.</p> <p>Attendance is via a managed booking process.</p> <p>Tuesday club road/trail running session groups are restricted to a maximum number of runners set by the run leader, the committee's recommendation is a maximum of 12.</p> <p>The group leader will turn away those that are not listed in their weekly run group report.</p> <p>Tuesday club road/trail running sessions will meet in an open space.</p> <p>Tuesday club road/trail running sessions will not meet in one specific location but various local locations and varying times managed by coordinators via a closed Facebook group. This will prevent overcrowding at popular meeting points.</p> <p>Social distancing will be reinforced by the group leader and observed by all members of the group before and during the run.</p> <p>Session members have agreed, via the consent form, that they maintain good personal hygiene before, during and after each session.</p> <p>Session attendees to maintain social distancing whilst passing members of the public.</p>	2
Contraction: Contracting Covid-19 disease through contact with an infected person	Running group attendees and the people they come into	Outdoor open space	4	<p>All club members wanting to join the Tuesday road/trail group sessions have signed and returned an agreed return-to-run consent form.</p> <p>Only those members that have signed up can join these sessions.</p> <p>Attendance is via a managed booking process.</p>	2

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	contact with			<p>Tuesday club road/trail running session group attendees contact details are managed and collated by the coordinator and will initiate related communication around requested Track and Trace requests.</p> <p>Session members that are tested positive for Covid-19 will complete a UKA Covid-19 Tracking Form, and inform the club immediately.</p> <p>The club's Covid-19 officer will initiate and coordinate related processes and communication should an individual that has ran with a group within 14 days test positive.</p> <p>Anyone that is tested positive for Covid-19, or who are self-isolating are not allowed to join a Tuesday road/trail group sessions until the 14 days are up and/or free from illness.</p>	
Contraction: Club member contracts Covid 19 from an infected runner who gets injured or falls ill during a club run session	All group attendees & their families	Outdoor open space	4	<p>Upon commencement of the session the leader ensures one within their group is carrying a mobile phone that has access to the voice network.</p> <p>All runners in the group (including group leaders) advised to look out for each other during the session.</p> <p>If someone becomes injured or falls ill, if needed and depending on the severity, administer first aid immediately, or provide assistance while keeping socially distanced, in all instances maintaining good hygiene.</p> <p>If required accompany the individual back to the starting point via the quickest route.</p> <p>If severe call the appropriate medical services.</p>	2
COVID Club related information				https://www.horshamjoggers.co.uk/covid-19/	