**COVID - 19 Risk Assessment: <Haywards Heath Harriers Endurance>**

| **Date:**  | **Assessed by:**  | **Location :** | **Review :** |
| --- | --- | --- | --- |
|  01/09/20 | <Marion Hemsworth> | <Muster Green, HH, etc > | < 01/12/2020> |
| 12/09/20 | Ian Dumbrell | <Muster Green, HH) | <01/12/2020> |

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| **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** | **Action by whom** | **Target date** | **Complete** |
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| Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease  | Runners, leaders, coaches and passers-by | * Communications with all members prior to accessing club activities – updated protocols and measures that have been implemented Communication/guidance for key club officers and volunteers to help with compliance. All information on club website.
 |  | * Frequent reminders to members and leaders using email and WhatsApp, and verbally at time of training session
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| Spreading/ transmission of Covid-19 through contact with disease on a surface | Runners, coaches and passers-by | * Limit equipment used e.g cones
* Provide hand sanitiser
* Provide leader / coach with mask and gloves in case of first aid incident
 |  | * Remind individuals about personal responsibility
* Are all routes free from obstacles that need to be touched i.e. gates/stiles – can routes be changed to avoid these?
* Only one person to put out and collect any equipment e.g. cones
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| Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person | Runners, coaches and passers-by | * Keep runners in group sizes required by COVID advice and guidance and by arranging cones at intervals– if more than one group is close by
* Remind runners at the start of the session – including if they have any COVID symptoms to go home – and to self isolate
* Set runners off at intervals
* Remind runners to give way to pedestrians to maintain distance
* Keep runners moving to avoid gathering in groups
* Signage if necessary to warn members of the public
* Limit numbers attending training sessions to Covid guidance maximum
* Members attend training in training clothes and go home in the same clothes (get changed in the car)
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| **Inclement weather –****making it too hot/wet****or slippery to run.** | Runners | * Consult weather forecast.
* Alert runners prior to run /training.
* Give warnings during run.
* Be prepared to cancel or delay run
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| **Traffic/road crossings****on route** | Runners and other road users | * Educate runners about using road crossings and to be prepared to wait in a socially distanced fashion
* Particular care to be taken crossing roads on longer laps. Instruction to look and listen at all times.
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| **Ground conditions –****uneven/changing****ground conditions e.g. potholes** | Runners | * Warn runners at start of run about specific areas of risk
* Remind about street ‘furniture’, parked cars, wet leaves, raised pavements, rubbish bins, lampposts, dogs, gates, ice, frost, cobbled areas, passers-by, etc, etc.
 |  | * Do a recce prior to session
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| **Injuries through****participation/medical****conditions****continued** | Runners | * Be aware of those with certain conditions and adapt the run as necessary.
* Leader asks at the start of every run if there is anything (different) they need to be aware of
* Warn runners about starting steadily
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| **Time of day or evening – visibility** | RunnersPedestrians | * Wearing of hi viz essential to avoid collisions
 |  | * Remind runners to bring hi viz to the run
* Leader provides ‘spares’ or sends runner home – walking!
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| **Runners getting detached from group or lost** | Runners | * Make sure there is a back runner if appropriate (who is aware they are the back runner) with a mobile phone
* Run in pairs
 |  | * Describe route at start of run
* Run in pairs or keep another runner in sight but observe social distancing
* Leader to state what should be done if a runner gets detached from the group e.g. muster point, loop back, prior to the start of the run
 |  |  |  |  |
| **Inappropriate running****kit/equipment** | Runners | * Check participants attire before run starts and make appropriate suggestions about changes if necessary.
 |  | * Leader to state what should be done if a runner gets detached from the group e.g. muster point, loop back, prior to the start of the run
 |  |  |  |  |
| **Members of the****public being impeded by runners** | RunnersMembers of public | * Emphasise to runners that members of public have right of way and a group of runners can appear intimidating - running code of conduct
* Ensure runners take all appropriate social distancing steps at all times during the run, e.g. 2m distant, slow down and look away if path is narrow
* Give dog walkers additional space
 |  | * Change run route if it is too busy
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