

COVID-19 Risk Assessment: Royston Runners

Date:	Assessed by:	Location :	Review :
28/09/20	Royston Runners COVID-19 Committee	Club Runs around Royston Town	01/11/20

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
Exposure to COVID-19 whilst travelling to the meeting point)	Club members/members of the public within the 2m social distancing guidance Spread of virus in a vehicle or in a car park	<ul style="list-style-type: none"> • Avoiding car shares • Members travel separately from others who are not part of their household • Parking away from other vehicles if possible and awareness of other people entering/exiting their vehicles. 	M	<ul style="list-style-type: none"> • Walk, run or cycle to the meeting points 	L	All	Prior to run	
Exposure to COVID-19 during club runs	Coaches/Run Members Spread of virus during a group running session	<ul style="list-style-type: none"> • Club members arrive ready to run and meet outdoors • Limiting the group to 6, with all members continuing to observe social distancing protocols (2m) at all times. • If a club member feels unwell and has any of the symptoms of COVID-19 they should remain at home • Prompt departure from location • Post run stretching and exercises to be done at home 	M	<ul style="list-style-type: none"> • Members will have a pre-arranged time and location to meet for their club run. • Members not to run if they have any symptoms or feel unwell. • Members assemble five minutes prior to the start time • Members must inform group leader of their intention to run. • Group leaders should take names of members in their group and email details to covid19@roystonrunners.co.uk 	L	All	Prior to/ During run	

				<ul style="list-style-type: none"> • Members should be conscious of not breaking the 2m distancing whilst running. • Members should refrain from spitting at all times. • If anyone becomes ill post run to report to Government Track & Trace and to the club by instant message, email or text to run leader. • If anyone that tests positive for COVID-19 post run they will need to complete the UKA COVID-19 Tracking Form. • To help reduce the spread of COVID-19 remind everyone of the public advice – catch coughs and sneezes in his/her elbow and to avoid touching face, eyes, nose or mouth with unclean hands. 			
Exposure to COVID-19 through contact with contaminated surfaces	Club members and members of the public. Risk of infection when touching hands to mouth, eyes and nose	<ul style="list-style-type: none"> • Providing advice to club members about the risk of infection and preventative measures 	M	<ul style="list-style-type: none"> • Members to be responsible for own property i.e. car keys. • No sharing of drinks containers. • Wear gloves if possible. • If first aid is required, close contact/touching should be kept to a minimum • In case of emergency, call 999. Group leaders must carry a charged phone during the run. All runners encouraged to carry a charged phone. • Wash hands after the session 	L	All	Prior to/ during run

				<ul style="list-style-type: none"> Group Leaders & members should carry hand sanitiser when running. 			
First Aid/Emergency Protocol	<p>Club members having a requirement for either minor or major first aid</p> <p>Runners may be injured from uneven or slippery surfaces. Runners may trip. Typically results in ankle & foot injuries.</p> <p>Accident caused by bumping or jostling.</p> <p>Above risks but increased due to lack of visibility</p> <p>Runners injured through collisions with vehicle or bikes from either crossing roads or accidentally running in road</p> <p>Drivers through taking avoidance action</p>	<ul style="list-style-type: none"> Run leader to plan route to avoid hazards where possible. Front runners to warn of any hazards encountered on route. Run leader to carry mobile phone to take action in case of emergency and/or serious injury Runners to run carefully and responsibly keeping a sensible distance between themselves and other runners. To be especially careful if having to take to the road to avoid pedestrians. Road running participants encouraged to wear hi viz clothing and to run with head/chest torch Groups to cross roads together Runners to stay on pavement where possible On roads without pavements run towards traffic Regrouping of road crossings to ensure group crosses together. Run leader to carry mobile phone to take action in case of emergency and/or serious injury 	L	<ul style="list-style-type: none"> Inform Council of any accident that happens as a result of maintenance negligence. Ensure all runners are advised in advance that hi viz and torch required Keep enforcing the point to run on the pavement Notify runners when vehicles/bike approaching Members still maintaining 2m distancing at all times 	L	Group Leader/ members	Prior to/ during run

	<p>Runners could have incurred injury unknown to group and cannot make it back</p> <p>Crossing train lines – severe injury in event of running being struck by train</p> <p>Dogs – Dogs could bite runners, or could cause runner to trip</p> <p>Cold Weather – Runners could suffer from hypothermia, or could slip on ice or snow</p>	<ul style="list-style-type: none"> • When running on narrow roads ensure group runs so it has maximum visibility to drivers and cyclists • Regular regroupings during run • Front runners to run back • Group leaders to count runners at each regroup and ensure no-one is missing • Runners to advise group leaders if they wish to cut run short • Run leader to plan route to ensure rail crossing kept to a minimum • Regrouping to happen prior to rail crossing to ensure all runners cross together • Particular attention to be paid where crossings do not have barriers/warnings • Runners to take care when running near dogs particularly when they are off lead and owners not present • Runners encouraged to warm up thoroughly and wear appropriate clothing • Group leader to adjust route in icy conditions 		<ul style="list-style-type: none"> • Members still maintaining 2m distancing at all times 				
Toilet Facilities	Club members needing to use toilets	<ul style="list-style-type: none"> • There may be public toilet facilities open around town during the club run. 	L	<ul style="list-style-type: none"> • Advise members as far as possible to use toilets at home before club sessions • Wash hands post run • Use hand sanitiser 	All	Prior to/ during run		

<p>Exposure to COVID-19 through contact with other people outdoors</p>	<p>Members of the public and club members. Physical contact with others whilst out running i.e. other runners, dog walkers, families, etc.</p>	<ul style="list-style-type: none"> Avoid contact with others and adhere to Government guidance 	<p>L</p>	<ul style="list-style-type: none"> Maintain 2m distance from the public Avoid busy areas (these to be identified and communicated to group leaders) Give way to pedestrians and run around them Be polite and ask to run past if necessary Do not touch pets 	<p>L</p>	<p>All</p>	<p>During run</p>	
<p>Exposure to COVID-19 Post run</p>	<p>Group members congregating at meeting point after the run</p>	<ul style="list-style-type: none"> Avoid prolonged contact amongst group members and members of the public 	<p>L</p>	<ul style="list-style-type: none"> Members reminded to maintain 2m distance and requested to leave promptly to avoid prolonged contact with each other and members of the public 	<p>L</p>	<p>All</p>	<p>After run</p>	