

## COVID-19 Risk Assessment: Royston Runners

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
28/09/20	Royston Runners COVID-19 Committee	Coaching Sessions – Ind & Twigdens Estate	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"> <li>Avoiding car shares</li> <li>Members travel separately from others who are not part of their household</li> <li>Parking away from other vehicles if possible and awareness of other people entering/exiting their vehicles.</li> </ul>	M	<ul style="list-style-type: none"> <li>Walk, run or cycle to the meeting points</li> </ul>	L	All	Prior to run	
Exposure to COVID-19 during group coaching sessions	Coaches/Run Members Spread of virus during a group running session	<ul style="list-style-type: none"> <li>Club members arrive ready to run and meet outdoors</li> <li>Limiting the group to 12, with all members continuing to observe social distancing protocols (2m) at all times.</li> <li>If a club member feels unwell and has any of the symptoms of COVID-19 they should remain at home</li> <li>Prompt departure from location</li> <li>Post run stretching and exercises to be done at home</li> </ul>	M	<ul style="list-style-type: none"> <li>Members to book places in advance using the <a href="https://bookwhen.com/Royston-Runners">bookwhen.com/Royston-Runners</a> website, this ensures all details captured if we need to communicate in the event of a positive COVID-19 test.</li> <li>Members not to run if they have any symptoms or feel unwell.</li> <li>Members assemble five minutes prior to the start time</li> <li>Members must not run if they have not booked.</li> </ul>	L	All	Prior to/ During run	

				<ul style="list-style-type: none"> <li>Members should be conscious of not breaking the 2m distancing whilst running.</li> <li>Members should refrain from spitting at all times.</li> <li>If anyone becomes ill post run to report to Government Track &amp; Trace and to the club by instant message, email or text to run leader.</li> <li>If anyone that tests positive for COVID-19 post run they will need to complete the UKA COVID-19 Tracking Form.</li> <li>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.</li> </ul>			
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"> <li>Providing advice to club members about the risk of infection and preventative measures</li> </ul>	M	<ul style="list-style-type: none"> <li>Members to be responsible for own property i.e. car keys.</li> <li>No sharing of drinks containers.</li> <li>Wear gloves if possible.</li> <li>Wash hands after the session</li> <li>Group Leaders &amp; members should carry hand sanitizer when running.</li> </ul>	L	All	Prior to/ during run
First Aid/Emergency Protocol	Club members having a requirement for either minor or major first aid  Slips, trips and falls	<ul style="list-style-type: none"> <li>First aid kit available from Coaching Sessions Group Leaders</li> </ul>	L	<ul style="list-style-type: none"> <li>If minor first aid is required this should be self-administered by the injured party where possible.</li> </ul>	L	Group Leader/ members	Prior to/ during run

	Musculoskeletal injuries			<ul style="list-style-type: none"> <li>• If help is required then limit the amount of close contact and touching to a minimum.</li> <li>• Ensure other group members continue to observe social distancing.</li> <li>• In case of emergencies call 999. Each group is to ensure a mobile phone is charged and available to use if required.</li> <li>• Keep a first aid kit in your own car</li> </ul>			
Toilet Facilities	Club members needing to use toilets	<ul style="list-style-type: none"> <li>• No toilet facilities are located at the coaching session locations</li> </ul>	L	<ul style="list-style-type: none"> <li>• Advise members as far as possible to use toilets at home before club sessions</li> <li>• Wash hands post run</li> <li>• Use hand sanitiser</li> </ul>		All	Prior to/ during run
Exposure to COVID-19 through contact with other people outdoors	Members of the public and club members. Physical contact with others whilst out running i.e. other runners, dog walkers, families, etc.	<ul style="list-style-type: none"> <li>• Avoid contact with others and adhere to Government guidance</li> </ul>	L	<ul style="list-style-type: none"> <li>• Coaching sessions are taking place on the industrial estate and the Twigdens estate which are both lit with minimal traffic and will limit the risk of interacting with the general public</li> <li>• Members are requested to attend training dressed in the kit they intend to run in and go home in the same clothes.</li> <li>• Give way to pedestrians and run around them</li> <li>• Maintain 2 metre distance from the public</li> </ul>	L	All	During run