

Risk Assessment: Covid-19 Only

Date:	Assessed by:	Location :	Review :
Bi-Weekly (Tuesday & Thursday)	Mike Bennewitz	Thornbury Leisure Centre Car Park	21st December 2020

What are the Hazards?	Who might be harmed and how?	Current Risk Rating	Mitigation	Resultant Risk Rating	What else can you do to control this risk?
COVID 19 - 1 Risk of virus Transmission during <u>Outdoor Running Sessions</u> .	Runners taking part in the club runs might spread virus to their respective social groups or families (bubbles).	n/a	<ul style="list-style-type: none"> NB: These RA's are initially for <u>OUTDOOR club or Training nights only</u> Training Equipment (e.g. cones) to be handled only by coaches and either sanitize or wear gloves when handling. Lead coach to take hand sanitizer to all sessions and encourage all runners to use. Runners to take own drinking water and NO sharing of same! Assumption must be made there will be limited toilet facilities at meeting points .Note the TLC will allow us to use their toilet - but we have to respect their Covid handling process. 	M	<ul style="list-style-type: none"> Lead coach/Club captain to ensure training equipment is set-up by 2 people max. Lead coach to enforce 2m rule and principles stated & announce on social media.
COVID 19-2 Risk of casual & non contact virus Transmission attending Outdoor running sessions.	Runners arriving at Running Sessions (e.g. by car) and gathering in groups afterwards.	n/a	<ul style="list-style-type: none"> Maintain 2m+ distance between runners. Recoding & storing the club attendance record is mandatory but in addition runners should confirm they have read and can answer 'No' to any symptomatic conditions. The club needs to demonstrate we are operating a "Covid Secure environment and thus meet in unlimited numbers. Running groups of 6 people max with 1 coach per group (UKA guidance). 	M	<ul style="list-style-type: none"> Ensure enough coaches are able to support the sessions. Include Covid health questionnaire on weekly email and ask club members to confirm No to all points when signing the

			<ul style="list-style-type: none"> Groups to dissipate as soon as practical after the running session is finished. 		attendance register
COVID 19-3 Risk of virus transmission due to car sharing travelling to <u>runs</u> .	Some training sessions require cars at both ends of a linear route so car sharing is a necessity.	n/a	<ul style="list-style-type: none"> Avoid car sharing with people outside families if possible. Where unavoidable consider <1m social distance guidelines. At minimum gel regularly and wear face masks as on public transport and in shops. 	M	<ul style="list-style-type: none"> Keep sanitizer in the car and use before/after
COVID 19-4 Risk of virus transmission if one runner gets injured during an <u>outdoor</u> running session.	Running coaches might normally assess and perhaps treat minor injuries.	n/a	<ul style="list-style-type: none"> Coaches should NOT attempt to treat injured runners but make sure they (and the situation) is safe and keep the injured runner warm & calm. Follow issued leader injury guidelines issued by club captain. 	M	<ul style="list-style-type: none"> Whether to intervene or not - left to group leader discretion but EA recommendation is to call 999.
COVID-19 - 5 Risk of transmission to vulnerable adults by contact with other club members.	Vulnerable adults that might have underlying health conditions or are taking medicines to reduce the immune system could expose themselves to unnecessary risk.	n/a	<ul style="list-style-type: none"> The club will not intentionally exclude anyone but those adults who believe they might be vulnerable should not participate in club nights for the moment. So will be left to individual to make the decision. 	M	<ul style="list-style-type: none"> Communicate this on the club website and email newsletters/facebook page.
COVID-19 - 6 Risk of transmission to other footpath users	Risk of breaking the 2M social distance requirement on narrow footpaths and thus increasing risk to other footpath users	n/a	<ul style="list-style-type: none"> Frequent stops might be needed to allow other users to pass safely at slightly wider passing points. 	M	<ul style="list-style-type: none"> Thank other footpath users for moving out of the way (or whoever has moved!!).
CoVID19 - 7 Reputational Risk to Thornbury Running Club	No additional harm to what is stated in CoVID19-6 but due to increasing rates of infection all users are becoming more nervous about passing others in too close proximity.	L	<ul style="list-style-type: none"> Suggest follow the TRC CoVID code (in this document) 	L	See document "TRC CoVID Running Code _V1.0.pdf"

