

COVID-19 Risk Assessment: Outdoor Running (exc. Track)

Date:	Assessed by:	Location :	Review :
21 / 07 /2020	Michelle George-Barnes	Outdoors Running (exc. Track)	Monthly or as guidance changes – whichever is sooner.

What are the Hazards?	Who might be harmed and how?	What can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
COVID-19 has created anxiety in the Club and coaches/ run leads/ runners maybe fearful of returning creating anxiety.	Redway Runners Club Members	<ul style="list-style-type: none"> All members to be advised Redway Runners are following England Athletics Guidelines to get the Club up and running safely. All coaches/ run leads and runners advised Club Welfare Officer Rena Galardziak can be contacted at rena3741@gmail.com and Club Covid Officer/ Run Lead Coordinator Michelle George-Barnes can be contacted at michellegb@sky.com Any concerns can be raised here or directly to the Chairman Martin Lawrence at RR@Redwayrunners.com Club COVID Risk Assessments to be made widely available. COVID updates to be given in the weekly Club email. 	L	ML	21/07/2020	Complete 21/07/2020

		<ul style="list-style-type: none"> All Redway Runners to be advised they do not need to lead or participate in any Club runs if they do not feel safe to do so. 				
COVID-19 maybe transmitted in the air	Redway Runners Club Members and the Public	<ul style="list-style-type: none"> All runs will meet and take place outdoors. Any runner who is self-isolating must not attend. Any runner with any COVID-19 symptoms must not attend any runs and must remain isolated. All groups runs will be a maximum of one coach/run lead and five runners. No more than six in any group. All coaches/ run leads/ runners will maintain government advised social distancing Coaches/ Run Leads will maintain a register of names and contact numbers of all runners who attend each session with dates and times and keep the register for 4 weeks after each run. Any runner who develops COVID-19 symptoms up to 2 weeks after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead. Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity. 	L	MGB	21/07/2020	Complete 21/07/2020

<p>COVID-19 is transmitted by respiratory droplets</p>	<p>Redway Runners Club Members and the Public</p>	<ul style="list-style-type: none"> • All runs will meet and take place outdoors. • Any runner who is self-isolating must not attend. • Any runner with any COVID-19 symptoms are not to attend any runs and must remain isolated. • Runners must maintain government set social distancing. • Coaches/ Run Leads and Runners must wash their hands before attending any runs. • Coaches/ Run Leads and Runners must sanitise their hands with their own alcohol hand gel on arrival prior to joining a group run and immediately after the run. • Runners must not spit or clear their nose whilst out on a run. Faces must be covered with a clean tissue or with a bent elbow if coughing or sneezing during the run. • Runners must not share any equipment. • Any runner who develops COVID-19 symptoms up to 2 days after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead. • Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity. 	<p>L</p>	<p>MGB</p>	<p>21/07/2020</p>	<p>Complete 21/07/2020</p>
<p>COVID-19 is transmitted by human contact</p>	<p>Redway Runners Club Members and the Public</p>	<ul style="list-style-type: none"> • Any runner who is self-isolating must not attend. 	<p>L</p>			

		<ul style="list-style-type: none"> • Any runner with any COVID-19 symptoms must not attend any runs and must remain isolated. • Coaches/ Run leads must be prepared for accidents and incidents where a runner may need physical support. All coaches/ run leads must carry a charged mobile phone in the event emergency help is required. If emergency first aid is required the coach/ run lead must make their own assessment of the situation. • Disposable gloves will be made available for all run leads to carry on their runs. • First aid training is available to all coaches/ run leads encompassing universal precautions. • Coaches/ Run Leads and Runners must wash their hands before attending any runs. • Coaches/ Run Leads and Runners must sanitise their hands with their own alcohol hand gel on arrival prior to joining a group run and immediately after the run. • Runners must maintain government set social distancing. • Runners must not share any equipment. • Runners must leave the area quickly at the end of a run and not congregate. • Any runner who develops COVID-19 symptoms up to 2 days after the run has taken place must immediately 		MGB	21/07/2020	Complete 21/07/2020
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		<p>notify the COVID-9 officer or their relevant coach/run lead</p> <ul style="list-style-type: none"> • Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity 				
<p>COVID-19 can be passed on from inanimate surfaces</p>	<p>Redway Runners Club Members and the Public</p>	<ul style="list-style-type: none"> • Coaches/ Run Leads will hold a register of all runners attending. This will either be a printed register or handwritten at the time of the run. If it is handwritten the run lead will take details of each runner at a social distance and will use their own pen to write the details. Pens and paper will not be shared amongst the runners. • Coaches/ Run Leads will pre-plan run routes to avoid gates or stiles where surfaces need to be touched. • Coaches/ Run leads must consider route management and contingency management if there is an unexpected gate or obstacle that needs to be passed. • No equipment will be shared. • Photos can only be taken on the person's own camera/phone. Phones are not to be passed between runners. • Any runner who develops COVID-19 symptoms up to 2 days after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead. • Every coach/ run lead/ runner must make their own assessment as to 	L	MGB	21/07/2020	Complete 21/07/2020

		whether it is safe to undertake the activity.				
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References

England Athletics (2020) Guidance update for restricted return to activity (for coaches, leaders, athletes, runners and facilities) Online at <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/> [Accessed 21 July 2020]

WHO (2019) Coronavirus disease (COVID-19) Online at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019> [Accessed 21 July 2020]