

Redway Runners COVID-19 Risk Assessment: Outdoor Running, Indoors Coaching/ Training, Under 18's Coached Sessions, Track Sessions.

Implementation Date:	Updates	Assessed by:	Location :	Review Date:
21/ 07 /2020	V2 27/07/2020	Michelle George-Barnes	Outside Spaces including parks, trails or road. Track. Indoor Sports Hall.	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/ Parents and Guardians of Under 18's	<ul style="list-style-type: none"> • All members/parents and guardians of U18's to be advised Redway Runners are following England Athletics Guidelines to get the Club up and running safely. • Redway Runners to provide a COVID secure environments by having the following in place: <ol style="list-style-type: none"> 1) COVID Officer in place – Michelle George-Barnes. 2) Risk Assessments in place and widely available on the Club Website and updated regularly. 3) Tracking protocol in place to identify attendees for every session through the attendance register and membership details on Love Admin. Only those in receipt of a booking 	L	ML	21/07/2020	Complete 21/07/2020

		<p>confirmation can attend a Club Run or a Coached Session.</p> <p>4) Communication plan for all members through weekly email and Facebook posts.</p> <ul style="list-style-type: none"> • Maximum of 12 runners on any session to include the Coach/Run Lead. • No pushchairs (as this would be an extra person) • Maximum of TWO Club Runs to be booked per person per week. • No non-members to participate. • 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 • 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 at a designated place as instructed by the coach or run lead. • 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. 	L	MGB	27/07/2020	Complete 27/07/2020

		<ul style="list-style-type: none"> • All groups runs/coached sessions will be a maximum of 12 in total. • 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 and a UKA COVID-19 tracking form must be completed. • Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity. 				
COVID-19 is transmitted by respiratory droplets	Redway Runners Club Members/ Parents and Guardians of U18's/ The Public	<ul style="list-style-type: none"> • All runs will meet at a designated place as instructed by the coach or run lead. • 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. 	L			

		<ul style="list-style-type: none"> 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 weeks after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead and a UKA COVID-19 tracking form must be completed. Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity. 		MGB	21/07/2020	Complete 21/07/2020
COVID-19 is transmitted by human contact	Redway Runners Club Members/ Parents and Guardians of U18's/ The Public	<ul style="list-style-type: none"> 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. 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 	L	MGB	21/07/2020	Complete 21/07/2020

		<p>coach/ run lead must make their own assessment of the situation.</p> <ul style="list-style-type: none"> • 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 weeks after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead and a UKA COVID-19 tracking form must be completed. • Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity 			
COVID-19 can be passed on from	Redway Runners Club Members/ Parents and	<ul style="list-style-type: none"> • Coaches/ Run Leads will hold a register of all runners attending. This 	L		

<p>inanimate surfaces</p>	<p>Guardians of U18's/ The Public</p>	<p>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.</p> <ul style="list-style-type: none"> • 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 weeks after the run has taken place must immediately notify the COVID-9 officer or their relevant coach/run lead and a UKA COVID-19 tracking form must be completed. • Every coach/ run lead/ runner must make their own assessment as to whether it is safe to undertake the activity. 		<p>MGB</p>	<p>21/07/2020</p>	<p>Complete 21/07/2020</p>
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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 27 July 2020]