

Risk Assessment: COVID-19 MEASURES

Date of Assessment: 02 July 2020

Performed by /Role: Peter Wallis (Chairman of Christchurch Runners)

Endorsed by Christchurch Runners club committee: 04 July 2020

Next Review Date: (as determined by England Athletics guidance – see below)

Minor Revision 06 July 2020 – Adds recommendation for hand gel and face mask during First Aid

Minor Revision 24 July 2020 - responding to new UKA guidance

Minor Revision 26 July 2020 – Limit of 6 participants lifted in line with UKA and UK Gov changes.

England Athletics guidance is issued via their website (<https://www.englandathletics.org/guidanceupdate>) and correspondence to affiliated Club Secretaries in response to changes in the UK Government measures on the Novel Coronavirus Pandemic. This Risk Assessment also draws on the guidance available for the COVID-19 Measures, where relevant, from the HSE website

<https://www.hse.gov.uk/coronavirus/working-safely/risk-assessment.htm> .

Task/ Activity
Social Runs under COVID-19 measures

Hazards	Risks	Rating
<ul style="list-style-type: none"> Infection of COVID-19, a contagious virus which leads to flu-like symptoms in many cases but can be severe or even fatal 	via <ul style="list-style-type: none"> Airborne particles Physical contact Intermediary (e.g. 3rd person/ touching surfaces) Member(s) of run group contract the virus, with or without symptoms, and it is spread around those taking part	HIGH
<ul style="list-style-type: none"> Multiple numbers of team leaders fall ill 	<ul style="list-style-type: none"> Health and safety of groups is compromised due to shortage of leaders leading to inadequate measures being adopted Runs being led by inexperienced volunteers 	
<ul style="list-style-type: none"> Risk to runner from non-DBS checked leader 	Social Run leaders may not have undergone DBS checks that would have flagged issues. Children or vulnerable adults may be exposed to harm if unsupervised by a responsible carer.	
<ul style="list-style-type: none"> Minor Injury 	Slip or fall sustained while in a group with no first response trained cover. Onward transmission of Virus involving First Responder who has to break social distancing measures in order to assist.	
<ul style="list-style-type: none"> Circumstance threatens ability to maintain social distancing or other COVID-19 measures. 	Social Run participants may adopt strategies that put them in the face of other issues in order to avoid breaking social distancing or other COVID-19 measures, e.g. stepping into the road when the pavement is occupied by other members of the public.	
<ul style="list-style-type: none"> Personal Attack 	Vulnerable members may be targeted if separated from group.	
<ul style="list-style-type: none"> Altercation with the public 	Confrontation by individuals or groups whose actions threaten participants (e.g. perception of breaking COVID-19 guidance, disturbing pedestrians, dog walkers or cyclists sharing the route).	
<ul style="list-style-type: none"> Mental Health 	Anxiety related health issues of <u>social run leaders</u> .	
<ul style="list-style-type: none"> Planned route has unforeseen hazards 	Group encounters an unexpected and unmitigated hazard.	

Risk Assessment: **COVID-19 MEASURES**

Control Measures and Method Statements
<ul style="list-style-type: none"> ○ Club committee provides support and guidance to group organisers for route selection and encourages adoption of LiRF and CiRF procedures where untrained volunteers are leading groups.
<ul style="list-style-type: none"> ○ The guidance provided by the Club committee is to adopt a cautious approach in response to the opportunities presented by resuming club runs as Club members include people who are at higher risk of contracting the COVID-19 virus than the average population. The Club Committee has appointed a COVID-19 Coordinator who will be monitoring the measures adopted on a continuous basis in order to ensure guidance is adopted and to be able to assist in the contact and tracing of possible infections.
<ul style="list-style-type: none"> ○ Participants are to be made aware of latest government guidance, communicated via email and shared by group leaders during a briefing.
<ul style="list-style-type: none"> ○ Operate in running bubbles to reduce number of encounters with other people.
<ul style="list-style-type: none"> ○ Children or vulnerable adults are to be accompanied by a responsible carer, ideally from within their family, at all times while undertaking any Club activity, including during COVID-19 measures. The carer counts towards the group total in each group.
<ul style="list-style-type: none"> ○ Instructions to be provided to participants requiring that they immediately self-isolate, notify and do not participate in small group Social Runs if they display any COVID-19 symptoms. This is in addition to any advice issued by UK Government.
<ul style="list-style-type: none"> ○ Instructions are to be made available to participants to explain the format of social run events. Social runs are not competitive events and so the group should remain within range of each other, while maintaining social distancing. Participants should not feel it is necessary to take any further risks when they are participating than in their daily life. Social run leaders are to be provided with England Athletics information packs, tailored by instructions issued by the Club committee if necessary, to explain the measures to participants, including the need to maintain social distancing (2 metres). Accepting these measures being a prerequisite to participation.
<ul style="list-style-type: none"> ○ Club members are to be made aware of any further temporary measures in response to COVID-19, including but not limited to having to pre-book participation, limit participation to a small number of groups and to observe social distancing while on social runs. Also to be aware of the restrictions in place if using the facilities at the ECSSC or if they have recently visited areas in local lockdown.
<ul style="list-style-type: none"> ○ First Response for minor injuries is to bear in mind the additional risk of COVID-19 transmission. e.g. If a minor cut/ graze is sustained, the participant may attend to an injury later, when under normal circumstances first aid provision might have been administered. Where a group member may require physical assistance to get back to base, it may now be more appropriate to contact a paramedic or, if safe, to firstly obtain suitable PPE.
<ul style="list-style-type: none"> ○ Mobile phones are to be carried by social run leaders, with participants encouraged to carry a mobile phone as a back-up.
<ul style="list-style-type: none"> ○ It is encouraged that routes are selected that start and finish close to the area where the members of the group are living, to avoid any need for Lift Sharing. Participants should bring their own refreshment, if needed. Participants are to be advised to arrive ready to take part, i.e. not expecting the provision of changing or toilet facilities, or mid/post-run refreshments. Route selection should minimise opportunities for touching surfaces which may harbour the virus (e.g. gates, the need to carry and potentially pass-on maps).
<ul style="list-style-type: none"> ○ Where runs are organised that start/finish at the Club House, their additional measures shall be observed. These measures are established and maintained by the ECSSC and currently include requirements for social distancing, following a one-way system and limiting the number of Club members on the premises at any one time.
<ul style="list-style-type: none"> ○ Group leaders are to be sure their route is clear of hazards shortly before leading a group, to reduce the risk of unforeseen hazards to as low as reasonably practical. Only mature, responsible Club members who are experienced runners are to be appointed as social run leaders.
<ul style="list-style-type: none"> ○ Expulsion from the Club may arise for any participant who wilfully breaks any of these measures.



Further items to be included within first aid kits, where necessary:

- face covering
- 70% IPA hand gel/ wipes

<END OF DOCUMENT>