

SOUTH CHESHIRE HARRIERS

Covid-19 Risk Assessment for Club Training Sessions

South Cheshire Harriers runner's assessment carried out by: **Mike Stevens**

Date assessment carried out: **22 August 2020**

This Risk Assessment relates to the safe execution of club training sessions at designated locations including the use of the Vagrants car park and facilities.

This document has been developed in accordance with the following guidelines and recommendations:

- England Athletics Documents
- UK Government Documents

All runners participating in club training sessions must familiarize themselves with the above documents and agree to carry out all activities in strict accordance with the recommendations.

The following Risk Assessment must always be adhered to and implemented by all SCH club members.

Activity	Risk Identified	Who is at Risk	Risk Rating	Existing Control Measures/Mitigation	Net Risk Rating	Action By Whom	Target Date
Training Sessions	Spreading / Catching Covid-19 via air-borne droplets	Coach Run Leaders General public	High	Social Distancing 1. Allow no more than three groups to meet at the Vagrants at any one time.	Med	Coach/Group Run Leaders/Runners	29/08/20
			High	2. Each group must remain separate and meet outside in different locations in the car park where applicable.	Low	Coach/Group Run Leaders/Runners	
			High	3. Each running group starting from the Vagrants will be allocated	Low		

				<p>a set starting time with a 10 min interval between each to avoid/minimise contact.</p> <p>High 4. Groups of runners must remain distanced throughout the training session – no swapping between groups is permitted.</p> <p>High 5. Runners from the same household should ideally be in the same group, where ability allows, to minimise spread.</p> <p>High 6. Ensure the number of members within each group is no more than 5, which when added to the group run leader means a maximum number of people in each group of 6, in line with EA and UK Govt. guidelines.</p> <p>High 7. Ensure compliance with the 2 metres social distancing recommended by EA and UK Govt. There must be no contact between runners and group run leaders in any sessions</p>	<p>Low</p> <p>Low</p> <p>Low</p> <p>Low</p> <p>Med</p>	<p>Coach/Group Run Leaders/Runners</p> <p>Coach/Group Run Leaders/Runners</p> <p>Coach/Group Run Leaders/Runners</p> <p>Coach/Group Run Leaders/Runners</p> <p>Coach/Group Run Leaders/Runners</p>	
Training Sessions	Spreading / Catching Covid-19	Coach Run Leaders	<p>Low</p> <p>Med</p>	<p>Bookings</p> <p>1. All sessions must be pre-booked online using the RunTogether platform.</p> <p>2. Sessions will last for up to 60mins, with a clear gap between</p>	<p>Low</p> <p>Low</p>	<p>SCH</p> <p>SCH</p>	29/08/20

				<p>sessions to allow for people to arrive / leave safely and for cleaning (where necessary). Runners must not turn up to their session more than 10mins before start time to allow the previous session participants (where applicable) to clear the area.</p> <p>High</p> <p>3. Coaches/Run Leaders and runners must declare that neither they, nor anybody in their household are displaying Covid-19 symptoms ahead of attending each session. Any Coach/Run Leader and runner who are displaying Covid-19 symptoms will not be allowed to attend. Any runner or Coach/Run Leader who tests positive for Covid-19 within a few days of attending a session must inform the club ASAP to allow contact tracing to take place.</p> <p>Med</p> <p>4. The session pre-booking system will ensure:</p> <ul style="list-style-type: none"> • The club have a complete record of all sessions to ensure compliance with the law and guidelines and to facilitate contact tracing if required • No double-booking occurs 		<p>Coach/Group Run Leaders/Runners</p> <p>Coach/Group Run Leaders/Runners</p>	
Training Sessions	Spreading / Catching Covid-19			Travelling To & From Training Sessions			29/08/20

			High	Advise runners to travel in separate household groups, arrive by own individual transport, walk or run to/from sessions.	Med	Coach/Group Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach Run Leaders Runners	Med	Running & Running Routes 1. Routes chosen will be preplanned by the Coach/Run Leaders with space considered for each run and the size of each group. 2. Each group will have a member who knows the route to reduce the risk of others becoming lost/left behind. 3. Runners will always be instructed to apply club etiquette when running and that members of the public have the right of way during run.	Low	Coach/Group Run Leaders Coach/Group Run Leaders/Runners Coach/Group Run Leaders/Runners	29/08/20
Training Sessions	Spreading / Catching Covid-19	Coach Run Leaders	Med	Hand washing / Personal Hygiene 1. Runners should provide their own hand sanitization products to apply before and after each session. 2. No sharing of kit, equipment or drinks bottles is allowed.	Low	Coach/Group Run Leaders/Runners Coach/Group Run Leaders/Runners	

			Med	3. Runners must provide their own equipment (including drinks bottles) and this must be kept in a safe location when not in use.	Low	Coach/Group Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach Run Leaders	Med	Cleaning / Sanitizing 1. All hand wipes etc should be taken home by each runner and disposed of safely.	Low	Coach/Group Run Leaders/Runners	29/08/20
			Med	2. Sessions will be limited to 60 minutes to allow for cleaning / sanitization in between each session where applicable.	Low	Coach/Group Run Leaders/Runners	
Training Sessions	Spreading/Catching Covid-19	Coach Run Leaders	Low	Risk Assessment and Emergency Aid 1. All Run Leaders and runners will be sent this document and EA Guidance prior to attending the session and must confirm they have read and will comply with all measures set out. If not complied with training sessions will be cancelled.	Low	Coach/Group Run Leaders/Runners	29/08/20
			Med	2. At the beginning of each session the Run Leader will explain the safety guidelines of what is to be expected before, during and after the session, including what the members are expected to do to maintain compliance with social	Low	Coach/Group Run Leaders	

				distancing and all other health and safety guidelines.		SCH/Coach	
			Med	3. Coach to ensure that all Run Leaders are briefed regarding their responsibility to ensure compliance with the requirements of this document.	Low		
			High	4. During each session ensure all health and safety and first aid guidelines are followed	Med	Coach/Group Run Leaders/Runners	
			Med	5. A designated Run Leader will be present at each training session to ensure compliance with all necessary measures.	Low	Coach Run Leaders	
			High	6. First aid kit will be provided by SCH .	Med	SCH	
			High	7. If minor first aid is required this should be self-administered by the injured party where possible.	Med		
			High	8. If help is required then limit the amount of close contact and touching to a minimum, gloves should be worn and a face mask if available.	Med		
			High	9. Hand sanitizer should be applied before and after administering help	Med		
			High	10. Ensure the other group members continue to observe social distancing.	Med		

			High	11. The Run Leader should have disposable gloves, face mask and antibacterial hand gel with them to be used for administering basic first aid.	Med		
Training Sessions	Spreading/ Catching Covid-19	Coach Run Leaders	Med Low	Facilities 1. The toilets and other facilities available in the Vagrants will subject to the local rules of the venue. 2. To minimise the need to use the Vagrants/local changing facilities runners are expected to arrive at each training session in their running kit.	Low Low	Coach Run Leaders Runners Coach Run Leaders Runners	29/08/20

Road Running

- Small group training outdoors only in groups of up to 6 people providing runners maintain social distancing advice i.e. 2m apart if from a different household.
- A coach and up to 5 athletes (or runners) can train together provided they maintain social distancing i.e. 2m apart if from a different household.

Health & Safety Executive Guidance for First Aiders Where COVID-19 is a Factor

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone. If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – Preserve life, Prevent worsening, Promote recovery.

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms

- Ask for help. If a portable defibrillator is available at a local shop or facility, ask for it.
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- If available, use: a fluid-repellent surgical mask, disposable gloves, eye protection, apron or other suitable covering
- Only deliver CPR by chest compressions and use a defibrillator (if available) – don't complete rescue breaths

Prevent worsening, promote recovery: all other injuries or illnesses

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible after delivering any first aid
- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible