

Thanet Road Runners AC COVID-19 Risk Assessment: Outdoor Running

Date:	Assessed by:	Location :	Review :
07/10/20	Christopher Brenchley and Pam Philpott	Thanet and East Kent areas paths,roads,trails.	Monthly on or before club meeting day.

What are the Hazards?	Who might be harmed and how?	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
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<p>COVID-19 has created anxiety in the Club and run leaders/ runners maybe fearful of returning.</p>	<p>TRAC Runners and leaders</p>	<p>TRAC Run Leaders are following England Athletics Guidelines to get the Club up and running safely.</p> <ul style="list-style-type: none"> • Club to provide a COVID secure environments by having the following in place: • 1) COVID Officer in place – Pam Philpott • 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 using the run together app and membership details on the TRAC membership register. Only those booked can join in the run. <ul style="list-style-type: none"> • Maximum of 6 runners (5 plus a leader) on any session to include the Coach/Run Lead. Consideration can be given to increase the group size to 12 where two leaders attend and can divide a group safely. (i.e. faster and slower groups on the same route.) <p>The meeting up areas where several groups meet will have designated break off groups for your Leader and runners, we should not mix within the groups.</p> <ul style="list-style-type: none"> • No non-members to participate. • All 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. 	<p>L</p>	<p>PP and CB</p>	<p>07/10/20</p>	<p>07/10/20 Monthly check Oct 20 <i>yes.</i></p>
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<p>COVID-19 may be transmitted in the air.</p>	<p>TRAC Runners and leaders</p>	<ul style="list-style-type: none"> All runs will meet at a designated place as instructed by the app or the run leader. The meeting up areas where several groups meet will have designated break off groups for your Leader and runners, we should not mix within the groups <p>Any runner who is self-isolating must not attend.</p> <ul style="list-style-type: none"> Any runner with any COVID-19 symptoms must not attend any runs and must remain isolated. All groups runs/coached sessions will be a maximum of 6 in total. Consideration will be given to increase the group size to 12 where two leaders attend and can divide a group safely. (faster and slower groups on the same route.) Run leaders / runners will maintain government advised social distancing Run Leaders 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 using the run together app. Any runner who develops COVID-19 symptoms up to 2 weeks after the run has taken place must immediately notify the COVID-19 officer or their relevant run leader and a UKA COVID-19 tracking form must be completed. Every run leader runner must make their own assessment as to whether it is safe to undertake the run. 	<p>L</p>	<p>PP and CB</p>	<p>07/10/20</p>	<p>07/10/20 Monthly check Oct 20 yes.</p>
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<p>COVID-19 is transmitted by respiratory droplets</p>	<p>TRAC Runners and leaders</p>	<ul style="list-style-type: none"> • All runs will meet at a designated place as instructed by the run together app • The meeting up areas where several groups meet will have designated break off groups for your Leader and runners, we should not mix within the groups • 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. • Run Leaders and Runners must wash their hands before attending any runs <ul style="list-style-type: none"> • Run Leaders 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. • Run leader/ runner must make their own assessment as to whether it is safe to undertake the run. 		<p>PP and CB</p>	<p>07/10/20</p>	<p>07/10/20 Monthly check Oct 20 yes.</p>
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<p>COVID-19 is transmitted by human contact</p>	<p>TRAC Runners and leaders</p>	<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. • Run leaders must be prepared for accidents and incidents where a runner may need physical support. • Run leaders must have access to a mobile phone and/or know how to communicate in the event of an emergency where help is required. • The run leader must make their own assessment of the situation. • Run Leaders and Runners must wash their hands before attending any runs. • Run Leaders 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-19 officer or their relevant run leader and a UKA COVID-19 tracking form must be completed. • Every run leader/ runner must make their own assessment as to whether it is safe to undertake the run. 	<p>L</p>	<p>PP and CB</p>	<p>07/10/20</p>	<p>07/10/20 Monthly check Oct 20 yes</p>
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<p>COVID-19 can be passed on from inanimate surfaces</p>	<p>TRAC Runners and leaders</p>	<ul style="list-style-type: none"> • Run Leaders will hold a register of all runners attending. This will be using the run together app with no use of notes on clipboards/paper and sharing of pens. • Run Leaders will pre-plan run routes to avoid gates or stiles where surfaces need to be touched. • Run leaders 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 run leader/runner must make their own assessment as to whether it is safe to undertake the run 		<p>PP and CB</p>	<p>07/10/20</p>	<p>07/10/20 Monthly check Oct 20 <i>yes</i>.</p>
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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]