

## Risk Assessment: Hardley Runners Tuesday Training Sessions.

Date:	Assessed by:	Location :	Review :
30 / 09 /20	Chris Harris	Apple more Recreation Centre (Meeting Area)	October 20 <sup>th</sup> 2020

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Spreading transmission of Covid-19 through airborne transmission of the disease by an infected person.	Runners may pass on the virus to each other , the coaches and members of the public.	Social distancing  Running in groups 12 to 1 coach.	H	1. Covid -19 Officer in place- Chris Harris (C.H) 2. Covid plan risk assessment, review at regular intervals & change as necessary. 3. Take note of runners in group of 12, by taking a photograph (obtain consent) 4. The Coach leading the group will take the photograph & inform C.H, who will record names on a Covid-19 Register & hold for 21 days.	M	Chris Harris,  Following discussion with all coaches.	3 weeks Oct 20th	
Winter Training ( Dark Evenings) meeting outside Apple more Recreation Centre .	As Above.	Running in Groups 12 to 1 Social distancing	H	The Coaches taking the session will arrive early, to ensure Social Distancing. Meet at the top of Carpark on the left corner by the grass area , inline with the wooden fence surrounding the School. As the runners arrive to move across to the right corner with your Coach , social distancing both groups of 12 runners. Ensure the public have adequate space on the foot path, to maintain social distancing if they pass.	M	As above	Oct 20th	

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Injury	Runners & Coaches. Close contact with the runner for possibly an unsafe period of time.	A coach –Mobile Phone.  Enquire if any runners have an Injury .at the start of the session.  Any risks are outlined to the runners.  A First Aid Bag was taken to the training session.	H	Each Coach will carry two masks, gloves & hand gel.  A First Aid Bag will not be carried or passed to other coaches , due to potential to spread Covid-19 virus.	M	As above	Oct 20th Following an Injury	
More than 24 Runners, may attend the Session.	Failure to have a plan in place could result in some confusion for the late (>24) runners and the coaches taking that session.	This has only happened on a Thursday when we run in groups of 6, we then increased to 9 runners in that group. This was before the new Covid-19 rules / law was introduced.	L	The extra runners will be asked to form a pod (group) of six.  The more experienced runner or leader in that pod would be asked to organise this as an Independent training session. Alternatively lead the group for a socially distance run	L	As above	Oct 20th	
During the training session , potential for s.distancing to be lost due to an unexpected occurrence	Runners & Coach A runner or coach, could be harmed by unexpected traffic on the road .	Always identify quiet road for training, if these areas present problems we do not revisit.	L	1. a group of just 12 runners is more practical to coach.  2. Pre-warn group at start of session about possible hazard.  3. High Viz is compulsory for winter training.	L	As above	Oct 20th	