

Risk Assessment: Club Sessions (During COVID-19 Pandemic)

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| Date: | Assessed by: | Location : | Review : |
| Starting 22/7/20 | Chris Davies | Newport | Version 2 30/7/20 |

| What are the Hazards? | Who might be harmed | What are you already doing? | Risk Rating | What else can participant do to control this risk? | Resultant Risk Rating |
|--|---------------------|---|-------------|--|-----------------------|
| Major health incident | Runners | <ul style="list-style-type: none"> ● Advance Information to advise against participation if feeling unwell | M | <ul style="list-style-type: none"> ● Mobile phone to be carried by coaches for emergency support/999 call | L |
| Minor health problems (Muscle pulls, strains, tears etc) | Runners | <ul style="list-style-type: none"> ● Advance Information to advise against participation if pre existing condition ● Session Briefing to remind participants to chose appropriate speed group & run at lower intensity for first few reps, especially if they've not participated in interval/quality sessions recently ● First Aid to be offered to participant for self application. Kits to carry 2 face masks, gloves, hand sanitiser & (desirable) apron to protect first aider and recipient. | M | <ul style="list-style-type: none"> ● Mobile phone to be carried by coaches/leaders, to be used to request support. ● Emergency contact (identified in Registration) to recover participant. ● Coach/Leader to ensure they are protected from cold/wet while waiting using space blanket & extra clothing (which must be sanitised after use) | L |

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| Route not safe | Runners | <ul style="list-style-type: none"> ● Session Plan to select warm up/session area/cool down route to avoid unsafe areas (e.g. unpaved busy A roads, pinch points & narrow/busy paths where social distancing is impossible etc). Coach to undertake reccie &/or have a fallback plan. | L | | |
| Heat exhaustion or dehydration | Runners | <ul style="list-style-type: none"> ● Website & Social Media to remind runners about hydration to run in the cooler parts of the day if needed. | L | <ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. | L |
| Collisions or near misses with other road users | Runners | <ul style="list-style-type: none"> ● Advance Information participants to be cautious about other road users & when crossing roads ● Advance Information to advise against wearing headphones ● Advance Information to remind participants about Lliswerry's Safety Code (on website) | M | <ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. | L |
| Junior runners unattended | Junior runners | <ul style="list-style-type: none"> ● Advance Information to remind participants that all juniors must be accompanied | L | | |
| Animals / livestock on road | Runners General public Dogs Horses Livestock | <ul style="list-style-type: none"> ● Advance Information to remind participants about Lliswerry's Safety Code (on website) | L | | |
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| Health risks from COVID-19 transmitted by close contact | Participants come into contact whilst travelling to training | <ul style="list-style-type: none"> ● Website to signpost Welsh legislative control measures. Reminder about car sharing | L | | |
| | Coaches & Leaders spread virus through touching equipment. | <ul style="list-style-type: none"> ● Coach Info All volunteers to sanitise hands on arrival, and to be reminded of good hygiene practice. Minimal people to touch each item. | L | | |
| | Participant to Coach/Leader ratio exceeds the Welsh Athletics guidance of 12:1 | <ul style="list-style-type: none"> ● Pre Session Booking system to identify those wishing to train in each speed group lead by a “responsible person” (Coach/Leader) | L | | |
| | Runners & coaches in close proximity before and after training sessions. | <ul style="list-style-type: none"> ● Website & Pre-session briefing to remind runners of need to socially distance before & after session | L | | |
| | Runners come into close contact during training session | <ul style="list-style-type: none"> ● Pre-session briefing to remind runners of need to socially distance during session as required by legislation ● During session Coach to monitor proximity of runners to each other | L | | |
| | Asymptomatic, potentially infectious participant tests positive after club session | <ul style="list-style-type: none"> ● Pre Session Booking / Coach or Leader registers attendees. These kept for 21 days after date of session to enable notification to Track & Trace authority ● At end of session Coach reminds runners to inform the club if they develop symptoms in following 10 days. | L | | |

