

Risk Assessment: Purbeck Runners Group Running Outdoors – COVID-19

Date:	Assessed by:	Location:	Reviewed by:
10/09/20	Guy Hammersley	Outdoors – Various settings	Paula Lawton-Archer

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 COVID-19 due to infected member attending training session	Members of the club and people they might come into contact with	<ul style="list-style-type: none"> • Strict rule that members must not attend running groups if they are feeling unwell or members of their household are unwell • Group Leaders to confirm with every member that they have complied with the above 	L	<ul style="list-style-type: none"> • Member may be infectious but have no symptoms, so it is essential to implement all the other measures identified below • Track and trace procedures implemented to comply with COVID Secure Environment. Members advised that if attending their contact details can be shared 	L	Individual Members Group Leaders Committee	22/07/20 10/08/20	On going On going
Lack of awareness around Covid-19 risk factors and key government/	Members of the club and people that they might come into contact with	<ul style="list-style-type: none"> • Members receive emails directly from England Athletics • The club posts relevant information in the members area of the website • The club emails relevant information to members 	L	<ul style="list-style-type: none"> • Repeat messages at frequent intervals • Confirm with members that they have seen and understood requirements before commencing runs 	L	COVID-19 Co-ordinator	22/07/20	On going

England Athletics/ local guidance for limiting the spread/ transmission of the disease		<ul style="list-style-type: none"> Information includes a simple list of key requirements and actions for members attending training 						
Spreading/ transmission of Covid-19 through contact with disease on a surface	Members of the club Members of the public	<ul style="list-style-type: none"> Group runs to be held at locations and along routes that minimise the need to touch surfaces to gain access or during the course of the run Members required to wash hands thoroughly immediately before leaving home Remind members about risk of touching surfaces 	L	<ul style="list-style-type: none"> If the meeting point requires hand contact with a surface such as a parking meter or gate, or gates and stiles have to be handled during the run, advise members to bring hand sanitiser to training 	L	Group Leaders	22/07/20	On going
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	Members of the club Members of the public	<ul style="list-style-type: none"> Runs will of course be outdoors Strict social distancing of minimum 2m to be maintained at all times Runs to be held on routes designed to minimise the likelihood of contact with the public and facilitate social distancing. Specifically, avoid areas known to be busy with members of the public, such as town centres and tourist honeypots. Also avoid narrow footpaths and tracks where it would not be possible to pass members of the public safely while maintaining 2m separation All running groups to meet at separate locations or if there is sufficient space two groups may 	L	<ul style="list-style-type: none"> Remind members about social distancing during runs Alert members if members of the public are approaching The maximum number of members attending will be set by Committee in accordance with EA guidance and will be clearly communicated with members. Group Leaders may reduce the maximum number depending on the particular running route or training session 	L	Group Leaders Committee Group Leaders	22/07/20 10/08/20	On going On going

		<p>meet in a similar area providing they remain as separate groups</p> <ul style="list-style-type: none"> • Where possible groups should use different routes. Groups may follow a similar route in whole or in part if the route is assessed as suitable and providing they remain very clearly separated and led as separate groups 					
<p>More than the maximum specified number of people turn up for a training session</p>	<p>Members of the club</p>	<ul style="list-style-type: none"> • Put in place an online system using club website to enable members to register their interest in attending a running group with confirmation feedback based on first come first served 	<p>L</p>	<ul style="list-style-type: none"> • Monitor how system works and implement any improvement quickly 	<p>L</p>	<p>COVID-19 Co-ordinator Run Co-ordinator Group Leaders</p>	<p>22/07/20</p> <p>On going</p>
<p>Transmission of COVID-19 due to dealing with a First Aid incident</p>	<p>Members of the club</p>	<ul style="list-style-type: none"> • Group Leader to carry a first aid kit including PPE consisting of single use face masks and single use plastic gloves, plus hand sanitising gel. • Group Leader to carry a mobile phone • Where possible injured member to deal with their own injury • If further assistance is required then if possible avoid contact until either professional assistance arrives or help from a household member • If assistance is required by another club member then both the injured person and the 	<p>L</p>	<ul style="list-style-type: none"> • Design running routes to minimise the risk of accidental injury • Confirm with members attending that they are fit and well to train 	<p>L</p>	<p>COVID-19 Co-ordinator Group Leaders</p>	<p>22/07/20</p> <p>On going</p>

		person giving assistance are to wear PPE						
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