**Risk Assessment: General and Coronavirus - Senior Run Sessions**

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| **Date:** | **Assessed by:** | **Location :** | **Review :** |
| 21.07.21 | Abby Dorani | No fixed location | Ongoing |

GENERAL RISK ASSESSMENT

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| **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** |
| Close contact and/or collision with Pedestrian and Vehicular Traffic | *Club Members, pedestrians and Drivers* | * *Leaders plan routes and identify locations for sessions which are quiet and where pedestrian and vehicular traffic is light.* * *In the event that a busier road is used to be able to carry our any particular session, the type of session planned would involve efforts where Members are able to run single file on the pavement or edge of the road as opposed to running back and forward on the same spot in large congested groups.* | *Low* | *Stop and/or cancel the session if necessary* | *Low* | *Leaders and coaches* | *As and when required* |  |
| Risky locations being used for run sessions (such as pot holey roads) that could lead to injury, including when a location becomes unsafe as a result of weather changes. | *Club Members* | * *Run leaders or coaches are responsible for identifying locations that are appropriate for carrying out sessions and are required to risk assess before leading the session. Most locations are regularly used and are deemed safe, but in the event that a new location is to be used, the leader or coach in question should visit the area in advance to establish whether it is safe to use, or whether any adaptations may be required to the session to avoid the risk of injury.* * *Leaders and coaches should use the facebook group to communicate any unsafe or risky locations to other coaches and leaders, so that they can be avoided in future. This may relate to new areas or regularly used areas which may have become hazardous.* * *Leaders and coaches must consider the weather when risk assessing whether a location is suitable, and must be prepared to alter their plans in the event that the weather makes a location unsafe.* | Low | *Stop and/or cancel the session if necessary* | *Low* | *Leaders and coaches* | *As and when required* |  |
| Dark Nights and Low Visibility leading to increased risk of accidents/colissions with vehicles. | *Club Members, pedestrians, drivers,cyclists* | * *Club members must wear hi vis on dark nights to sessions.* | *Low* | * *Leaders must tell those not wearing hi vis that they need to wear it.* * *Emails circulating sign up links for sessions include a note to members that they need to wear Hi Vis.* * *Members not wearing Hi Vis must be stopped from attending if they offend regularly.* | *Low* | *Leaders, Coaches, members, committee* | *As and when required* |  |
| A club member attending a club session unwell or injured or becoming unwell or injured during the session (for coronavirus specific risk assessment please see below) | *Club Members* | * *Club Members should only attend club sessions if they are healthy enough to carry out the activity. It is the responsibility of the member to decide whether or not they are healthy enough to attend, and should seek medical guidance on this where appropriate before attending sessions.* * *If a leader or coach feels that a club member is not fit to take part, they should discuss this directly with the member in question before the session begins to determine whether the member can take part..* * *If a member falls ill or becomes injured during the session, the leader or coach is responsible coordinating the response and ensuring that appropriate assistance is sought and provided, including seeking expert medical help.* * *Leaders and coaches must carry a mobile phone with them when leading a session to be able to call for help or call emergency services.* * *Avoid carrying out sessions too far from residential areas to ensure that help required can be easily accessed.* * *Following any such incident, an incident/accident report must be completed by the leader/coach in question and submitted to Abby Dorani.* | *Low* | * *The club has introduced the RunTogether app in order to limit the numbers in groups as a result of the covid-19 pandemic. An advantage to this is that it gives run leaders and coaches access to the emergency contact details of any Members in attendance. Club to continue using RunTogether for this purpose.* | *Low* | *David Levison ensuring that RunTogether is available and that all leaders/coaches know how to use it.* | *ongoing* |  |
| General run safety of members on roads | *Club members, leaders etc* | * *Limits on numbers of runners per session and per leader, currently set at 15 runners + 1 leader. This is to ensure that the groups are not too big and remain safe. Run together to be used for members to book in, with limits on numbers. Anyone not booked in cannot join a session that is already full.* |  | *n/a* |  | *Leaders* | *Ongoing* |  |

Covid

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| Spread of Covid-19 during club activities | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus.*  *Also members of the public who come into contact or near contact with our Club Members during a Club Activity.* | * *There are no longer legal or regulatory requirements for us to enforce covid measures, however the below are recommendations to members.* * *All Club Members, Coaches and Run Leaders are recommended to wash their hands/use gel before coming to a club session.* * *Members are also told they may wish to consider carrying a mask should they need to be in very close contact with another runner, such as when attending to an injured runner.* | *Low* | * *Nothing to enforce, all measures are discretionary to members.* | *Low* | *n/a* | *As and when required* |  |
| A club member attending a club session unwell with coronavirus symptoms. | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus.* | * *Club members have been told not to attend sessions if they are experiencing symptoms of coronavirus and to carry out the relevant isolation period as per government guidelines..* | Low | * *In the event that any Member does not abide by the rules set out here, the leaders and coaches must notify the the club’s committee who reserve the right to remove the Member in question from future club sessions until such time as the sessions can resume as normal* * *Stop and/or cancel the session if necessary* | Low | *Leaders and coaches and the Committee* | *As and when required* |  |
| A club member attending a club session with coronavirus, but who is asymptomatic | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus* | * *It is not possible to prevent asymptomatic Club Members from attending sessions unless they have been tested. If they have tested positive they must adhere to isolation guidelines and not attend club sessions until such time as they are permitted under government guidelines.* * *It is recommend to club members to carry out basic precautionary measures, including hygiene – handwashing/using antibacterial gel before sessions.* | Low |  |  |  |  |  |
| A club member becoming unwell with coronavirus symptoms or otherwise (including injury) **during** a club session. | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus.* | * *Members have been asked not to attend any sessions if they are feeling unwell, so this is unlikely to occur.* * *Members must immediately leave the session as soon as they become unwell.* * *In the event that a member is too ill to leave on their own, the run leader or coach will attempt to contact the individual’s emergency contact via the runtogether app to arrange collection of the individual or to contact emergency services, if necessary. Members have been recommended to continue to carry masks in case they need assistance or need to assist someone else in close contact, but this is not a legal requirement and is at the member’s discretion.* * *Leaders/Coaches must carry a mobile phone with them to enable them to contact emergency contacts or, if required, 999.* * *Following any such incident an incident/accident report form must be completed by the leader and submitted to Abby Dorani.* | Medium | *Stop and/or cancel the session if necessary* | Low | The Run Leader is responsible for coordinating the response and ending the session if require. | As and when required |  |
| A Club Member attending a session with an injury which results in them requiring assistance during the session. | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus.* | * *Members are asked not to attend sessions if they are suffering from injury. This is partly because it is not good practice to train on an injury but is also because attending to an injury may require other Members to have to provide close contact assistance and break the social distancing rules.* | Low | * *If a leader or coach identifies that someone is running on an injury that could be problematic in this regard, it may be necessary for them to have a conversation with that person to remind them of this rule and explain the risk. Any concerns or problems should be communicated to the Covid -19 co-ordinator (Abby) or another member of the committee.* * *Stop and/or cancel the session if necessary* | Low | Leaders, coaches, Covid-19 co-ordinary, the committee | As and when required |  |
| A Club Member testing positive for coronavirus after attending a club session | *Club Members including athletes, run leaders and coaches, all of whom could be at risk of catching coronavirus.* | * *Using RunTogether allows the Club to log who has been in attendance at each Club session. The leader can confirm the attendance of each Member. This will assist any Club Member who may require information relating to who they have been in contact with for the purpose of the Government’s track and trace service.* | Low |  |  |  |  |  |