



RISK ASSESSMENT Covid-19

Date:	Assessed by:	Location:	Review:
Full review & update 13 Aug 2020	Rich Finch (Covid Officer)	Chipping Sodbury	<i>Review frequency is at least fortnightly or when a change in circumstances/Government guidance requires it. Also reviewed as part of Committee meetings.</i>

Overall Risk

This assessment is not designed to eliminate all risk, but to assess it and have reasonable and practicable controls to mitigate it.

Out of scope: any runs arranged privately with members, outside of official club sessions.

Overall Risk	Who might be harmed	Risk rating H/M/L Likelihood/Severity		Controls	Residual Risk Likelihood/Severity	
		M	H		L	M
Viral infection	<ul style="list-style-type: none"> Club members The public 	M	H	1. General 2. Pre-session 3. During session 4. Post-session	L	M
Injury/safety issues	There is a separate assessment to cover the risks and controls relating to Hogweeds generally (non-Covid).					

1. General

Risk	Risk rating H/M/L Likelihood/Severity		Controls	Residual Risk Likelihood/Severity	
	M	H		L	M
Viral infection	M	H	<ul style="list-style-type: none"> Adherence to England Athletics guidance/guidelines and national Government guidance. Covid Officer appointed. Sessions are managed in a controlled way which considers the safety of members and the wider community. This includes requiring all participants to have provided emergency contact and health details. They must be a paid-up member of Hogweeds (the exception being a new individual who is looking to try out the club – they may participate in 2 sessions at the discretion of the Covid Officer, if they provide emergency contact and health details and are aware of/prepared to abide by the Covid Policy and Plan). Sessions must be pre-booked and there are run leaders for each group. A record of session attendance is maintained. Participants are required to notify the Covid Officer if they develop any signs or symptoms of Covid-19. They are required to follow government guidance in place at the time (self-isolate, get a test, call 111 and seek further medical advice etc). Participants are required to notify the Covid Officer if they become subject to track & trace after attending a session (even if they are feeling well). Club co-operation with track and trace where required. Usual club non-Covid practices apply – runners must be fit to run, wear suitable clothing/footwear, wear hi-viz/reflective clothing when directed to do so (ie winter months), practice road safety, follow the country code and not encroach on private property/land. They must also carry their own medication if they require it. 	L	M
Lack of awareness of risk factors & Government/EA guidance	M	H	<ul style="list-style-type: none"> Members made aware of current Government and EA guidelines surrounding group activities. Members made aware of the Covid Officer and how to contact them. Members made aware of the club Covid-19 practices expected. 	L	M
Additional action required to further lower the risk?	Keep members up to date – done (email to all members entitled ' <i>Resumption of Hogweed Trotters Club Activity</i> ' dated 8.8.20).				

2. Pre-Session

Risk	Risk rating H/M/L Likelihood/Severity		Controls	Residual Risk Likelihood/Severity	
	M	H		L	M
Spreading/ transmission of Covid 19 through airborne transmission of the disease by an infected person	M	H	<ul style="list-style-type: none"> • Individuals must not attend a session if they exhibit signs or symptoms of Covid-19 (even if they are feeling well), or if they are subject to Government restrictions (for example, have recently returned from a high risk country or there is a national age restriction which impacts them). • Individuals can only attend sessions if they are a paid-up member of Hogweeds and have provided their emergency contact details. • Sessions must be pre-booked. • Time spent as a training group is minimised before the session. • Participants to wash hands (or use sanitiser) before a session. • Shared use of vehicles is discouraged unless individuals are from the same household/bubble. • Sessions are conducted outside in the open. • All groups have a session leader. • Sessions and routes are planned in advance. • Routes avoid contact with the public or cross-over with another training group where practicable. • Planned routes will not be changed prior to the session. 	L	M
Additional action required to further lower the risk?					

3. During Session

Risk	Risk rating H/M/L Likelihood/Severity		Controls	Residual Risk Likelihood/Severity	
	M	H		L	M
Spreading/ transmission of Covid 19 through airborne transmission of the disease by an infected person	M	H	<ul style="list-style-type: none"> • Government and EA social distancing rules and guidelines to be adhered to. • Planned routes will not be changed during the session. • Participants are required to follow instructions given by their run leader and to stay with their group throughout the session. • Participants are expected to respect all other road, path and pavement users, giving way or holding back where necessary, allowing as much social distancing as possible. • Mobile phones should be taken on runs where practicable. 	L	M

			<ul style="list-style-type: none"> In the event of a collapsed non-breathing runner, no breaths should be administered. CPR must be chest compressions only. If possible, the mouth and nose of the casualty should be covered with a cloth or tissue. 		
Spreading/transmission of Covid 19 through contact surfaces.	M	H	<ul style="list-style-type: none"> Participants are encouraged to: Carry their own hand sanitiser. Avoid contact with surfaces (stiles, gates, fences, farm equipment, animals etc). Consider the use of a stick or elbow to open gates. Avoid touching face where possible, where this is not possible, hands are to be cleaned using available hand sanitiser. If glasses are worn, consider wearing a band to hold them in place to avoid touching/re-adjusting. Use their own mobile phone (not another runner's) unless there is an emergency. 	L	M
Additional action required to further lower the risk?					

4. Post-Session

Risk	Risk rating H/M/L Likelihood/Severity		Controls	Residual Risk Likelihood/Severity	
Spreading/transmission of Covid 19 through airborne transmission of the disease by an infected person	M	H	<ul style="list-style-type: none"> Run Leaders provide the Covid Officer with the names of participants after the session by email (to ensure that it is clear who attended, rather than just booked). Time spent as a training group is minimised after a session. Participants to wash hands (or use sanitiser) after a session. Participants are required to notify the Covid Officer if they develop any signs or symptoms of Covid-19. They are required to follow government guidance in place at the time (self-isolate, get a test, call 111 and seek further medical advice etc). Participants are required to notify the Covid Officer if they become subject to track & trace after attending a session (even if they are feeling well). Club co-operation with track and trace where required. 	L	M
Additional action required to further lower the risk?					