

Risk Assessment: Covid-19, all club and social runs.

| Date: | Assessed by: | Location : | Review : |
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| 02/12/2020 | Philip Dawson Reviewed by : | Congleton | AS new guidance is issued and Monthly |

| 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 |
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| Before the event Safeguarding participants | Run leader Run participants New participants | <ul style="list-style-type: none"> • A COVID-19 document of protocol which must be followed is available to participants on our club website and on the day. • All participants are asked to register their attendance (they cannot register unless they confirm they have read the above) at least one day before the event and if not already done so supply contact details for Track and trace sharing in case of subsequent infection to the run leader. • Participants are told not to attend if they have symptoms. • Runs are limited by registration to 12 participants in total, if demand is greater groups will be split, each with run leader. | M | <ul style="list-style-type: none"> • Run leaders will remind all participants during the pre-run briefing of their obligations under the Covid 19 Protocol. | L | Run leader | Day of run | Y |

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| | | <ul style="list-style-type: none"> Participants are requested to check they can travel between Tiers to attend runs. | | | | | | |
| <p>On the day Travel to/from the venue potential risk of infection if travelling with others.</p> <p>Meeting up at the start venue potential close contact with other participants.</p> <p>Pre run briefing group in too close proximity to each other.</p> <p>Toilet facilities potential for transmission in queues.</p> <p>Large group</p> <p>Socialising before/after sessions may cause infection</p> | Run participants, general public. | <ul style="list-style-type: none"> Travel to & from separately to the venue unless with members of own household or support bubble. We meet at less populated locations. We inform participants to maintain Social distancing of 2m during run briefing and hold it away from public areas Where toilet facilities are available, we encourage safe distancing and cleansing in line with Covid 19 Protocol. Carry sanitising hand gel. We stress the importance of 2m spacing before, during, and after the run. Runs are limited by registration to 12 participants in total, if demand is greater groups will be split, each with run leader. Minimal socialising before/after sessions. | M | <ul style="list-style-type: none"> Run leaders will remind all participants during the pre-run briefing of their obligations under the Covid 19 Protocol. | L | Run leader | Day of run | Y |
| <p>During the run Accident risk of spread.</p> | Run participants, Medical personnel, General public | <ul style="list-style-type: none"> Runners should be self sufficient in case of injury and carry Face covering, spare clothing, drinks, & food to protect others. | M | <ul style="list-style-type: none"> Run leader to carry Safety pack of basic PPE, mobile phone and sanitizer. | L | Run leader | Day of run | Y |

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| Contact with surfaces. Gates, Stiles etc that could be infected. | Run participants, General public. | <ul style="list-style-type: none"> • Avoiding hand contact with surfaces wherever possible. Use gloves or If possible use arms or other body parts to aid crossing gates, stiles, etc if safe to do so. • Carry and use sanitising hand Routes chosen to minimise obstacles. | M | <ul style="list-style-type: none"> • Run leaders will remind all participants during the pre-run briefing of their obligations under the Covid 19 Protocol. | L | Run leader | Day of run | Y |
| Social distancing. Running too close together. | Run Participants, General Public. | <ul style="list-style-type: none"> • Avoiding running directly behind another runner or further than 2 metres if not possible. • Being aware of other trail / path /pavement users and step aside or stop to allow safe passage, maintaining social distancing whilst doing so. • Avoiding routes with obstacles where bunching is likely if at all possible. • Runners advised to hold back at pinch points and maintain social distancing | M | <ul style="list-style-type: none"> • Run leaders will remind all participants during the pre run briefing of their obligations under the Covid 19 protocol. | L | Run leader | Day of run | |
| Animals encountered during runs. | Run Participants. | <ul style="list-style-type: none"> • Runners advised to avoid contact with all types of animals, be they pet or otherwise during runs. | M | | | | | Y |
| Bodily fluids | Run Participants, General Public. | <ul style="list-style-type: none"> • E.g Ensure coughing etc is captured (handkerchief) and be aware of those around you | M | <ul style="list-style-type: none"> • Run leaders will remind all participants during the pre-run briefing of their obligations under the Covid 19 protocol. | L | Run leader | Day of run | Y |
| After the run | Run participants, General public, Vendors. | <ul style="list-style-type: none"> • We maintain social distancing from ourselves and the public at all times. | | | | | | Y |

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| <p>Social distancing risk from participants and General Public at popular venues.</p> | | <ul style="list-style-type: none"> • We encourage use of hand sanitizer after each run. • We keep after run discussion to a minimum and depart as soon as possible | <p>M</p> | | | | | |
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