

# Newquay Road Runners Covid-19 Risk Assessment

This Risk Assessment: -

1. Follows England Athletics Risk Assessment guidance document and presentation form.
2. Has been prepared for **Newquay Road Runners** to comply with *EA return to activity Covid guidance* for Wednesday club-nights, group, road running training sessions for adult athletes.
3. Assumes that the participating athletes are responsible adults and are aware of the ongoing risks of Covid-19 and the relevant, up to date Government guidance. Government guidance supersedes both Club and EA guidance, and in this ever-changing environment members are encouraged to keep abreast of the latest Government information.
4. Assumes individual runners accept responsibility for their own health when participating in Club activity. Any athletes with chronic or ongoing medical conditions that are considered aggravating factors with Covid-19 should consider their increased risk carefully before taking part in group running activities.
4. Is to be used in conjunction with the Generic Summer and Winter Club Runs Risk Assessments available on the Club website Health and Safety pages.

The following potential Covid-19 risks have been identified as likely to be encountered and considered at NRR evening run sessions under the Club's Covid Action Plan. The list is not exhaustive and is available for continuous improvement and expansion.

## General Considerations

Hazards	Who might be harmed	Settings (Physical settings & activities)	Mitigations
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	Club members, Sports Centre & Bar staff, General Public	All settings where Club activity is taking place	<p>Communicate via Facebook and email with all members prior to accessing club activities – informing updated protocols and measures that have been implemented as part of the Club’s Covid Action Plan</p> <p>Communication/guidance for key club officers and volunteers to help with compliance</p> <p>On site signage to re-enforce key messages and protocols where necessary i.e. hand washing and maintaining social distance</p>
Spreading/ transmission of Covid-19 through contact with disease on a surface	Club members, Sports Centre & Bar staff, General Public	Sports Club driveway and entry points	<p>Designated entry point for Club members – Signed?</p> <p>One-way system for entry and exit</p> <p>Hand sanitiser on entry point</p> <p>Maintain social distancing and avoid queuing and gathering</p>

<p>Spreading/ transmission of Covid-19 through contact with disease on a surface</p>	<p>Club members, Sports Centre &amp; Bar staff, General Public</p>	<p>Registration</p>	<p>Covid Co-ordinator or Committee member posted at access point to control access and emphasise safety precautions</p> <p>Staggered group start times to allow for social distancing, detailed in Club communications</p> <p>Masks not compulsory for Sports Centre access, but should be encouraged and each runner must have a mask or face covering with them in order to run</p>
<p>Spreading/ transmission of Covid-19 through contact with disease on a surface</p>	<p>Club members, Sports Centre &amp; Bar staff, General Public</p>	<p>Toilets/Changing</p>	<p>No access to Sports Centre changing or shower facilities. Runners turn up ready to go, change in car if required</p> <p>Toilets are available, encourage limited use and social distancing</p>
<p>Spreading/ transmission of Covid-19 through contact with disease on a surface</p>	<p>Club members, Sports Centre &amp; Bar staff, General Public</p>	<p>First aid and dealing with minor injuries</p>	<p>Access to Sports Centre First Aid Kit</p> <p>PPE if available – face covering as a minimum precaution</p>

Spreading/ transmission of Covid-19 through contact with disease on a surface	Club members, Sports Centre & Bar staff, General Public	Emergency procedures and evacuation	Sports Club procedures and signage to be followed whilst giving consideration to social distancing where practical
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	<i>All the above applies, with particular emphasis to social distancing and face coverings</i>		
<b>Running in open spaces accessible by the general public: parks, roads, footpaths etc.</b>			
Hazards	Who might be harmed	Settings (Physical settings & activities	Mitigations
Spreading/ transmission of Covid-19 through contact with disease on a surface	Club members, General Public	Routes	Are all routes free from obstacles that need to be touched? Gates etc. Consider alternatives and/or method of operation  Group leader to carry hand sanitiser

Spreading/ transmission of Covid-19 through contact with disease on a surface	Club members, General Public	Regroup points	Choose suitable, quiet location  Maintain social distancing
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	Club Members	Injury or accident	Can the runner self-treat with assistance to limit contact  Face coverings to be worn if circumstances allow
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	<i>All the above applies, ensure social distancing on route. Face coverings not appropriate when exercising</i>		