



RISK ASSESSMENT

Activity: Outdoor training sessions and activities

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Description of activity covered:

Covid-19 related changes to running and training sessions outdoors carried out by members of Plymstock Road Runners. It should be remembered that a runner is excreting more than normal, compared to a walker i.e. sweating, puffing and breathing heavier

Ref	Hazard	Possible effects/harm	Risk Rating (L / M / H)		Controls	Residual Risk Rating (L/ M / H)	
			Likelihood	Severity		Likelihood	Severity
1	Risk of Transmission of virus	Risk of viral transmission	M	H	Training session planning <ul style="list-style-type: none"> All training sessions are to be planned and advertised in advance Avoid a route that involves spending time in proximity to others where possible Allow a cool-off time after the session to confirm people don't become symptomatic Sessions are open to all members. A record of attendance is to be maintained Confirm that all club members are aware of this risk assessment and the dangers of Covid-19 All sessions to be conducted outside in the open and can be unlimited in group size providing a 1:12 leader:runner group ratio is maintained 	L	M
2	Transmission through proximity to individuals (a)	Risk of viral transmission	M	H	Social distancing – Members of the Public <ul style="list-style-type: none"> Run sessions to be undertaken away from areas of likely public attendance if possible Consider altering route/session to avoid contact with the public dynamically If members of the public are met enroute, stop or move away from the route/track if possible to allow 2m social distancing and cover your mouth with your hand 	L	M

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3	Transmission through proximity to individuals (b)	Risk of viral transmission	L	H	Social distancing measures – Attendance <ul style="list-style-type: none"> • No high or very high risk members to attend run sessions • Only well members with no Covid-19 signs and symptoms to attend (this also applies if someone in your household has any of these symptoms) symptoms are: <ul style="list-style-type: none"> ○ A new persistent dry cough ○ A temperature ○ A change of or loss of smell or taste ○ A rash • Runners to arrive in their own transport with no lift sharing unless from the same family/social bubble 	L	M
4	Transmission through proximity to individuals (c)	Risk of viral transmission	L	H	Group Management <ul style="list-style-type: none"> • Runners to minimise time spent in proximity to others • Runners should not congregate closely, maintaining 2m distancing at all times where possible. Leave a lane between runners when conducting track sessions • One person to brief group at a distance where possible. Use Facebook or club website to describe route prior to session • One person is nominated as run session leader • Run session leaders to ensure: <ul style="list-style-type: none"> ○ Social distancing is maintained within group ○ Clear briefing to define route, roles and safety parameters ○ That a pre-session verbal questionnaire is completed: <ul style="list-style-type: none"> ▪ Does anyone have a new, persistent dry cough? ▪ Does anyone have a temperature? ▪ Has anyone had a change of or loss of smell or taste? ▪ Does anyone have an unexplained rash? ▪ Has anyone been in contact with anyone you suspect of having Covid-19? ○ Run leaders to carry hand sanitiser for use by all ○ Ensure at least one person has a mobile ○ Take a note of those attending and send to the club Covid-19 Officer as soon as possible • A record is to be kept of those who have received vaccine 1 and vaccine 2 	L	M

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5	Transmission via equipment	Risk of surface transmission	L	M	<ul style="list-style-type: none"> Any contact with surfaces to be avoided. i.e. stiles, gates, fences, farm equipment, animals Consider the use of a stick or piece of string to open gates Avoid touching face where possible, where this is not possible, hands are to be cleaned using the available hand sanitiser If glasses are worn, consider wearing a band to hold them in place to avoid touching/re-adjusting Mobile phones are encouraged, but must be used by those who own them where possible Any equipment used must be wiped down with anti-bacterial wipes/anti-viral wipes or similar 	L	L

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6	Aerosol generating procedures	Risk of airborne viral transmission	L	H	<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 at all possible the mouth and nose of the casualty should be covered with a cloth or tissue, consider the use of a neck tube if available First Aiders should carry a face mask 	L	L
7	Pre-run, inward transmission from outside the group	Risk of viral transmission	L	H	<ul style="list-style-type: none"> Shared use of vehicles to be avoided where possible, minimising decontamination requirements, unless runners are from the same family/social bubble All sessions to be conducted outdoors All runners to wash hands before and after every session 	L	M
8	Post-run	Symptoms or contracting Covid-19	L	H	<ul style="list-style-type: none"> All session attendees are to notify the Covid Safety Officer if they develop any signs or symptoms of Covid-19 (for symptoms, see 4 above) If they do have signs or symptoms of Covid-19 they should self-isolate, get a test, call 111 and seek further medical advice One person to carry out track and trace where possible for those who attended the session if anyone subsequently gets symptoms 	L	M