



## RISK ASSESSMENT

Activity: Outdoor training sessions and activities

Assessor: Steve Rose

Checker: Jackie Faulkner

Date: 14 Dec 2021

Document number Version 7. 14 Dec 2021

**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"> <li>• All training sessions are to be planned and advertised in advance</li> <li>• Avoid a route that involves spending time in proximity to others where possible</li> <li>• Allow a cool-off time after the session to confirm people don't become symptomatic</li> <li>• Sessions are open to all members. A record of attendance is to be maintained</li> <li>• Confirm that all club members are aware of this risk assessment and the dangers of Covid-19</li> <li>• 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 where possible</li> </ul>	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"> <li>• Run sessions to be undertaken away from areas of likely public attendance if possible</li> <li>• Consider altering route/session to avoid contact with the public dynamically</li> <li>• 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</li> </ul>	L	M

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

Ref	Hazard	Possible effects/harm	Risk Rating (L / M / H)		Controls	Residual Risk Rating (L / M / H)	
			Likelihood	Severity		Likelihood	Severity
5	Transmission via equipment	Risk of surface transmission	L	M	<ul style="list-style-type: none"> <li>Any contact with surfaces to be avoided. i.e. stiles, gates, fences, farm equipment, animals</li> <li>Consider the use of a stick or piece of string to open gates</li> <li>Avoid touching face where possible, where this is not possible, hands are to be cleaned using the available hand sanitiser</li> <li>If glasses are worn, consider wearing a band to hold them in place to avoid touching/re-adjusting</li> <li>Mobile phones are encouraged, but must be used by those who own them where possible</li> <li>No access inside the Church Hall</li> </ul>	L	L

Ref	Hazard	Possible effects/harm	Risk Rating (L / M / H)		Controls	Residual Risk Rating (L / M / H)	
			Likelihood	Severity		Likelihood	Severity
6	Aerosol generating procedures	Risk of airborne viral transmission	L	H	<ul style="list-style-type: none"> <li>In the event of a collapsed non-breathing runner, a risk assessment should be undertaken. If Covid suspected, no breaths should be administered. CPR must be compressions only</li> <li>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</li> <li>First Aiders should carry a face mask and gloves</li> </ul>	L	L
7	Pre-run, inward transmission from outside the group	Risk of viral transmission	L	H	<ul style="list-style-type: none"> <li>Shared use of vehicles to be avoided where possible, minimising decontamination requirements, unless runners are from the same family/social bubble</li> <li>All sessions to be conducted outdoors</li> <li>All runners to wash hands before and after every session</li> <li>No access inside the Church Hall</li> </ul>	L	M
8	Post-run	Symptoms or contracting Covid-19	L	H	<ul style="list-style-type: none"> <li>All session attendees are to notify the Covid Safety Officer if they develop any signs or symptoms of Covid-19 (see 4 above)</li> <li>If they do have signs or symptoms of Covid-19 they should: get a test, call 111 and seek further medical advice</li> <li>One person to carry out track and trace where possible for those who attended the session if anyone subsequently gets symptoms, if possible</li> <li>No access inside the Church Hall</li> </ul>	L	M

