

Risk Assessment: Steady Run night at ORC club sessions

Date:	Assessed by:	Location :	Review :
01/06/2020	Robert Richards	Various run start locations	31/08/2020

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
Lack of awareness around COVID-19 risk factors and key Government/EA/ORC guidance for limiting the spread/transmission of the disease	Coaches, Leaders and Athletes	Prior to the run sessions <ul style="list-style-type: none"> Ensure all coaches/leaders have been briefed as to how best to manage a steady run session. On a face-face session led by the Head Coach. Brief all the Athletes where to find the updated material and to use the Secretary Portal email system to send all material to Athletes for them to read. Athletes have a phone a friend (Within their family bubble) to aid recovery to home. 	M	<ul style="list-style-type: none"> Review monthly with Coaches/Leaders and Athletes that they remain up to date with any changing guidance 	L	Club Secretary	TBC	TBC
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leaders and Athletes	Arriving at the start venue <ul style="list-style-type: none"> Advise Coaches/leaders and Athletes to park cars where possible 2M apart when arriving at a start location for the run. Advise drivers to park where possible forwards so the drivers when exiting the car will remain a car width away from any adjacent Athletes cars. 	H	<ul style="list-style-type: none"> Additional consideration where passengers (From within the Athletes 'bubble') come along and exit from the passenger side of the car so not to step into the 2M space from the drivers from the adjacent parked car. 	M	Coaches/Leaders	TBC	TBC
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leaders and Athletes	Briefing <ul style="list-style-type: none"> Explain to the Athletes the route being taken paying attention to any gates/stiles and all other obvious normal hazards during any runs. 	M	<ul style="list-style-type: none"> Ensure all runners do NOT proceed beyond the obstacle until the Coach/Leader has arrived. 	L	Coaches/Leaders	TBC	TBC



Spreading/Transmission of COVID-19 through contact with disease on a surface	Coaches, Leaders and Athletes	<p>During the runs</p> <ul style="list-style-type: none"> Only the Coaches/Leaders to ensure they open and hold open gates. Any Stiles that need climbing recommend each Athletes brings along wipes or hand cleaning gels to use at the end of the session. 	M	<ul style="list-style-type: none"> Coach/Leader to bring supplementary wipes or hand cleaning gels supplied by the club. 	L	Coaches/Leaders	TBC	TBC
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leader and Athletes	<p>In the event of cancelling a run (non-emergency)</p> <ul style="list-style-type: none"> Coaches/Leaders to ensure all athlete is assisted back to a safe environment such as car or home. Coaches/Leaders to call the emergency services if any Athlete who is sufficiently injured or becomes unwell and cannot return safely to their car. Coaches/Leaders should avoid contact with Athletes even if they have fallen over. In exceptional circumstances Athletes can be lifted from behind only if they need assistance in standing up. 	R	<ul style="list-style-type: none"> Coaches/Leaders to carry masks and gloves if requiring the need to share transport. 	M			
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leaders and Athletes	<p>During the runs</p> <ul style="list-style-type: none"> Ensure all runners remain 2M apart at all times including when stopping or looping. Avoid other members of the public cycling or walking to ensure a 2M distance is maintained either by passing on other side of the road or stopping at a safe point to allow the public to pass. 	M	<ul style="list-style-type: none"> Ensure all runners do NOT proceed beyond the obstacle until the Coach/Leader has arrived. Coach/Leader to remain vigilant and avoid stopping or looping the group where the environment would put at risk each Athlete such as narrow footpaths. 	L	Coaches/Leaders	TBC	TBC
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leaders and Athletes	<p>Stretching</p> <ul style="list-style-type: none"> Advise runners to complete their stretching following the run at their own car avoiding any passenger of adjacent vehicles 	M	<ul style="list-style-type: none"> Suggest to Athletes to stretch at home 	L	Coaches/Leaders	TBC	TBC
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person.	Coaches, Leaders and Athletes	<p>Closing the session</p> <ul style="list-style-type: none"> Give Athletes the opportunity to feedback on the safety of the session to the Coach/Leader and for that feedback to be given to the COVID-19 Club Liaison for updating any risk assessments as required. 	L	<ul style="list-style-type: none"> None 	L	Coaches/Leaders	TBC	TBC