**Risk Assessment: Hyde Running Community (HRC)**

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| **Date:**  | **Written by**  | **Read and agreed by other LIRFs. Type your name below** | **Review :** |
|  05/ 07/20 | Glenn Piper | Kate LeachTony HillierGillian Robinson Giles BennettKelly Morton Christine CopsonNicola PenningtonWayne WilsonGlen Hillier |  |

**Introduction**- Risk assessment for HRC. This assessment assumes that the club will meet outside at Hyde Leisure Centre. None of the facilities, including toilets, will be available to use by HRC members. If the Leisure Centre becomes available for use in the future the risk assessment will need to be updated and also take account of the specific risk assessments produced by the Leisure Centre regarding use of toilets and communal spaces.This risk assessment complies with current Government and EA guidance on outdoor exercise. When the guidance changes the risk assessment will need to be updated.

Any LIRF or member of HRC can at any time make comments or suggestions to improve the risk assessment

The risk assessment and clear guidelines will be posted on RunTogether and all HRC social media accounts before activities resume

At the moment there is no set date for an official resumption of HRC training nights. To be confirmed after discussion between LIRFs and Tony Hillier

**IMPORTANT UPDATE**

In order to ensure the safety of everyone at HRC and manage numbers, all runners must be registered and leave an emergency contact number on their profile on the RunTogether site. They must also have completed the health question.

It is essential that everyone pre books on a run and does not turn up if they have not booked. We all need to keep safe and control numbers of people attending. If your circumstances changes after booking please cancel the booking to allow someone to take your place. We are asking that only runners already registered with RunTogether and HRC use the booking system. We would like to resume with existing runners and open up to new registrations at some time in the future when we have the capacity.

We are asking all runners to please be flexible-You might have to change groups or there might be enough capacity for everyone to attend. Also a group might have to be cancelled at the last minute if there are not enough LIRFs to lead a session.

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| **What are the Hazards?** | **Who might be harmed and how?** | **Control measures** | **Risk Rating** |
| Direct Transmission of Covid 19 virus from being in close proximity to someone with the virus | HRC members-before travelling to a club night | * All members clearly told that if they are experiencing any coronavirus symptoms, are self-isolating as a result of coronavirus symptoms or as a result of being in contact of a confirmed case of COVID-19, or sharing a household with somebody with symptoms, or are clinically extremely vulnerable.If they have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others; you can spread the virus to others even if you never get symptoms
* Anyone with underlying health conditions, members of vulnerable groups, the elderly (over 70) and pregnant women are strongly advised to seek medical advice before resuming any official HRC activities. Anyone in these categories will need an individual risk assessment before resuming
* All runners read the risk assessment that will be posted on HRC RunTogether and Facebook pages
* Fill in contact number and answer health question on their RunTogether profile
* Make sure you have pre booked on the session
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|  | HRC members travelling to the venue | * Discourage use of public transport
* Do not travel in a car with someone outside your household as social distancing can not be maintained
* Before leaving home follow all hygiene guidance including washing your hands
* Members to bring their own hand sanitiser for after the run
* Reminders there are no toilets at the meeting place
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|  | HRC members At the venue | * Limit on group size to 11 with 4 different groups. LIRFs agreed to keep, wherever possible,2 LIRFs per group so that if there is an emergency one returns to the centre with the injured person. There might be times when a group goes with 1 LIRF and this is permitted under EA guidelines.(Up to 12 in a group) All runners will be told before setting off there is one LIRF and there will be clear procedures for all members to return if there is an accident or injury to a runner.
* Each group with LIRF leader(s) to have a separate designated part of the car park to meet their group so that large numbers do not meet in one place -see map
* No physical contact such as handshakes and hugging. Maintain social distancing.
* All LIRFs to check runners have pre-booked for the session
* LIRFs to remind their group of the rules before the run
* LIRFs to remind runners of the pace for that group and try to ensure all runners are in the correct group so no-one gets left behind.
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|  | During the run | * Make runners aware of the dangers of spitting and nasal spitting/ejections. The virus is spread by droplets.
* Maintain social distancing on the run whenever possible
* Try not to touch gates, railings etc as the virus can linger on surfaces.
* Runners to avoid going too close to pedestrians
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|  | After the run | * Each group to remain separate for the cool down and stretching
* Members to use their own hand sanitiser especially if they have touched surfaces on the run with their hands
* LIRFs to inform Tony Hillier of any members booked but not attending
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|  | In the days after the run(test,track and trace) | * If anybody experiences Covid 19 symptoms in the days after the run they must get tested and inform Tony Hillier.
* Tony Hillier will then be able to look up the names of other members of that group and they can be informed as per NHS Test and Trace guidelines (see below)

***Tell people you've been in close contact with that you have symptoms*** *You may want to tell people you've been in close contact with in the past 48 hours that you might have coronavirus. They do not need to self-isolate unless they're contacted by the NHS Test and Trace service. But they should take extra care to follow*[*social distancing advice*](https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/)*, including washing their hands often.If they get any coronavirus symptoms, they must self-isolate and*[*get a coronavirus test*](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/)*as soon as possible.* |  |
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