

## Newburn Running Club – Covid 19 Risk Assessment

**Run Leader:** Simon Lynch

**Venue:** Various Locations

**Date of risk assessment:** 14<sup>th</sup> September 2020

Task/activity you are assessing?	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
<p>Group Runs / Couch to 5k Sessions consisting of up to 9 runners and 1 Coach /LiRF leaving The Boathouse / Hedley's Cafe to run in the surrounding areas during Covid 19</p>	<p>Physical Contact</p>	<p>Group leader (CiRF/LiRF) Participants</p>	<ul style="list-style-type: none"> <li>• Group Sizes to be kept to in line with current guidance</li> <li>• Social Distancing to be maintained at all times</li> <li>• Route/Session planning to take into account narrow pathways and areas where social distancing cannot be achieved. CiRF / LiRF's to dynamically assess risks as sessions are ran.</li> </ul>	<ul style="list-style-type: none"> <li>• Review of Group Sizes as club membership grows.</li> <li>• Deployment of additional CiRF's / LiRF's to increase number of groups.</li> </ul>
<p>Group Runs / Couch to 5k Sessions consisting of up to 9 runners and 1 Coach /LiRF leaving The Boathouse / Hedley's Cafe to run in the surrounding areas during Covid 19</p>	<p>Large Gatherings</p>	<p>Group leader (CiRF/LiRF) Participants</p>	<ul style="list-style-type: none"> <li>• NRC to arrange staggered start times to avoid excessive numbers of people being in one area at the same time.</li> <li>• CiRF / LiRF's to arrange multiple meeting points which are clearly communicated to runners in advance of sessions</li> <li>• Social Distancing to be maintained at all times</li> <li>• Pre &amp; Post run gathering times kept to a minimum. Members to arrive no earlier than 10 minutes before the start of a session and leave immediately after the session ends.</li> <li>• Continual reinforcement of procedures to all members via Social Media / Email and pre run talks.</li> </ul>	
<p>Group Runs / Couch to 5k Sessions consisting of up to 9 runners and 1 Coach /LiRF leaving The Boathouse / Hedley's Cafe to run in the surrounding areas during Covid 19</p>	<p>Over Subscribed Groups</p>	<p>Group leader (CiRF/LiRF) Participants</p>	<ul style="list-style-type: none"> <li>• All sessions booked via Run Together App limited to ensure spaces allocated to the correct number of people</li> <li>• CiRF / LiRF's where possible to relocate additional runners to alternative run group.</li> <li>• Where relocation not possible CiRF / LiRF's to advise unsubscribed runners to leave the area.</li> </ul>	<ul style="list-style-type: none"> <li>• Review of Group Sizes as club membership grows.</li> <li>• Deployment of additional CiRF's / LiRF's to increase number of groups.</li> </ul>

<p>Group Runs / Couch to 5k Sessions consisting of up to 9 runners and 1 Coach /LiRF leaving The Boathouse / Hedley's Cafe to run in the surrounding areas during Covid 19</p>	<p>Spread of an existing Covid 19 Infection</p>	<p>Group leader (CiRF/LiRF) Participants</p>	<ul style="list-style-type: none"> <li>• All members including Coaches &amp; Run Leaders reminded not to attend sessions if displaying symptoms of Coronavirus or if they have been advised to self-isolate.</li> <li>• All members including Coaches &amp; Run Leaders reminded to clean hands with sanitiser before and after sessions.</li> <li>• CiRF's / LiRF's to ensure social distancing is maintained throughout session.</li> <li>• Continual reinforcement of procedures to all members via Social Media / Email and pre run talks.</li> </ul>	
<p>Group Runs / Couch to 5k Sessions consisting of up to 9 runners and 1 Coach /LiRF leaving The Boathouse / Hedley's Cafe to run in the surrounding areas during Covid 19</p>	<p>Lack of Welfare Facilities</p>	<p>Group leader (CiRF/LiRF) Participants</p>	<ul style="list-style-type: none"> <li>• All members including Coaches &amp; Run Leaders reminded to use toilet facilities at home prior to attending run sessions.</li> <li>• Nearby facilities at Newburn Activity Centre for use in Emergency situations however all members aware they do so at their own risk and should follow Activity Centre's guidance. – See Covid 19 Plan.</li> </ul>	

Newburn Running Club welcomes any comments or suggestions relating to the contents of this Risk Assessment. Please feel free to email the club via – [info@newburnrunningclub.co.uk](mailto:info@newburnrunningclub.co.uk)