



SHR COVID 19 Risk Assessment - Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person and through contact with contaminated surfaces/equipment

**General attendance & Meeting Place**

What are the hazards	Who might be harmed	Risk factor	Mitigation	RF	Other Action
<p>Spread of Covid-19 Coronavirus</p>	<p>Leaders/ Participants and members of the public</p>	<p>Low</p>	<ul style="list-style-type: none"> <li>• All members to be reminded to not attend if they or any member of their family have symptoms.</li> <li>• All members when booking onto a session will be asked to agree to our Covid health declaration rules.</li> <li>• Guidelines will be given to leaders on how to manage their groups</li> <li>• Limit run groups to 6 people including the leader. Four groups to be run in total.</li> <li>• Meet at 4 different locations so as not to allow a larger gathering of people or for pavement areas to be congested.</li> </ul>		<p>Emails and Facebook will be used to remind our members of our Covid-19 rules and guidelines.</p> <p>Ensure up to date contact details are held on the system for everyone in attendance each week.</p> <p>Procedures in place to contact fellow members should the need arise.</p> <p>4 Designated meet up points will be carefully chosen to avoid crowding and allow for spacing out.</p>

Runners gathering at meet up points and not observing 2m distance guideline	Participants and Leaders	Low	<ul style="list-style-type: none"> <li>• Limit number of participants to 6 per group</li> <li>• All attendees must be booked in prior to session to avoid queues forming</li> </ul>		Publish guidelines and policy on social media via email.
Runners obstructing pathways/entrances to Park	Participants Leaders General public	Low	<ul style="list-style-type: none"> <li>• Meeting place should be on clear open space distanced from entrance/footpaths while being obvious to participants</li> </ul>		Guidance on social media email
Runners approaching leaders too closely to check in	Leaders runners	Low	<ul style="list-style-type: none"> <li>• Facemasks can be worn when checking in by leaders and participants</li> <li>• Leaders warn and ask people's names from appropriate distance.</li> <li>• All should be booked, so should be few problems.</li> <li>• If problem then participant should be asked to wait to one side until others checked in.</li> </ul>		
Participant reported to be ill soon after attending session	Runners and leader in group	Low	<ul style="list-style-type: none"> <li>• Inform participants</li> <li>• Follow procedures to contact fellow members should the need arise.</li> </ul>		Ensuring up to date contact details are held for everyone who attends.



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**Warm Up/Warm down Area**

What are the hazards	Who might be harmed	Risk factor	Mitigation	RF	Other Action
Participants not observing social distance rules	Participants and Leaders General Public	Low	<ul style="list-style-type: none"> <li>Leaders give clear instructions on separation when briefing.</li> <li>Brief small groups</li> </ul>		Quicker routine of warm up and cool down exercises
Participants encroaching on other Park users/members of public area	Participants and Leaders General Public	Low	<ul style="list-style-type: none"> <li>Choose warm up/cool down area in open space</li> <li>Keep appropriate distance from any other groups</li> </ul>		
Warm up activities requiring close approach		Low	<ul style="list-style-type: none"> <li>Form single lines for performing warm up rather than double lines approaching each other</li> <li>Be clear about distance to travel before turning.</li> <li>Check group is not 'drifting' together or out of designated area (ie. Increasing distance moved and approaching other groups)</li> </ul>		

Physical contact during warm up/cool down		Low	<ul style="list-style-type: none"><li>• Do not perform warm up routines that require physical contact with other participants.</li><li>• Choose stretches that don't challenge balance too much and require support of partner.</li></ul>		
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**Activity Session**

What are the hazards	Who might be harmed	Risk factor	Mitigation	RF	Other action
Participants not observing social distances during briefing.	Participants Leaders		<ul style="list-style-type: none"> <li>Brief small groups.</li> <li>Emphasise need for distancing.</li> <li>Keep briefings short and clear</li> </ul>		
Runners becoming lax about social distance during runs	Participants and Leaders		<ul style="list-style-type: none"> <li>Run in small manageable groups.</li> <li>Emphasise need for distancing.</li> </ul>		Safe group sizes/leader to be determined.  Guidelines to be emailed out regularly
Runners in groups risking transmission to other footpath/pavement users	Participants Leaders General Public		<ul style="list-style-type: none"> <li>Prefer open space for running eg. on playing field</li> <li>Smaller groups if session on pavement/footpath</li> </ul>		
Contact with other runners during session			<ul style="list-style-type: none"> <li>Avoid all contact during sessions. Eg. Oregon exercises that can be performed solo No contact meet and retreat</li> </ul>		Sessions to be carefully selected for the least risk of contact.

Contact with equipment			<ul style="list-style-type: none"> <li>• Minimize use of equipment</li> <li>• Group equipment (eg cones) only to be handled by one person</li> <li>• Equipment to individuals (eg. bands ) to be wiped/sprayed with sterilizer when handed out collected.</li> <li>• No shared equipment (eg. no passing medicine ball)</li> </ul>		
Administatration of First Aid			<ul style="list-style-type: none"> <li>• Leaders to carry hand sanitizing gel</li> <li>• Leaders to have facemasks and gloves available to them</li> <li>• Participants advised to have basics plasters etc. available for self admin</li> </ul> <p><a href="https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm">https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm</a></p>		All Leaders to be provided with bum bag first aid kits