

## Risk Assessment: St.Helens Striders Group Training - Covid 19

Date:	Assessed by:	Location :	Review :
22 / 07 /2020	Karen Mason	Outdoor Training Sessions	22/08/2020

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
Risk of contracting Coronavirus through airborne particles	Club members & members of the public – breathing in contaminated particles/droplets and developing coronavirus	<ul style="list-style-type: none"> <li>• Various meeting points for each group</li> <li>• Sessions to be limited to once a week initially</li> <li>• Members to register their attendance and contact details</li> <li>• Groups will run different routes</li> <li>• Club members will not be allowed to attend if self-isolating/waiting for test results or are Shielding</li> <li>• Club members to refrain from attending if they are symptomatic or have been in</li> </ul>	H	<ul style="list-style-type: none"> <li>• All routes to be planned beforehand to avoid congestion of other groups</li> <li>• Run Leaders to consider if warm up and cool down is appropriate at their meeting points.</li> <li>• Routes to avoid unnecessary interactions with members of the public wherever possible.</li> <li>• Members to be encouraged to arrive and leave at the agreed time to reduce congregation and large groups which prevents social distancing.</li> </ul>	M	Run Leaders & Members	03/08/20	

		<p>contact with someone who has tested positive for Coronavirus.</p> <ul style="list-style-type: none"> <li>• 2m Social distancing measures to be adhered to</li> </ul>		<ul style="list-style-type: none"> <li>• Groups to start and finish promptly.</li> <li>• Members to maintain social distancing throughout the session.</li> <li>• Members to be discouraged from spitting.</li> <li>• Members to be reminded of coughing/sneezing etiquette—into the elbow or into a tissue, which must be discarded as soon as is practicable</li> </ul>				
Risk of contamination from surfaces	Club members/members of public at risk from touching contaminated services	<ul style="list-style-type: none"> <li>• If gates/doors are required to be opened on routes, 1 person to take this responsibility for the group.</li> <li>• Members are encouraged to take personal responsibility for good hygiene prior to training session, using hand washing and/or alcohol hand sanitiser.</li> <li>• Touching eye/face/mouth to be avoided</li> </ul>	M	<ul style="list-style-type: none"> <li>• Alcohol based Hand sanitiser or wipes to be carried by Run Leader.</li> <li>• Good hygiene to be followed after training sessions using hot soap and water and/or alcohol based hand sanitiser as soon as practicable</li> </ul>	L	Run Leaders & Members	03/08/20	

Risk of injury from slips trips falls when using alternative off road routes	Club members risk of injury and requiring first aid	<ul style="list-style-type: none"> <li>• Consideration of weather conditions.</li> <li>• Routes to be carefully planned</li> </ul>	M	<ul style="list-style-type: none"> <li>• Members to be informed of appropriate footwear for the routes.</li> <li>• Members to self administer first aid where practicable</li> </ul>	L	Run Leaders	03/08/20	
Risk of exposure through travel to meeting point	Club members at risk from contracting coronavirus from close proximity/lack of social distancing.	<ul style="list-style-type: none"> <li>• Members to be discouraged from car sharing unless from the same household.</li> </ul>	H	<ul style="list-style-type: none"> <li>• Members will be encouraged to walk/run to meeting points where practicable</li> </ul>	L	Members	03/08/20	
Parking at meeting points	Club members & members of the public	<ul style="list-style-type: none"> <li>• Members to be encouraged to walk/run/cycle to venue where practicable.</li> <li>• Members to ensure where practicable ample spaces between parking</li> </ul>	M	<ul style="list-style-type: none"> <li>• Members to be aware of members of the public and other club members utilising the car park and ensuring 2m social distancing</li> </ul>	L	Members	03/08/20	
Lack of facilities within the club house	Club members not having access to toilet & Changing facilities	<ul style="list-style-type: none"> <li>• Members to arrive dressed appropriately for training.</li> <li>• Members to be informed of lack of toilet provision if meeting at the club house (toilets may be available at the Bowling Green operating a 1 in, 1 out),</li> </ul>	M	<ul style="list-style-type: none"> <li>• If public toilets are used, members will be reminded to maintain good hygiene practice of handwashing / alcohol based hand sanitiser.</li> </ul>	L	Members	03/08/20	
First Aid	Club members at risk of contamination of coronavirus	<ul style="list-style-type: none"> <li>• Members to be encouraged to take personal responsibility and not to attend sessions with pre-existing injuries.</li> </ul>	H	<ul style="list-style-type: none"> <li>• Run Leader to have access to a mobile phone to call for emergency services where appropriate.</li> <li>• Face covering/mask &amp; gloves/or alcohol based hand sanitiser to be carried in the</li> </ul>	M	Run Leaders & Members	03/08/20	

		<ul style="list-style-type: none"> <li>• Self-first aid to be encouraged with guidance from the Run Leader.</li> <li>• Physical support with first aid will only be provided in emergencies</li> </ul>		<p>event of emergency first aid being administered or physical support being required.</p>				
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