

Risk Assessment: North Leeds FR training runs during Covid-19

Date:	Assessed by:	Location :	Reviewed :
15 / 08 /20	Richard Foster	Various (ongoing)	21/10/20

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
Covid-19	Coaches and Athletes	<ul style="list-style-type: none"> • Hand washing • Group running to be socially distanced • Runners to travel only with people inside their "bubble" • No sharing of kit/water bottles • Follow local restrictions in place • All runners asked not to attend if displaying <u>any</u> Covid-19 symptoms • No runners who should be shielding, self isolating or quarantined allowed to attend run. • A list of runners and contact details for each session will be maintained and kept for 21 days in case required by NHS/Track and Trace. This information must be completed by runners in order to allow them to join a 	L	<ul style="list-style-type: none"> • Keep up to date on UKA Covid-19 guidance • Keep up to date with UK Govt advice and restrictions with regards Covid-19 	L	<p>D Nurse</p> <p>R Foster</p>	Ongoing	



		<p>run.</p> <p>The information will be kept by the Covid-19 Officer (Dom Nurse) and coaching coordinator (Richard Foster) in a secure Google Sheets spreadsheet. GDPR and data protection guidelines will be followed.</p> <ul style="list-style-type: none"> Track and trace data collection reminds all runners to confirm that they have not been asked to self-isolate nor been in contact with someone with Covid-19. All club members to carry some form of face covering and gloves for use if required. All runners over age 16 If there are more than 6 runners present, the runners will be split into smaller groups as appropriate to allow for social distancing. Run guidelines to be circulated to all members. 					
<p>Interactions with other people/groups in the training area</p>	<p>General public</p>	<ul style="list-style-type: none"> Social distancing to be maintained with all other groups. When overtaking/running past other people and groups, as much space as possible will be given. Patience and time and space to be given to all other users of the 	L	•	L	All Club members	Ongoing



		area.						
Slips and trips/Ground surface etc	Runners	<ul style="list-style-type: none"> All club members are used to running over such terrain. Standard practise is to warn each other of areas where it is very slippy/rocky etc. 	L	<ul style="list-style-type: none"> Pre-run warning for runners to take care over rough spots and to watch out for each other. 	L	All club members	Ongoing	
Road Crossings	Runners	<ul style="list-style-type: none"> Care taken on all road crossings – in general the group will usually regroup at such points (socially distanced) and cross the road together with care. 	M	<ul style="list-style-type: none"> Pre-event warning of any dangerous roads when specific routes are chosen. 	L	All club members		
Minor Injuries	Runners	<ul style="list-style-type: none"> Should a runner suffer a <u>minor</u> injury (e.g. lightly sprained ankle where mobility is restricted but not severely), the emergency action plan will be followed All runners to carry warm kit/waterproofs in the event it takes time (and if inclement weather) for the runner to return to the vehicles Should the runner require assistance, <u>one</u> runner (usually the group leader or first aider) will be nominated to assist the injured party. 	L	<ul style="list-style-type: none"> 	L	Club members First aiders	Ongoing	



<p>Major injuries</p>	<p>Runners/first aid responders(e.g. Mountain rescue)/emergency services</p>	<ul style="list-style-type: none"> Should a runner suffer a major injury (e.g. broken ankle), the emergency action plan will be followed: <u>one</u> runner (usually the group leader or first aider) will be nominated to assist the injured party and wait with them until emergency services arrive All runners to carry warm kit/waterproofs in the event it takes time (and if inclement weather) for responders to arrive 	<p>M</p>	<ul style="list-style-type: none"> 	<p>M</p>	<p>Club Members First aiders</p>		
<p>Weather (exposure/hypothermia)</p>	<p>Runners</p>	<ul style="list-style-type: none"> If the weather is dangerous (e.g. thunderstorms/high winds), the run will be cancelled or an alternative sought. Particularly if the scheduled run is to be held on high ground. Appropriate minimum kit to be carried by <u>all</u> runners. This will include (but not restricted to): Waterproof top, warm layer, gloves, hat, face covering If dark, a headtorch will be mandatory. If on high ground (e.g. moorland), waterproof bottoms will be mandatory. In warm weather, all runners to be recommended to carry water (not to be shared except in emergency) 	<p>L</p>	<ul style="list-style-type: none"> Keep an eye on weather reports in build up to the run. 	<p>L</p>	<p>All club members</p>		
		<ul style="list-style-type: none"> 	<p>L</p>	<ul style="list-style-type: none"> 	<p>L</p>			

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