

## Risk Assessment: Felixstowe Road Runners – COVID-19 Awareness

Date:	Assessed by:	Location :	Review :
05 March 2021	Ian Duggan	Felixstowe	Jul 2021

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
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	<ul style="list-style-type: none"> <li>Runners, Coaches, Run Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Runners advised via Club Facebook page and website they must not attend sessions if they are experiencing COVID-19 symptoms</li> <li>Runners advised they must maintain social distancing of 2m at all times including travelling to and from the session</li> <li>Instructions/protocols shared with all Coaches/ Run Leaders and runners prior to session and re-iterated during sessions</li> </ul>	L	<ul style="list-style-type: none"> <li></li> </ul>	L	N/A	N/A	Yes
Spreading/ transmission of Covid-19 through contact with disease on a surface - <b>general</b>	<ul style="list-style-type: none"> <li>Runners, Coaches, Run Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Sessions will only take place outdoors – reducing the risk of airborne infection</li> <li>Sessions will be planned for area where there will be enough space to enable social distance</li> </ul>	L	<ul style="list-style-type: none"> <li></li> </ul>	L	N/A	N/A	Yes

		<p>guide lines and to minimise contact with general public</p> <ul style="list-style-type: none"> <li>• If using indoor changing rooms/showers/toilets FRR will follow venue guidance</li> <li>• Coach or Run Leader will choose a route /area for the club session with no/minimal touch points such as gates/fences etc.</li> <li>• Runners advised via instructions on club website to wash hands for at least 20 secs prior to leaving home and on returning home</li> <li>• No equipment e.g, cones to be shared or touched by runners</li> <li>• Runners advised of protocols prior to each session via instructions on club website and in person at the start of each session.</li> </ul>						
Spreading/ transmission of Covid-19 through contact with disease on a surface - <b>First aid and dealing with injuries /incidents</b>	<ul style="list-style-type: none"> <li>• Runners, Coaches, Run Leaders</li> </ul>	<ul style="list-style-type: none"> <li>• Minor sprains, strains – runners will be requested to “self treat” where possible</li> <li>• If treatment required Coach / Run Leader will wear protective face covering &amp; gloves provided in first aid kit.</li> <li>• Minimum of 2 Coaches / Run Leaders will be present at each session to assist in case of accidents/incidents</li> </ul>	L	•	L	N/A	N/A	Yes
Spreading/ transmission of	<ul style="list-style-type: none"> <li>• Runners,</li> </ul>	<ul style="list-style-type: none"> <li>• Designated person to record all</li> </ul>	L	•	L			

<p>Covid-19 through contact with disease on a surface – <b>Registration for Track &amp; Trace</b></p>	<p>Coaches, Run Leaders</p>	<p>members attending a session. Names and mobile phone numbers can be provided for NHS Track &amp; Trace as necessary via Club Membership database</p> <ul style="list-style-type: none"> <li>• Runners advised instructions on club website of compulsory requirement to register their attendance prior to session starting</li> <li>• Runners advised to maintain social distancing of at least 2m</li> </ul>				<p>N/A</p>	<p>N/A</p>	<p>Yes</p>
	<p>•</p>	<p>•</p>		<p>•</p>				