

## CLC Striders risk assessment: COVID-19



<b>Date:</b>	<b>Assessed by:</b>	<b>Review :</b>
2020-06-22	Matt Ashman	As required

Risk	Risk description	Risk Rating	Mitigation	Net Risk Rating	Action by whom	Target date
Respiration of airborne particles from club members / public.	There is a risk of club members / public breathing in contaminated airborne droplets and developing Covid-19	H	<ul style="list-style-type: none"> <li>Limiting the group to six, with all members continuing to observe social distancing protocols (2m) at all times.</li> <li>If more than six members attend the training session they should split in to clear groups with a maximum of six in each group.</li> <li>The group should either run different routes or stagger the start times.</li> <li>The route for training will be determined beforehand and where possible to reduce unnecessary interactions with other members of the public.</li> <li>Limit the time at the start and end of the training event where the group (max 6) congregate and socialise.</li> <li>All members are asked to book onto training in advance of the session – a list of attendees per week will be retained in case anyone in the group becomes ill, to aid with 'track &amp; trace'.</li> <li>Members should be conscious of not breaking the 2m distancing whilst running.</li> <li>Members must refrain from spitting at all times.</li> <li>Runners must keep at least 2m away from members of the public whilst training and should ensure they move out of the way (and not expect the MOP to move out of the way).</li> </ul>	M	All	2020-06-22
The planned training session location is not suitable	The chosen location to undertake the training session	M	<ul style="list-style-type: none"> <li>If the coach/group leader feels that the planned area to be used is not suitable e.g. due to the number of other people there</li> </ul>	L	All	2020-06-22

	may prove unsuitable if others are making use of the area		(members of the public, other running groups etc), the area will be changed accordingly. <ul style="list-style-type: none"> <li>If at any time during training the coach/leader feels the session cannot continue safely, they should stop the session at that point.</li> </ul>			
Attendees come into contact with contaminated surfaces.	There is a risk to Club members and the public of infection when touching hands to mouth, eyes & nose.	M	<ul style="list-style-type: none"> <li>Limit the number of surfaces touched. If gates need opening have one person open and hold the gate for the whole group.</li> <li>Limit the touching of your face.</li> <li>Maintain good respiratory hygiene i.e. coughing in to arm / clothing.</li> <li>Ensure good personal hygiene at all times. Use of hand sanitizer / gloves and washing hands once able to do so.</li> <li>Club members should not share drinks or food items.</li> </ul>	L	All	2020-06-22
Exposure whilst travelling to and from training.	Club members being exposed to respiratory particles in a vehicle.	M	<ul style="list-style-type: none"> <li>Members should be advised to travel to and from the session separately from others who are not part of their household</li> <li>Where possible members should run/walk or cycle to the session.</li> <li>Ensure hand sanitiser is applied before training commences</li> </ul>	L	All	2020-06-22
First aid / emergency protocol	Club members having a requirement for either minor or major first aid.	H	<ul style="list-style-type: none"> <li>If a club member feels unwell, or if they or any member of their household has any of the symptoms of Covid-19 they should stay at home.</li> <li>Ensure that at least one member of the group has a mobile phone in case of an emergency - always ring 999 if required.</li> <li>If minor first aid is required this should be self-administered by the injured party where possible.</li> <li>If help is required then limit the amount of close contact and touching to a minimum, gloves should be worn and a face mask if available. Hand sanitiser should be applied before and after administering help</li> <li>Ensure the other group members continue to observe social distancing.</li> <li>A coach should have disposable gloves, face mask and antibacterial hand gel with them to be used for administering first aid.</li> </ul>	M	All	2020-06-22
Lack of facilities	Club members not having access to toilet facilities	M	<ul style="list-style-type: none"> <li>Ensure all members are informed that toilet facilities may not be available - toilet facilities are open until 1915 by the main play area in Pittville Park but could close at any time.</li> </ul>	L	All	2020-06-22

			<ul style="list-style-type: none"> <li>Ensure that members are made aware that they are representing CLC Striders and not to be anti-social.</li> </ul>			
Lack of secure storage	Club members / coaches potentially subject to cross contamination / infection	M	<ul style="list-style-type: none"> <li>Ensure members make arrangements to secure their own valuables (keys, phones and etc.) during training</li> <li>Coaches advised not to offer to store valuables</li> <li>Encourage members to run / walk / cycle to the training session</li> <li>Encourage members to leave phones and other valuables at home (unless needed for training)</li> </ul>	L	All	2020-06-22