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Risk Assessment: Running under Coronavirus restrictions (Additional to general LRR risk assessment)

Date:	Assessed by:	Location :	Review :
20/07/20	Kevin Marshall	Launceston Roadrunners	20/09/20

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?	Result ant Risk Rating	Action by whom	Target date	Comple t e
Spreading Covid-19 before running	Any runners / public	<p>Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches.</p> <p>All members, coaches and leaders must sign in giving full contact details including Address, Telephone No. and emergency contact Name and number.</p>	M	<ul style="list-style-type: none"> Runners to wash / sanitise hands before coming to run Ensure runners know time and location of meet and that social distancing of 2 metres is to be maintained at all times If more than one group running leaders to liaise over routes so they do not obstruct each other Ensure routes are free from obstacles that need to be touched i.e. gates / styles etc. Avoid routes with narrow footpaths if possible 	L	<p>MH to put Risk assessments on club website and email all members. Put notice on Facebook page</p> <p>Run organisers to ensure runners are aware of guidance</p>	24/07/20	30.08.20

<p>Spreading Covid-19 before running (cont.)</p>	<p>Runners and members of public (cont.)</p>	<p>All members to meet outside</p>	<p>M</p>	<ul style="list-style-type: none"> • Runners should not car share going to a run unless from the same household/bubble • When members arrive they must stay outside and maintain the recommended social distance in place at the time. • Members must sign in and provide a telephone number and agree to the club passing on the information to the NHS track and trace team should the need arise. • Members must not attend the club if they or any member of their household has any symptoms and/ or is awaiting the results of a Covid 19 test. • No changing or toilet facilities available • Everyone to avoid face to face contact 	<p>L</p>	<p>MH to put Risk assessments on club website and put notice on Facebook page</p> <p>MH to email members notice and questionnaire to each member</p> <p>Leader/ committee member to register each runner</p> <p>Run organisers to ensure runners are aware of guidance</p>	<p>24/07/20</p> <p>On the day</p>	<p>30/08/20</p> <p>On the day</p>
<p>Spreading Covid-19 whilst running</p>	<p>Runners and members of public</p>	<p>Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches</p>	<p>M</p>	<ul style="list-style-type: none"> • Runners to maintain social distancing of 2 metres at all times from each other and members of the public even if they are from the same household/bubble • Routes to be planned to allow this to happen – roads generally are good as crossing the road enables 	<p>L</p>	<p>MH to put Risk assessments on club website and email all members. Put notice on Facebook page</p>	<p>24/07/20</p>	<p>30.08.20</p>

<p>Spreading Covid-19 whilst running (cont.)</p>	<p>Runners and members of public (cont.)</p>			<p>avoiding members of public.</p> <ul style="list-style-type: none"> • It is the group's responsibility to take action to social distance from public not the other way around • All to carry a face covering • Runners to be responsible for their own actions • If runners overtake they must ensure that social distancing is still maintained • Runners to be aware that first aid will not be administered unless it is an emergency and then only under the latest guidelines. • Runners to ensure leaders have their emergency contact details in case of accident • Runners cannot look after things for other runners eg keys – runners must come prepared to carry anything they have to take with them on a run • Runners must avoid shouting and spitting is not allowed. • Runners to bring own water if required and this must not be shared • Everyone to avoid face to face contact 		<p>Run organisers to ensure they are aware of the latest medical guidance</p> <p>MH to post risk assessment on club website.</p> <p>Run organisers to ensure they are aware of the latest medical guidance</p> <p>Leaders to carry small hand sanitiser, face covering gloves & mobile phone</p>		
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<p>Spreading Covid-19 after running</p>	<p>Runners and runners families</p>	<p>Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches</p>	<p>H</p>	<ul style="list-style-type: none"> • If more than one group are running and finishing in the same location runners to leave promptly to avoid groups meeting • Chatting after a run is alright as long as social distancing is maintained – runners must not get in each other’s cars unless from the same household/bubble • All runners are recommended to hand sanitise after running and wash hands thoroughly immediately on returning home • Everyone to avoid face to face contact 	<p>L</p>	<p>MH to post risk assessment on club website.</p> <p>Run organisers to ensure runners are aware of guidance</p>	<p>24/07/20</p>	<p>30.07.20</p>