

COVID-19 Risk Assessment: Organised Group Runs

Date:	Assessed by:	Club:	Review :
04/10/2020	John Stoddart – COVID-19 Coordinator	Henfield Joggers	04/10/2021

What are the Hazards?	Who might be harmed and how?	England Athletics Mandatory Control Measures	Club Specific Control Measures	Resultant Risk Rating	Reviewed, Observed & Completed?
Transmission of virus within running group	Club members who attend group runs may transmit virus between members of the running group	<ul style="list-style-type: none"> Social distancing (in line with latest government guidance) must be maintained at all times (before, during and after the activity) by all members of the group. A booking system will be provided by the club and used by all members prior to the activity. A record of those who attended the activity will be kept by the club for a period no shorter than 3 months. The route/activity will be planned in advance and sent out to all members with clear instruction provided. Face coverings will be worn before and after the activity. 	<ul style="list-style-type: none"> No group will exceed more than 6 individuals in total number. Groups will be allocated prior to the activity starting. In the event that 2 or more groups (of 6 or less) are booked into a session, the faster group will set off first (with at least a 5 minute delay between groups) to prevent groups merging 'en route' Routes will be designed and shared in advance and will aim to avoid 'Pinch Points' and styles. However, given the rural nature of routes around Henfield this will not always be possible. 'Pinch Points' will be clearly identified 	L	Yes 07/10/20 John Stoddart

		<p>Face coverings do not need to be worn whilst exercising.</p> <ul style="list-style-type: none"> Members will not attend the session if they are feeling unwell, are displaying any symptoms of COVID-19 or have been told to self isolate. 	<p>in advance and members will avoid 'bunching up' at these points.</p> <ul style="list-style-type: none"> Styles and gates on route will be kept to a minimum but members will carry a small bottle of anti-bacterial gel (or a similar product) on their run and will use this before and after any styles or gates. Member's will always meet for organised runs outdoors. Where possible the meeting place will be familiar and known to members. It is advised that Henfield Leisure Centre car park is used. Members will consider the public perception of Henfield Joggers and minimise risk to it's good reputation in the community by adhering to these control measures at all times. 		
Transmission of virus to those outside of running group	Club members who attend group runs may transmit virus to members of public before, during and after the organised run	<ul style="list-style-type: none"> Social distancing (in line with latest government guidance) must be maintained at all times (before, during and after the activity) by all members of the group. Social distancing should be maintained between group members AND between members of the public. Right of way should be given to members of the public on paths and tracks. 	<ul style="list-style-type: none"> No group will exceed more than 6 individuals in total number. Groups will be allocated prior to the activity starting. In the event that 2 or more groups (of 6 or less) are booked into a session, the faster group will set off first (with at least a 5 minute delay between groups) to prevent groups merging 'en route' 	L	<p>Yes 07/10/20 John Stoddart</p>

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Transmission of virus to runners in the group from external sources	Club members may pick up the virus from external sources before, during and after the organised run	<ul style="list-style-type: none"> • Social distancing (in line with latest government guidance) must be maintained at all times (before, during and after the 	<ul style="list-style-type: none"> • No group will exceed more than 6 individuals in total number. Groups will be 	L	Yes 07/10/20 John Stoddart

		<p>activity) by all members of the group. Social distancing should be maintained between group members AND between members of the public. Right of way should be given to members of the public on paths and tracks.</p> <ul style="list-style-type: none"> • A booking system will be provided by the club and used by all members prior to the activity. A record of those who attended the activity will be kept by the club for a period no shorter than 3 months. • The route/activity will be planned in advance and sent out to all members with clear instruction provided. • Face coverings will be worn before and after the activity. Face coverings do not need to be worn whilst exercising. • Members will not attend the session if they are feeling unwell, are displaying any symptoms of COVID-19 or have been told to self isolate. 	<p>allocated prior to the activity starting.</p> <ul style="list-style-type: none"> • In the event that 2 or more groups (of 6 or less) are booked into a session, the faster group will set off first (with at least a 5 minute delay between groups) to prevent groups merging 'en route' • Routes will be designed and shared in advance and will aim to avoid 'Pinch Points' and styles. However, given the rural nature of routes around Henfield this will not always be possible. 'Pinch Points' will be clearly identified in advance and members will avoid 'bunching up' at these points. • Styles and gates on route will be kept to a minimum but members will carry a small bottle of anti-bacterial gel (or a similar product) on their run and will use this before and after any styles or gates. • Member's will always meet for organised runs outdoors. Where possible the meeting place will be familiar and known to members. It is advised that Henfield Leisure Centre car park is used. • Members will consider the public perception of Henfield Joggers and minimise risk to 	
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First Aid incident during run	Injury to a member of the club during the activity	<ul style="list-style-type: none"> • A first aid kit should be carried at all times during an organised activity. • Treating a major first aid incident where there is considered to be risk to life supersedes regulations regearing COVID-19. 	n/a	L	Yes 07/10/20 John Stoddart