

Risk Assessment: Cheadle Running Club Group Training Covid-19 v1

Date:	Assessed by:	Location :	Review :
03 / 06 /20	Gareth Knapper	Outdoor training sessions	15 th June 2020

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
Respiration of airborne particles from club members / public.	Club members / public breathing in contaminated airborne droplets and developing Covid-19	<ul style="list-style-type: none"> Limiting the group to six, with all members continuing to observe social distancing protocols (2m) at all times. If more than six members attend the training session they should split in to clear groups with a maximum of six in each group. The group should either run different routes or stagger the start times. If a club member feels unwell and has any of the symptoms of Covid-19 they should remain at home. 	H	<ul style="list-style-type: none"> The route for the run should be designed beforehand and the use of "quiet" routes / country lanes should be used where possible to reduce unnecessary interactions with other members of the public. Limit the time at the start and end of the run where the group (max 6) congregate and socialise. Use club Facebook page to indicate potential numbers attending. Members should be conscious of not breaking the 2m distancing whilst running. Members should refrain from spitting at all times. 	M	G.K. & L.C.	03/06/20	

Contact with contaminated surfaces.	Club members / public risk of infection when touching hands to mouth, eyes & nose.	<ul style="list-style-type: none"> Limit the number of surfaces touched. If gates need opening have one person open and hold the gate for the whole group. Limit the touching of your face. 	M	<ul style="list-style-type: none"> Maintain good respiratory hygiene i.e coughing in to arm / clothing. Ensure good personal hygiene at all times. Use of hand sanitizer / gloves and washing hands once able to do so. 	L	G.K. & L.C.	03/06/20	
Exposure whilst travelling to and from training.	Club members potential to be exposed to respiratory particles in a vehicle.	<ul style="list-style-type: none"> Members should travel to and from the session separately from others who are not part of their household 	M	<ul style="list-style-type: none"> Where possible members should run/walk or cycle to the session. 	L	G.K. & L.C.	03/06/20	
Parking at the meeting venue	Club members / public being within the 2m social distancing guideline.	<ul style="list-style-type: none"> Try to walk/run or cycle to the meeting point 	M	<ul style="list-style-type: none"> If driving please park where possible away from other parked vehicles or be aware of other people entering / exiting their vehicles. Maintain the 2m distance. 		G.K. & L.C.	03/06/20	
First aid / Emergency protocol	Club members having a requirement for either minor or major first aid.	<ul style="list-style-type: none"> Ensure that at least one member of the group has a mobile phone in case of an emergency. Always ring 999 if required. 	M	<ul style="list-style-type: none"> If minor first aid is required this should be self-administered by the injured party where possible. If help is required then limit the amount of close contact and touching to a minimum. Ensure the other group members continue to observe social distancing. 		G.K. & L.C.	03/06/20	
Lack of usual leisure centre facilities	Club members not being able to use the toilet facilities at the meeting place	<ul style="list-style-type: none"> Ensure all members are informed that the leisure centre and its toilets remain closed 	M	<ul style="list-style-type: none"> Ensure that members are made aware that they are representing CRC and not to be anti-social. 		G.K. & L.C.	03/06/20	