

KINGS HEATH RUNNING CLUB: COVID-19 RISK ASSESSMENT

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Hazard identification	Who could be harmed?	Safeguarding and protective measures	Additional information	Action by whom
1. Infection transmission – somebody in the group has Covid-19	Run leader Runners and their households Pedestrians	The following categories of people should <u>not</u> participate in the run: Experiencing symptoms, Self-isolating, At risk group.	Participants to fill in health questionnaire prior to session that stipulates they are not in these categories as a condition of their attendance.	Runners
2. Infection transmission through handshakes, high fives, sharing of water, spitting, expelling mucus from nose.	Run leader Runners and their households Pedestrians	Runners to carry own water and not share. Maintain 2m distancing. Run leader to intervene if runners do not adhere to the guidelines.	Run leader to brief runners about expectations (e.g. no spitting).	Run leader Runners
3. Runners being closer to each other than 2m during session.	Run leader Runners and their households Pedestrians	Location of session enables 2m distance separation to be maintained throughout and 2m to overtake if appropriate. Run leader designs sessions to enable 2m distancing between runners.	Run leader to brief runners about expectations (i.e. 2m distancing). Maintaining 2m separation is a condition of a place at the session, stipulated in booking conditions.	Run leader
4. Too many runners attend to be able to maintain 2m separation.	Run leader Runners and their households Pedestrians	Booking session to be implemented for each session – and capped at a pre-agreed number – 12 or less.	Runners are asked not to disclose time and location of session to other non-booked runners.	Run leader Runners
5. Contact transmission from equipment during session e.g. marker discs or from other surfaces.	Run leader Runners and their households	Only the run leader touches equipment which is then cleaned after the session. Runners bring their own mats if mats are used in the session.	Runners carry their own hand sanitiser to clean their hands when necessary.	Run leader Runners
6. May be difficult to 2m distance from pedestrians. Pedestrians may be worried by running activity, or even hostile.	Run leader Pedestrians Club reputation	Locations of sessions will be in areas where it is easy to be distanced from other people e.g. open park land, areas <u>away</u> from pavements.	Locations of session will be selected based on ease of distancing from other people. Runners are advised by the run leader in the briefing to be mindful and courteous – 2m distance, stop and give way if necessary.	Run leader Runners

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7. A runner is injured, first aider must go within 2m of injured/unconscious runner to assess their condition.	First aider Injured runner	Run leader has PPE – disposable mask, gloves and sanitiser. When worn by a first aider, this enables them to get within 2m to assess the condition of the injured runner and what to do next.	Runners are required to log their ICE details in the booking system, so that an emergency contact can be contacted to collect an injured runner from a session if necessary. Run leader is aware of https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19 so will call 999 if necessary.	Run leader
8. Participating runners are not aware of their role and responsibilities in maintaining a Covid secure environment for the session.	Run leader Runners and their households Pedestrians	Covid Action Plan – Named Club Covid Co-ordinator, risk assessment, tracing protocol is... emailed to members, put on club website, social media.	Run leader briefs participants at the start of the session.	KHRC C'ttee Run leader Runners
9. A runner tests positive for Covid-19 after participating in a session.	Run leader Runners and their households	Runner that has tested positive contacts KHRC Club Covid Co-ordinator on this email address... covidcoord.khrc@gmail.com	A runner who is asked to supply details of the people they have been in contact with by NHS test and trace contacts the named Club Covid Co-ordinator. Club Covid Co-ordinator then contacts NHS with the information.	Run leader Club Covid Co-ordinator
KHRC is not responsible for risks incurred pre- and post-run. Runners are however advised to drive alone, or run, walk, cycle to organised runs. Car sharing is not advised other than with members of the same bubble.				

The LiRF / CiRF organiser of a run will continue to inform runners of the usual (non-Covid-related) hazards along a route, together with new or temporary hazards specific to a route if circumstances change.

Risk assessment version... - 1 - **dated...** 5th September 2020

Review by committee... October 2020