**Risk Assessment: Covid 19**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
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| 26 March 2021 | Moira Sankey | Romsey Road Runners | July 2021 or sooner if guidelines change. |

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| **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** |
| Spread of Covid 19 infection | All club members and/or members of the public. By inadvertent spread of the coronavirus | * Members aware they should not run if unwell or injured. | L | * The committee will advise all members not to come to Club if they feel unwell with possible Covid 19 symptoms or if they suspect they may have had contact with anyone with or suspected of having Covid 19 | L | The committee | 20/06/20 | Ongong  Reguar reminders |
| Risk of transfer of Covd 19 | All runners and members of the public due to transfer of virus | * All groups will conform in size according to the current government guidelines * Groups will meet outdoors and away from public thoroughfares * The session leader for each group will remind runners of the need for social distancing before, during and after the run | L | * Ongoing supervision throughout the session by each session leader * Ensure social distancing according to current government guidelines * The session leader will terminate the session if adequate social distancing cannot be safely observed | L | *Mark Stileman andSession Leaders* | 20/06/20 | *ongong* |
| Club member who has previously attended a running session subsequently becomes unwell with Covid 19 | Other club members who may have been a contact. | * Social distancing will be in place | L | * A contact number for each runner is held by RRR (or the run leaders in C25K setting) * Names (first names and initial of surname) are taken by each session leader prior to the session. This is on a master copy of the covid questionnaire * The list of attendees are kept for 2 weeks and safely disposed of after this period. This will facilitate the affected runner to be aware of possible contacts for contact tracing if needed. | L | Committee members sand session leaders | 20/06/20 |  |
| Ensuring Covid secure environment as group numbers may increase along with current government guidelines | Runners and their contacts | * Currently recording the names of those attending the sessions for 2 weeks post run to ensure accurate track and trace if needed. |  | * Covid Questionnaire will be sent to each runner, and the session leader will check that each runner in their group can answer “No” to each question prior to the run. (Including the session leader). The names will be placed on the questionnaire with confirmation of this and signed by the session leader. * The questionnaire acts as a register of runners as well as the declaration of fitness. and is dated by the SL * A weekly register of attendees is taken for C25K |  | The committee | 27th  July 2020 |  |
| Injured runner during Covid 19 pandemic | The injured runner and person giving assistance due to proximity of the persons involved. | * Session leaders currently basic bandages /dressings | L | * A face covering, gloves and hand sanitiser will be issued to each session leader. The injured person will be advised to use face covering if appropriate. A decision will be made to end the session, and appropriate help summoned if needed either 999, 111, or the injured persons contact number. | L | Session Leaders | 20/06/20 |  |
| Suitable Running Routes for appropriate Social distancing | All current running routes are risk assessed | * Further risk assessment of running routes in the light of the current Covid 19 situation, to ensure that adequate social distancing can be maintained and reduce any public interaction * Some routes may have to be changed or not used during the current pandemic | L | * All runners and session leaders will be made aware of new /changed routes. | L | Committee members and session leaders | 20/06/20 | Reviewd 17 /3/21 |

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| Use of equipment eg cones | Anyone handling the equipment if it is contaminated. | * Hand gel will be used and only one person to handle this on each session | L | * After the session the equipment will be “quarantined’ for one week. * If soiled then they can be cleaned with soapy water and dried. Careful handwashing alter the procedure. | L | Session leaders | 26/3/21 | July 2021 |

Copy and paste rows as required