

Risk Assessment: Running in independent groups not under Club but through Club Facebook under Coronavirus restrictions

Date:	Assessed by:	Location :	Review :
17 / 06 /20	Phil Aldis	Bude Rats	17/07/20

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?	Resultant Risk Rating	Action by whom	Target date	Complete
Spreading Covid-19 before running	Any runners	Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> Runners not to attend if they have any symptoms but to stay at home and isolate in accordance with guidance Runners to wash hands before coming to run When posting runs make clear that only 5 runners are allowed plus the organiser Ensure runners know time and location of meet and that social distancing of 2 meters is to be maintained at all times If more than 5 runners want to run a second group may be formed but they must meet in a different location 	L	PA to post risk assessment on Facebook and club website Run organisers to ensure runners are aware of guidance	22/06/20	

				<ul style="list-style-type: none"> or at a different time at least 15 minutes apart If more than one group running leaders to liaise over routes so they do not obstruct each other If additional members arrive who have not booked a slot with run leader they cannot take part if it puts group over 6 Runners must not car share going to a run unless from the same household/bubble 			
Spreading Covid-19 whilst running	Runners and members of public	Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> Runners to maintain social distancing of 2 meters 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 avoiding members of public. Paths such as between Stratton and Bude Schools or the canal loop are unsuitable. The coast path is possible but group must be prepared to stop at pinch points or retrace steps to allow public to pass It is the group's responsibility to take action to social distance from 	L	PA to post risk assessment on Facebook and club website Run organisers to ensure runners are aware of guidance	22/06/20

				<p>public not the other way around</p> <ul style="list-style-type: none"> • If runners overtake they must ensure that social distancing is still maintained • Runners to be aware that first aid will not be able to be provided – bring own if concerned • 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 to ensure leaders have their emergency contact details in case of accident • Runners to bring own water if required and this must not be shared 			
Spreading Covid-19 after running	Runners and runners families	Organisers of runs to be familiar with NHS guidance on Covid-19 and EA guidance for runners and coaches	H	<ul style="list-style-type: none"> • Maximum group size of 6 to be maintained at all times – this includes family members picking up runners after the run who should wait in their car • If a second group are running and finishing in the same location runners to leave promptly to avoid 2 groups meeting • Chatting after a run is alright as long as social distancing is maintained – runners must not 	L	<p>PA to post risk assessment on Facebook and club website</p> <p>Run organisers to ensure runners are</p>	22/06/20

				<p>get in each other's cars unless from the same household/bubble</p> <ul style="list-style-type: none"> • All runners are recommended to hand sanitise after running and wash hands thoroughly immediately on returning home 		<p>aware of guidance</p>		
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