

Risk Assessment: Covid-19 – A Return to Restricted Activity – Mote Runners

We cannot eliminate all risk, but if this **Risk Assessment** is followed it will mitigate risk as far as reasonably practicable. This Risk Assessment should be used in conjunction with the Clubhouse Covid requirements.

Date:	Assessed by:	Review:
27/03/2021	Committee (Mote Runners), alongside Club's Covid-19 Co-ordinator	12/04/2021

Risk and Risk Description	Who might be harmed and how?	Potential Risk Rating	What are you already doing?	Current Risk Rating	What else can you do to mitigate this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
<p>Lack of awareness around Covid-19</p> <p>Lack of knowledge and awareness around the risk factors and key Government/ England Athletics/ local guidance for limiting the spread/ transmission of Covid-19.</p>	Athletes / Club Members / Coaches / Members of the Public.	H	<p>Prior to resuming Club Activity all Members to be contacted to advise of guidance received from England Athletics and be provided with a link to this Risk Assessment.</p> <p>All Members to be reminded that they should not attend Club Activities if symptomatic, if isolating due to being in contact with someone who is symptomatic, or if have returned from abroad and are within the government set quarantine period.</p> <p>Members to be reminded to wash their hands for 20 seconds with water and soap / sanitiser, and the importance of proper drying with disposable towels, prior to attending Club Activities.</p> <p>Members reminded to catch coughs and sneezes in tissues – Follow 'Catch it, Bin it, Kill it' guidance, and to avoid touching face, eyes, nose or mouth with unclean hands. Athletes are requested not to spit whilst on sessions.</p> <p>Athletes to be encouraged to bring own hand sanitiser to Club Activities.</p>	L	Advise Members as regard any National or Local changes to Covid restrictions that might impact on the ability of the Club to continue to operate.	L	Committee / Covid Co-ordinator	On-going	

			Reinforcement of key messages around Covid secure measures (hygiene, social distancing, etc.) should be carried out prior to, and during, sessions.					
Spreading/ transmission of Covid-19 through contact with disease on a surface when running in open spaces accessible by Members of the Public (such as in streets, parks, etc.).	Athletes / Club Members / Coaches / Members of the Public.	H	<p>Club Activity should take place externally, in open spaces where possible, to limit the risk of interacting with Members of the Public. Greater consideration should also be given to use of Mote Park as this can be busy with Members of the Public.</p> <p>Members should only travel in vehicles to sessions with Members of their immediate household, or social bubble.</p> <p>Meeting Points should be external, and large enough to allow appropriate levels of social distancing between Club Members, and between Club Members and Members of the Public (i.e. this includes both the rugby and cricket club) . During this period, Members should not meet within the Clubhouse.</p> <p>Toilet facilities within the Clubhouse will be available when open.</p> <p>Members are requested to attend training in the clothes they intend to train in and go home in the same clothes (or get changed in their own vehicle.)</p> <p>A designated member of the Committee will be required to maintain a record of attendance at each session and retain this for 21 days to comply with the Government's Track and Trace initiative. In the case of existing Members, a name will be sufficient as Member contact information is already maintained on the Club's database and can be accessed retrospectively, if required. In the case of non-Member attendance, full name and contact information must be taken.</p> <p>Reinforcement of key messages around social distancing should be carried out prior to, and during, Club Activity/sessions. Such messages should also be included on the Club's Weekly Email.</p>	L		L		

			Any monies due to the Club (Membership fees, etc.), should be paid via bank transfer in liaison with the appropriate Club Officer (Treasurer, Membership Secretary, etc.).					
First Aid / Emergency Protocol Member having a requirement for either minor or major First Aid.	Officers / Athletes / Member of the Public	H	<p>Athletes are warned about any potential hazards (potholes, junctions, etc.) as part of the session introduction.</p> <p>If a Member feels unwell, or if they or any member of their household has any of the symptoms of Covid-19 they should stay at home.</p> <p>Ensure that at least one member of the group has a mobile phone in case of an emergency - always ring 999, if required.</p> <p>A member of the Committee to have a First Aid Kit with them on all sessions.</p> <p>If minor First Aid is required this should be self-administered by the injured party, where possible.</p> <p>If help is required then limit the amount of close contact and touching to a minimum, gloves should be worn and a face mask, if available. Hand sanitiser should be applied before and after administering help.</p> <p>Ensure the other group members continue to observe social distancing.</p> <p>A member of the Committee should have disposable gloves, face mask and hand sanitiser with them to be used for administering First Aid.</p> <p>Members of the Committee to be aware of the nearest defibrillator.</p>	L		L		