

## Covid-19 Specific Risk Assessment: Lewes AC off-track activities

Date:	Assessed by:	Role :	Review :
18/09/20	Mark Pappenheim	EA-licensed LiRF, Lewes AC	As and when UK Gov or EA regs change

What are the hazards?	Who might be harmed?	Setting	What are you already doing?	Risk Rating	What else could you do to control this risk?	Resultant Risk Rating	Action by whom	Complete
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/local guidance for limiting the spread/ transmission of the disease	Coaches, leaders, club runners, members of the general public	All settings/activities	<ul style="list-style-type: none"> <li>• Communicating updated protocols and health &amp; safety measures to all club members via emails, WhatsApp groups and notifications on the LAC website.</li> <li>• Communicating specific guidance on compliance direct to coaches and leaders.</li> </ul>	M	<ul style="list-style-type: none"> <li>• Continually review online and email instructions to both coaches/leaders and club runners so as to re-enforce key messages and changing protocols in compliance with EA and Government guidance at the time.</li> </ul>	L		
Spreading/ transmission of Covid-19 through contact with disease on a surface	Coaches, leaders, club runners, members of the general public	All settings/activities	<ul style="list-style-type: none"> <li>• Reminding all runners to wash their hands before leaving the house and to respect social distancing at all times before, during and after runs</li> </ul>	M	<ul style="list-style-type: none"> <li>• ask all runners to wear gloves at all times and/or to carry their own hand sanitiser</li> </ul>	L		

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Spreading/ transmission of Covid-19 through contact with disease on a surface	Coaches, leaders, club runners, members of the general public	Meeting points/runs	<ul style="list-style-type: none"> <li>Starting all runs away from the clubhouse and leisure centre to minimise contact with surfaces and reduce contact between runners</li> <li>Choosing meeting points to allow for appropriate levels of social distancing between runners and between runners and members of the public</li> <li>Limiting the number of runners within each group</li> <li>Ensuring that all coaches/ leaders are equipped with hand-sanitiser, latex gloves and masks in case they need to assist an injured/ fallen runner</li> </ul>	M	<ul style="list-style-type: none"> <li>avoid routes that might involve obstacles that need to be touched, eg. gates or stiles</li> <li>if unavoidable, stipulate that only coaches/leaders can open/close/handle any gates and must then either sanitise their hands or wear gloves throughout the run</li> <li>ban cross-country runs altogether for the duration of the pandemic</li> <li>ban contact such as high-fives/baton-exchanges (or replace with elbow taps?) during, eg, meet-greet-and-retreat sessions</li> </ul>	L		

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Spreading/ transmission of Covid-19 through airborne transmission of the disease by an infected person	Coaches, leaders, club runners, members of the general public	All settings/activities	<ul style="list-style-type: none"> <li>• Routing all runs out of doors so as to reduce the risk of airborne transmission</li> <li>• Limiting the number of groups setting off from any one site at any one time.</li> <li>• Reminding all runners to respect social distancing at all times</li> <li>• Choosing suitable routes so that runners can maintain appropriate social distance between one another and also between themselves and members of the public</li> </ul>	M	<ul style="list-style-type: none"> <li>• instruct all Club members NOT to attend runs/ training sessions if they have symptoms (or suspect they have symptoms), or have tested positive for Covid-19, or have come into contact with anyone who has tested positive for Covid-19</li> <li>• reduce potential contact with general public by not routing town runs down narrow passageways, through bottlenecks or past any pubs, bars, cafes or restaurants liable to have customers overflowing onto the pavement (a less likely hazard as winter progresses)</li> <li>• ask all runners to wear masks at all times</li> </ul>	L		