

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

<b>Date:</b>	<b>Assessed by:</b>	<b>Role :</b>	<b>Review :</b>
18/9/20 revised 23/3/21	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 prevailing EA and Government guidance at the time.</li> </ul>	L	MP, DF, Cttee	√
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 runners to carry their own hand sanitiser</li> </ul>	L	MP, DF Cttee	√

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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 to minimise contact with surfaces and 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 phones, hand-sanitiser, gloves and masks in case they need to breach social distancing rules in order to offer hands-on assistance to a fallen/injured 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, only coaches/leaders should open/close/handle any gates and should then sanitise their hands (or wear gloves throughout the run)</li> <li>ban one-on-one contact such as high-fives or baton-exchanges during meet-greet-and-retreat sessions, for example</li> </ul>	L	MP, DF, LiRfFs, CiRfFs	√

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
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</li> <li>Ensuring that all groups set off from separate sites and/ or at separate times.</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 Club members NOT to attend sessions if they show symptoms, test positive or come into contact with anyone else who has tested positive, and to follow the guidance outlined on EA's Covid-19 Flow Chart for Managing Confirmed or Suspected Cases</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</li> </ul>	L	MP, DF, LiRFs, CiRFs, Cttee	√
Overloading the NHS	Coaches, leaders, club runners, members of the general public	All settings/activities	<ul style="list-style-type: none"> <li>Restricting runs largely to town settings</li> </ul>	M	<ul style="list-style-type: none"> <li>As we enter spring/ summer, instructing coaches/leaders to avoid leading trail/X-country runs in overly isolated locations so as not to add to potential pressure on the emergency services in case of accidents or injuries</li> </ul>	L	MP, DF, LiRFs, CiRFs	√

