

COVID – 19 Specific Risk Assessment: Lewes AC Track Activities

Date: 28 March 2021	Assessed by: Covid-19 Coordinators	Location : Lewes AC Athlete Track	Review : When EA issue updated guidance or otherwise at regular intervals
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Transmission of COVID-19 Hazards	Who might be harmed	What are you already doing?	Risk Rating	Action to be taken	Resultant Risk Rating	Additional Actions to be taken
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/local guidance for limiting the spread/ transmission of the disease	Coaches Athlete and Spectators	Only limited use of the track within Government and England Athletics requirements relevant at the time	LL	Clear instructions to all club members that they must NOT attend runs/training sessions if i) they have symptoms of Covid-19 (high temperature, new or continuous cough, loss of or change in sense of taste or smell); or ii) suspect they have symptoms; or iii) have tested positive for Covid-19; or iv) have come into contact with anyone who has tested positive for Covid-19 or has developed symptoms (including household/support bubbles)	L	Lewes athlete club members to be aware and follow the latest government guidance on COVID-19 and guidance from UK Athletics. This document is supported by an action plan. Coaches and Track Users must be aware of both documents. Risk Assessments in place covering The Academy and off site running.

Transmission of COVID-19 Hazards	Who might be harmed	What are you already doing?	Risk Rating	Action to be taken	Resultant Risk Rating	Additional Actions to be taken
				<ul style="list-style-type: none"> • Ensure that updated protocols is communicated to all club members • Coaches to ensure/remind that Athlete/Track users to use hand sanitizer provided • Reminder of public health advice on Covid-19 including “Hands Face Space” messaging • Club members have provide up to date contact details to enable track and trace 		Coaches and Leader must carry out a specific risk assessment for their activity.
Spreading/ transmission of Covid-19 by Fomites/close contact	Coaches, leaders, club runners, members of the general public	<ul style="list-style-type: none"> • Reminding all track users runners the importance of using the hand sanitizer provided and to respect social distancing at all times before, during and after activities • Group sessions in place to keep athletes in small, named groups to reduce transmission. No switching between the groups is permitted. 	M	<ul style="list-style-type: none"> • Provision of sanitizers at the entrances. • Signage in place to remind people of the importance of using the hand sanitizers provided and instruction they must follow when using the track. • All athletes and coaches to be reminded of the importance of regular hand washing • Group session plans should aim to minimise the risk of athletes interacting with or 	L	

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				impacting on social distancing of members of the public.		
<p>Spread by fomites - - equipment (javelining shot put discus and hammer, hurdles, mats)</p> <p>Sandpit maintenance</p> <p>use of rakes</p>	Coaches, leaders athletes	<ul style="list-style-type: none"> • Nothing in place 	H	<ul style="list-style-type: none"> • Ensure that equipment (e.g. poles, rakes, measuring tapes etc.) is managed by dedicated individuals for a particular session – i.e. one athlete or the coach. • Equipment to be touched by one person at a time. Coaches to ensure that this is in place during sessions. Equipment to be thoroughly cleaned according to guidance before and after each session • Steeplechase barriers, the water jump, and hurdles can be used by a coach and athlete provided the equipment is thoroughly cleaned according to guidance before and after each session • The landing pit to be fully cleaned by turning and raking of the sand before and after each group 	L	<p>The Club may choose to use a high mist spray of sterilising fluid of a suitable concentration to neutralise the virus. This can be sprayed over the sand after use, as well as a turn and rake.</p> <p>Review government cleaning guidance: https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings</p>

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				<ul style="list-style-type: none"> • The landing pit to be raked by a designated person between individual athlete/user. • Optional high mist spray of sterilising fluid over the sand after use • Starting blocks should be used just by one athlete and thoroughly cleaned according to government cleaning guidance before and after each session. 		
<p>Specific fomite risks for high Jump & Pole Vault</p>	Coaches, athletes	<ul style="list-style-type: none"> • Nothing 	M	<ul style="list-style-type: none"> • The mat to be cleaned in line with manufacturers and government guidance, before and after each group (see recommended action re: product cleaning ensure no acid damage to mat) • The disinfectant used for this purpose must not damage or compromise the safety properties of the landing bed, or cause harm to staff, volunteers, or athletes. • If sharing, poles should be re-gripped before use and any part of the pole outside of the grip should be cleaned before use by another athlete. 	L	<p style="text-align: center;">If unclear, contact the manufacturer of the jump's mats in use at their facility to confirm whether the proposed cleaning products can be used safely on their equipment without causing damage.</p>

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				<ul style="list-style-type: none"> Bars should be cleaned using an anti-viral spray or wipe before use and managed by dedicated individuals for a particular session – i.e. one athlete and the coach and cleaned between sessions 		
Spread by fomites Light switches door handles and padlocks	Coaches, leaders athletes	<ul style="list-style-type: none"> Nothing in place 	H	<ul style="list-style-type: none"> Wipe surfaces and sanitize before and after use 	L	
Vulnerable people	Coaches, leaders athletes Track users	<ul style="list-style-type: none"> Nothing in place 	H	<ul style="list-style-type: none"> Require athletes to notify coaches / leaders of any medical condition or taking medication that is likely to increase risk, or if a person has been advised to shield by the Department of Health. Once notified the responsible leader should consider the information and advise accordingly & have discretion to refuse to train an athlete if they are clinically vulnerable and have been advised to shield. 	L	
Spread by person to person	Coaches, Leaders athlete track users	<ul style="list-style-type: none"> Two meter distance observed when using the 	L	<ul style="list-style-type: none"> Parent and visitors to be controlled at entrance & not to 	L	

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		<p>track and giving instruction to athlete.</p>		<p>congregate. Spectators are not permitted.</p> <ul style="list-style-type: none"> • Distancing should be observed between Athletes. • Athletes must notify Covid-19 Coordinators if they have symptoms; a positive test or have been in close contact with anyone who has COVID-19 • Coaches to ensure that social distancing is followed and develop plans which aim to minimise the risk of athletes interacting with or impacting on social distancing with each other or with members of the public. 		
Personal equipment	Coaches Leaders Athletes track users	<ul style="list-style-type: none"> • Personal belongings left on trackside. 		<ul style="list-style-type: none"> • Track users must collect their own personal belonging • Belongings should all be named 	L	
Spread by fomites - Weights Room	Hirers and users	<ul style="list-style-type: none"> • At the moment the weights room is not being used by groups of club members. When use is to be made of the weights room a specific risk assessment and action plan will be prepared and put in place. 		<ul style="list-style-type: none"> • When use resumed ensure all equipment is used by one athlete at a time and then thoroughly cleaned according to guidance before and after each session. 		

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Transmission - off track running	Coaches, leaders, club runners, members of the general public	<ul style="list-style-type: none"> • Specific risk assessment in place 	M	<ul style="list-style-type: none"> • See specific risk assessment prepared to include: • Awareness of and adherence to all restrictions that may be placed on a public space by the land owner (when accessing parks, trails, roads or mountains to run) • Plan routes to avoid risks of close contact with the public and/or athletes including congested public spaces, narrow paths/pavements, confined areas • Carry out standard safety procedures (e.g. phones, route planning etc.) when accessing 'wild' public spaces. • Avoid isolated locations to reduce potential pressure on emergency services 	L	
Individual events	Separate risk assessments and action plans will be undertaken and put in place should events be put on by Lewes AC at the track	<ul style="list-style-type: none"> • 		<ul style="list-style-type: none"> • 		

Managing or confirming suspected cases of COVID-19

Attendance:

Coaches and Club members must NOT attend runs/training sessions if

- i) they have symptoms of Covid-19 (high temperature, new or continuous cough, loss of or change in sense of taste or smell),; or
- ii) suspect they have symptoms; or
- iii) have tested positive for Covid-19; or
- iv) have come into contact with anyone who has tested positive for Covid-19 or has developed symptoms (including household/support bubbles)

Any coach / club member who develops symptoms of Covid-19 (high temperature, a new, continuous cough or a loss or change to their sense of taste or smell), receives a positive test result or shares a household/support bubble with someone who has developed symptoms or received a positive test result MUST immediately inform the Club's Covid-19 Coordinators at covid@lewesac.co.uk and follow the guidance set out on the Covid-19 Flow Chart for Managing Confirmed or Suspected Cases (downloadable from the Welfare Policy on the Club's website, where members can also find the Club's Covid Action Plans and Risk Assessments).

Notification of symptoms/positive test

If a Club member:

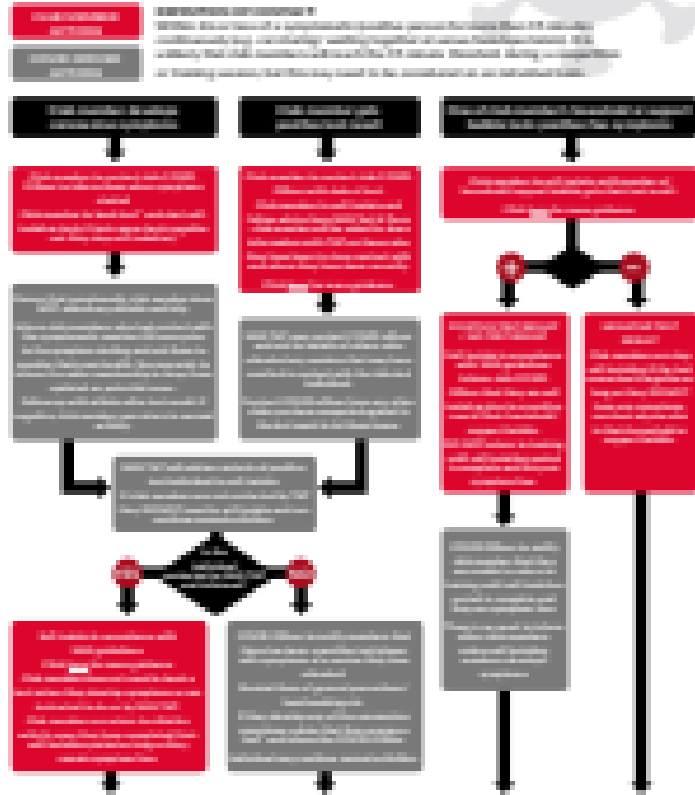
- Has symptoms of Covid-19
- Has a positive test result
- Is in a household/support bubble where a member has symptoms or a positive test result

They must email: covid@lewesac.co.uk

The Covid-19 Coordinators shall then follow the process in the **Covid-19 Flow Chart for Managing Confirmed or Suspected Cases** (downloadable from the Welfare Policy section on the Club's website) and as set out on page 13 of the guidance from England Athletics <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/03/EA-Operations-Guide-for-Training-v2b.pdf>.

COVID-19 FLOW CHART

MANAGING CONFIRMED OR SUSPECTED CASES



COVID-19 cases notified to EA will be managed as follows:

England Athletics will ensure that all confirmed, suspected and potential cases of COVID-19 are managed in accordance with the following conditions:

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