

Risk Assessment: Covid 19 - club training nights

Date:	Assessed by:	Location :	Review :
20th July 2020	Carolyn Davies Mob: 0783 393 2564 E: cmadavies12@gmail.com	Tuesday - Thursday nights	1st September 2020

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	Complete
Spread of Covid -19 Coronavirus	All members and members of the public	<ul style="list-style-type: none"> Consider if suffering from symptoms of Covid 19, now defined as follows: <ul style="list-style-type: none"> continuous cough fever/high temperature (37.8C or greater) loss of, or change in, sense of smell or taste (anosmia) 	H	<ul style="list-style-type: none"> Do not attend session if develop any of these symptoms. If suffer any of these symptoms after a session then immediately notify Covid19 Co-ordinator Carolyn Davies by email or text 	H	All	26/7/20
	All members	<ul style="list-style-type: none"> Membership database, follow GDPR guidelines 	L	<ul style="list-style-type: none"> All members to consider and review contact details provided on membership forms and advise Dougie Kerr (membership secretary) if address, phone, mobile or email address has changed 	L	All	26/7/20
	All members	<ul style="list-style-type: none"> Exercise outdoors only in groups of up to 5 separate households (maximum 15 people) maintaining social distancing advice ie 2 metres apart if from a different household, run side by side where possible or 5m apart if inline 	L	<ul style="list-style-type: none"> Designing routes capable of allowing these measures, so no narrow paths, lack of pavements etc Use of Harriers facebook page to accept bookings 	L	All	26/7/20
	All members	<ul style="list-style-type: none"> Runners to pre advise attendance so allocation of groups can be planned 	L	<ul style="list-style-type: none"> Option to stagger times if sufficient attendance possible. Detailed records maintained on each group of people. Advise members that their contact details will be used if Trace and Protect has to be enforced at a later date. 	L	All / Covid19 Co-ordinator	26/7/20
	All members	<ul style="list-style-type: none"> Completion of UKA Covid19 form will be mandatory if a member tests positive for Covid 19 after attending Dumfries Harriers session 	L	<ul style="list-style-type: none"> Form available at https://www.uka.org.uk/governance/health-safety/covid-19-form/ To be submitted to cmadavies12@gmail.com 	L	All	26/7/20

Risk Assessment: Covid 19 - club training nights

No use of facilities at either David Keswick Centre or other meeting points	All members and public		L	<ul style="list-style-type: none"> No facilities are to be used at starting locations, make sure changed and ready to run at start of session 	L	All	26/7/20
Arrival / Departure at venue	All members		L	<ul style="list-style-type: none"> Runners to arrive not more than 5 mins prior to run to stop unnecessary congregation Prompt departure from venue at end of run, consider using own hand sanitiser after run 	L	All	26/7/20
Cross contamination	All members		H	<ul style="list-style-type: none"> No sharing of vehicles between different households. Park considerately and maintain 2m social distance Where possible attend by walking or cycling to venue 	H	All	26/7/20
	All members		L	<ul style="list-style-type: none"> No sharing of car keys, drinks etc 	L	All	26/7/20
First aid	All members	<ul style="list-style-type: none"> One nominated member of group to carry a fully charged mobile phone. Every member to consider own requirements Always phone 999 in first instance 	L	<ul style="list-style-type: none"> If minor first aid is required this should be self administered by the injured party where possible. If help is required then limit the amount of close contact and touching to a minimum. Ensure the other group members continue to observe social distancing. Report injury afterwards to Covid19 Co-ordinator phone number 0783 393 2564. 	L	All	26/7/20