

## Risk Assessment Dover Roadrunners A.C Adults

Date:	Assessed by:	Location:	Review:
14/04/21	Lee Gavin Sylvia Barratt Zoe Holmes	Dover South East Roads paths trails 400m Track	17/05/21

What are the Hazards?	Who might be harmed and how?	What else can you do to control the Risk	Resultant Risk Rating	Action by whom	Target date	Complete
<p>COVID-19 has created anxiety in the Club and run leaders/ runners maybe fearful of returning.</p>	<p>DRR Runners and Leaders</p>	<p>DRR Run Leaders are following England Athletics Guidelines to get the Club up and running safely. All runs will meet at a designated place as instructed by the DRR Booking Portal or on instruction of a LIR</p> <p>Club to provide a COVID secure environments by having the following in place</p> <ol style="list-style-type: none"> <li>1) COVID Officer in place – Zoe Holmes</li> <li>2) Risk Assessments in place and available copies to be sent and updated regularly to our Club Secretary John Thorpe</li> <li>3) Tracking protocol in place to identify attendees for every session through the DRR Booking Portal</li> <li>4) Membership details are available on the DRR membership Mojo system.</li> </ol> <p>Only those pre-booked can join in the run.</p> <p>Numbers of participants will be limited.</p> <p><b>Group Runs</b> Routes will be RA by a qualified LIR - RA copy to John Thorpe</p> <p>6 runners including one LIR or volunteer Leader to meet a set meeting point</p> <p>Consideration can be given to increase the group size to 8/12 where two leaders attend and can divide a group safely. (i.e. faster and slower groups on the same route.)</p> <p>The meeting up areas where several groups meet will have designated break off groups for your Leader and runners, we should not mix within the groups.</p> <p>Where short meetings outside are required, i.e. communicating to new members, leaders are required to maintain social distancing measures or consider face coverings.</p> <p>No non-members to participate until further notice</p> <p>All Runners to be advised they do not need to lead or participate in any Club runs if they do not feel safe to do so.</p> <p>All runs will meet at a designated place as instructed by the booking on the DRR booking portal or the run leader.</p> <p>Any runner who is self-isolating must not attend.</p> <p>Any runner with any COVID-19 symptoms must not attend any runs and must remain isolated.</p>	L			
<p>Covid -19 may be transmitted In the Air</p>	<p>DRR Runners and Leaders</p>	<p>Group Run sessions up to 6 runners including a LIR or volunteer leader</p> <p>All routes will be RA by a qualified LIR - RA copy to John Thorpe</p> <p>Consideration will be given to increase the group size to 12 where two leaders attend and can divide a group safely. (faster and slower groups on the same route.)</p> <p>Run leaders / runners will maintain government advised social distancing measures. Avoiding running face to face in relays etc.</p> <p>Groups will not mix at start/finish points.</p> <p>Runners/Leaders must exercise consideration when passing members of the public on a run.</p>	L			
<p>COVID-19 is transmitted by respiratory droplets</p>	<p>DRR Runners and Leaders</p>	<p>Any runner who develops Covid symptoms within 48 hours of attending a training session is required to notify the Club Covid Officer (Zoe Holmes), and is then required to book a test and self isolate as per Government guidelines.</p> <p>Any runner who receives a positive Covid result within 48 hours of attending a training session is required to notify the Club Covid Officer (Zoe Holmes)</p> <p>Runners must not attend a session if they are not booked on the DRR booking portal</p> <p>Where short meetings outside are required, i.e. communicating to new members, leaders are required to maintain social distancing measures or consider face coverings.</p> <p>DRR club register will be kept on the DRR Booking portal for up to two weeks after each session .</p> <p>Every run leader runner must make their own assessment as to whether it is safe to undertake the run.</p> <p>All runs will meet at a designated place as instructed by the booking on system together app</p> <p>The meeting up areas where several groups meet will have designated break off groups for your Leader and runners, we should not mix within the groups</p> <p>Where short meetings outside are required, i.e. communicating to new members, leaders are required to maintain a social distance or consider face coverings.</p> <p>Any runner who is self-isolating must not attend.</p> <p>Any runner with any COVID-19 symptoms are not to attend any runs and must remain isolated.</p> <p>Runners must maintain government set social distancing.</p> <p>Run Leaders and Runners must wash their hands before and after attending any runs</p> <p>Runners must not spit or clear their nose whilst out on a run. Faces must be covered with a clean tissue or with a bent elbow if coughing or sneezing during the run.</p> <p>Runners must not share any equipment, including mobile phones and water bottles.</p>	L			

<p>COVID-19 is transmitted by human contact</p>	<p>DRR Runners and Leaders</p>	<p>Any runner who is self-isolating must not attend.</p> <p>Any runner with any COVID-19 symptoms must not attend any runs and must remain isolated.</p> <p>Run leaders must be prepared for accidents and incidents where a runner may need physical support.</p> <p>Run leaders must have access to a mobile phone and/or know how to communicate in the event of an emergency where help is required. •</p> <p>All members details are available on Membership Mojo</p> <p>Where short meetings outside are required, i.e. communicating to new members, leaders are required to maintain a social distance or consider face coverings.</p> <p>Run Leaders and Runners must wash their hands before and after attending any runs.</p> <p>Runners must maintain government set social distancing before, during and after avoiding contact. No contact in relays etc.</p> <p>Runners must not share any equipment, including Mobile phones and water bottles.</p> <p>Runners must leave the area quickly at the end of a run and not congregate.</p> <p>Any runner who develops COVID-19 symptoms up to 48 hours after the run has taken place must immediately notify the Club COVID-19 office</p>	<p>L</p>			
<p>Covid -19 can be passed on from inanimate surfaces</p>		<p>Every run leader/ runner must make their own assessment as to whether it is safe to undertake the run. Monthly check??</p> <p>Run Leaders will pre-plan run routes to avoid gates or stiles where surfaces need to be touched.</p> <p>Run leaders must consider route management and contingency management as COVID-19 can be passed on from inanimate surfaces – processes for unexpected gates or obstacles that need to be passed are to be in place (consider hand sanitiser to be carried on each run)</p> <p>No equipment will be shared. (batons, cones)</p> <p>Photos can only be taken on the person's own camera/phone. Phones are not to be passed between runners.</p> <p>Any runner who develops COVID-19 symptoms within 48 hours of the run has taken place must immediately notify the club COVID-9 officer.</p>	<p>L</p>			
		<p>DRR LIR and runners will follow England Athletics (2020) Guidance update for restricted return to activity (for coaches, leaders, athletes, runners and facilities)</p> <p>Online at <a href="https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/">https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/</a> [Accessed 21 July 2020] WHO (2019) Corona virus disease (COVID-19) Online at <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a> [Accessed 27 July 2020]</p>				