

Covid - 19 Generic Risk Assessment: Senior's Group Training Sessions

Date:	Assessed by:	Location :	Reviewed and Updated :
14/06/20	Trevor Brawn	Various road running group training venues	08/10/20

What are the Hazards?	Who might be harmed and how?	What we all need to do	Risk Rating	What else can you do to control this risk?	Action owner	Target date	Complete
<i>Spread of Covid-19 Coronavirus</i>	<p>Club officials</p> <p>Club members, in particular: vulnerable groups, elderly, pregnant members and those with existing underlying health conditions</p> <p>Anyone else who comes in contact with any event or training exercise, for example members of the public could also catch the virus and become seriously ill.</p>	<ul style="list-style-type: none"> Ensure you have read and understood the risk assessment before booking a training session Ensure you are healthy before setting off ie no coughs, no high temperatures, colds or breathing difficulties. All travel to training venues in vehicles must be single household occupancy, Ensure you park at least 2 metres away from other vehicles, if possible and take care to ensure you do not breach safe distancing guidance when exiting your vehicle. Assume there will not be any toilet facilities open at any of the venues until further notice. Provide your own hand sanitiser and tissues for use before, during and after training sessions as required. Any drinks and warm up clothing must be put in your car before a session starts, or carried with you at all times. 	<i>High</i>	<p>To help reduce the spread of coronavirus (COVID-19) reminding everyone of the public health advice - https://www.publichealth.hscni.net/news/covid-19-coronavirus</p> <p>Posters, leaflets and other materials are available for display. https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19</p> <p>Members are to be reminded at the</p>			



- Before setting off from the parking area the Coach will outline the key points of the risk assessment.
- Where the main training location is some distance from the designated car parking area, all athletes must set off together and stay in their group but each at least 2 metres away from anybody else at all times.
- Winter group training takes place only on streets that are well lit and have good road surfaces and infrequent motor vehicle movements.
- The wearing of Hi viz outer layers of clothing is essential for nighttime sessions.
- Trail runs are used for daytime sessions and are particularly hazardous with flints, tree roots and slippery surfaces to negotiate. Extra care and slowing down is essential to reduce the risk of falling over resulting in a serious injury.
- Any members of the public encountered on the same route must be given at least 2 metres clearance and passed only after checking that is ok to pass by them.
- The touching of any gates or stiles should be avoided, if possible.
- In the event of a serious injury during a training session, the coach will only breach the two metre safe distancing if it is clear that immediate treatment is required. A facemask and protective gloves should be worn to reduce the risks.

Social Distancing

- Reducing the number of persons in any area to comply with the 2-metre (6.5 foot)

beginning of the session about the importance of safe distancing at the session and at other times.

It is the responsibility of the club official in charge of the session to enforce safe distancing rules.

Anyone repeatedly/deliberately breaching safe distancing rules to be asked to leave the session.

Internal communication channels and cascading of messages will be carried out to reassure and support members in a fast changing situation.



		<p>gap recommended by the Public Health Agency</p> <ul style="list-style-type: none">• https://www.publichealth.hscni.net/news/covid-19-coronavirus• https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people <p><u>Symptoms of Covid-19</u></p> <ul style="list-style-type: none">• If anyone becomes unwell with a new continuous cough, high temperature or loss of taste, they will be sent home and advised to arrange a covid test while following the stay at home guidance.• If advised that a member of the club or public has developed Covid-19 and were recently in attendance or close proximity to any event, the management team will contact the Public Health Authority to discuss the case, identify people who have been in contact with them (ensuring adherence with Data Protection regulation) and will take advice on any actions or precautions that should be taken. https://www.publichealth.hscni.net/					
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