

Risk Assessment: POOLE ATHLETIC CLUB

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| Date: | Assessed by: | Location : | Review : |
| 28 / 06 /20 | Grace Galton | Parkstone, Poole, Broadstone, Upton | 12/07/2020 |

| What are the Hazards? | Who might be harmed? | Specific Causes | Risk Rating | What can you do to control this risk? | Risk rating if controls are in place | Action by whom |
|------------------------------------|---|--|-------------|--|--------------------------------------|-----------------|
| Infection Transmission of Covid-19 | Run Leaders, Runners and Members of the public. | <ul style="list-style-type: none"> Somebody in the group has Covid-19 | | The following groups of people must not participate in the run:- <ul style="list-style-type: none"> Anyone suffering with Covid-19 Anyone with Covid-19 symptoms Anyone who thinks they may have Covid-19 infection Anyone self isolating or who is in the at risk group. Anyone who is shielding Anyone with a member of their household who is showing symptoms. | | All run leaders |

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| Hygiene | Runners | <ul style="list-style-type: none"> • Wiping/touching face before/during/after run. • Touching traffic light buttons, gates, barriers, fences etc. • Spitting/coughing/excess sweating during the run • Sharing water bottle | | <ul style="list-style-type: none"> • Runners should carry wipes/hand sanitiser and use before during and after the run • All runners to bring their own water for hydration before during and after the run • Avoid spitting during the run • Avoid coughing in close proximity and towards other runners and members of the public • If prone to excess sweating on face wear an absorbent sweatband if possible • Select routes that avoids gates and traffic light pedestrian crossings (ie requiring pushbuttons to activate) | | |
| Contact with members of the public | Runners and members of the public | <ul style="list-style-type: none"> • Runs generally take place on public roads, pavements, footpaths, bridleways and canal paths which are also used by members of the public | | <ul style="list-style-type: none"> • Try to avoid busy and/or narrow routes where it might be difficult to pass each other safely. | | |
| Size of group | Runners | <ul style="list-style-type: none"> • Too many people turn up for the run-current rules state max 12 | | <ul style="list-style-type: none"> • Limit group to a maximum of 12 people, runners to book on via the website max of 12 allowed to book at any one time. | | |
| Reduced social distancing within the group during meet up | Runners | <ul style="list-style-type: none"> • Forgetting to keep 2m distance while making final arrangements for the run. | | <ul style="list-style-type: none"> • Remind all group members to maintain the social distancing requirements at all times. | | |

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| | | <ul style="list-style-type: none"> • Forgetting to keep 2m distance when taking photos for social media | | <ul style="list-style-type: none"> • When taking photos to put on social media keep runners 2m apart. Not including couples. | | |
| Reduced social distancing within the group during the run | Runners, members of the public | <ul style="list-style-type: none"> • Trying to maintain a fixed pace, group members running at slightly different paces, running side by side, mustering, narrow paths and pavements, crossing roads, gates and styles. | | <ul style="list-style-type: none"> • Remind all group members to maintain the social distancing requirements at all times during the run. When other road/path users cannot be passed safely be prepared to stop and work out a sensible way past each other that will minimise any risk of virus transmission. | | |
| Reduced social distancing within the group at the end of the run | Runners, members of the public | <ul style="list-style-type: none"> • Forgetting to keep 2m distance while chatting post run | | <ul style="list-style-type: none"> • Remind group members to maintain the social distancing requirements at all times. | | |
| First Aid treatment | Runners | <ul style="list-style-type: none"> • Runner becomes ill or requires First Aid treatment after a fall | | <ul style="list-style-type: none"> • Run Leaders will not administer First Aid but show Runner where First Aid kit is and allow them to administer themselves. If life threatening Run Leader will make their own decision on whether or not to administer First Aid. • Run Leader to carry a mobile phone and if in doubt call for assistance. | | |
| | | <ul style="list-style-type: none"> • | | <ul style="list-style-type: none"> • | | |