**Risk Assessment: Adult Outdoor Club Run / Training Session**

**(inc. Covid-19)**

| **Date:** | **Assessed by:** | **Location :** | **Review :** |
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| 20/07/2020 | Nik Whalley | Outdoor training sessions – various locations/venues | On next change of advice (EA or Gov’t) |

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| **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?** | **Residual Risk Rating** | **Action by whom** | **Target date** | **Complete** |
| Choice of training route | Negative interaction or collision between athletes, coach or leader and traffic / other road users; cars, cycles, pedestrians, etc. | * Training venue selection to avoid running on busy sections of open road as far as practical. | M | * General training routes use quiet rural lanes, residential areas and industrial estates. * Winter training routes are in lit residential areas and industrial estates. * Sections of footpaths, tracks, public access areas and fields (e.g. recreation ground and community woodland) are also used when conditions allow. | L | Coach | Each session | Each session |
| Athlete fatigue / exhaustion | Athlete(s) become fatigued and/or exhausted leading to increased risk of injury or inability to continue session | * Sessions planned to suit ability of athletes taking part. * Coach/leader to assess athletes before starting and during warm up and ask questions to identify any signs of injury/weakness. |  | * Coach/leader to continually assess wellbeing of athletes and adapt session (duration, distance, intensity, terrain) to suit abilities of group. |  |  |  |  |
| Visibility on open roads | Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc. | * Encourage athletes to wear Hi-Viz/bright clothing at all times & to keep alert to traffic & other road users * Hi-viz clothing must be worn during winter and low light conditions. | H | * Advise athletes to run on footpaths where provided, not on the road * Highlight risk in the event of poor visibility, low dazzling sun, etc. * Change route or cancel session if conditions aren’t safe. | L | Coach & Athletes | Each session | Each session |
| Crossing Roads | Athletes & other road users: Collision with traffic & other road users; cars, bicycles, etc. | * Avoid road crossings where possible on training circuits * Where road crossings cannot be avoided select circuits within “quiet” residential areas and industrial estates or rural lanes. * No headphones/earbuds or similar to be worn during organised runs / training sessions. | H | * Advise athletes of the course, risks & hazards at start and during session as appropriate. * Warn athletes to stay alert of traffic movements & cars pulling out of driveways * Encourage athletes to communicate potential risks to rest of group while training. | L | Coach & Athletes | Each session | Each session |
| Weather | Injury (or illness) to athletes, coaches or leaders as a result of extreme weather/exposure e.g. heavy rain, strong winds, snow, ice. | * Check weather in advance and plan session accordingly * Athletes expected to wear clothing/footwear appropriate to the conditions * Advise athletes regarding water, sunscreen, insect repellent, emergency kit, etc prior to session where necessary | M | * Advise athletes if their clothing/footwear is not considered appropriate to the conditions * Adjust session or cancel if conditions dictate | L | Coach & Athletes | Each session | Each session |
| Slips, trips & falls (e.g. wet &/or uneven surfaces, ice/ frost) | Injuries to athletes, coaches and leaders from slipping/ tripping and falling | * Assess conditions before session & warn athletes of potential risks or hazards * Advise athletes to wear appropriate footwear and remain alert to changing conditions | M | * Encourage athletes to communicate potential risks to rest of group while training. * Adjust session or cancel if conditions dictate | L | Coach & Athletes | Each session | Each session |
| Pedestrians | Injury following collision between athletes & pedestrians | * Advise athletes that the training route may be shared with other users; pedestrians, dog walkers, children on bikes, etc.; and to stay alert to associated risks | M | * Give due consideration & polite warning to the public and third parties * Revise route choice if necessary | L | Coach & Athletes | Each session | Each session |
| Dogs, pets & wild animals | Injury as a result of attacks or trips to athletes & coaches. | * Avoid contact with animals * Stay alert in proximity to dog walkers and to the possibility loose dogs and/or extended dog leads * Stay alert when route passes through farmland | M | * Give due consideration & warning to dog walkers * Discuss appropriate behaviour around cattle and stock with athletes * Revise routes where necessary to avoid contact with animals | L | Coach & Athletes | Each session | Each session |
| Lost or missing athletes | Athletes getting lost or injured whilst out of direct contact from coach or training group | * Maintain a register with emergency contact numbers * Take head count before warm-up run and on arrival at training venue * Maintain head count during & after training session * Brief athletes on route/course to be used * Allocate athletes to similar ability training groups * Appoint “lead” & “sweep” runners when appropriate * Ask athletes to advise if dropping out or leaving session early * Coach/leader to carry mobile phone | M | * Add athletes personal contact telephone numbers to register * Provide athletes with coaches’ mobile telephone number for emergency contact when appropriate * If an athlete is identified as missing organise a sweep of the route/training venue course * Check athletes’ contact /emergency contact number to confirm their location * If the athlete cannot be located contact emergency services and report missing person | L | Coach & Athletes | Each session | Each session |
| Covid-19: spread of virus via airborne particles from club members &/or public. | Club members &/or public breathing in contaminated airborne aerosols/droplets and becoming infected by virus. | * Regularly review and adhere to current/latest EA and government guidance * Limit group numbers to suit session type/format i.e. max. 6 people on ‘club’ runs, max.12 people in Covid secure environments. * Observing social distancing guidance i.e. maintain 2m distance whenever possible. * If group members feel unwell / has any Covid-19 symptoms they should go/remain at home and seek medical advice (e.g. NHS 111 service), if necessary. | H | * If more than 6/12 members turn up - split groups accordingly to suit environment. * If multiple groups stagger start times and/or locations to avoid unnecessary interactions. * Choose suitable start/finish locations to avoid unnecessary interactions with other groups or the public. * Plan routes to avoid other groups and member of the public as afar as possible e.g. use quiet routes away from busy areas. * Use internet/social media/email/phone to plan and manage numbers attending and locations. * Members should refrain from spitting at all times when in group environment. * Minimise pre and post run socialising or waiting around. | L | Coach & Athletes | Each session | Each session |
| Covid-19: spread of virus by touching shared surfaces (e.g. equipment, doors, gates, hand holds, etc.) | Club members &/or public touching contaminated surfaces and becoming infected by virus. | * Plan routes with no/limited gate openings. Where necessary group leader (or nominated person) to open and close gates to minimise contact within group. * Remind group members not to touch surfaces or put hands on face where possible. * All in attendance to wash hands as soon as possible after finishing session. * Limit group numbers to suit session type/format i.e. max. 6 people on ‘club’ runs, max.12 people in Covid secure environments. * If group members feel unwell / has any Covid-19 symptoms they should go/remain at home and seek medical advice (e.g. NHS 111 service), if necessary. | H | * Remind athletes about the importance of good personal hygiene away from session (particularly hand washing before and after session), * Carry and apply hand sanitiser before session, after touching surfaces and immediately after session. * Ensure athletes are aware that they should cough/sneeze into armpit / clothing if necessary. | L | Coach & Athletes | Each session | Each session |
| Travel to start/finish location and parking | Club members exposed to virus (airborne &/or surfaces) in shared vehicles.  Club members/public exposed to virus in parking area. | * Members should travel to sessions separately from others unless part of their household. * Park away from other vehicles where possible and maintain 2m social distancing at all times. | H | * Encourage athletes to run/walk/cycle to session. | L | Coach & Athletes | Each session | Each session |
| First aid / injury protocol | Injured athlete in need of assistance putting themselves and helpers at risk of contamination. | * Coach/leader to carry mobile phone in case of emergency. * Ring 999 for true emergencies. Alternatively use 111 for non-emergencies if necessary. | H | * Athlete should self-administer where possible. * Coach/leader to carry clean mask/disposable gloves and limit the amount of close contact as far as possible. * Group to continue to maintain social distancing (i.e. 2m). | L | Coach & Athletes | Each session | Each session |
| Lack of facilities | Unable to wash hands and discomfort due to lack of toilets during the session. | * Ensure all athletes are aware of the lack of facilities prior to the session. | H | * Carry and use hand sanitiser where handwashing facilities are not available. * Inform athletes that behaviours that could be seen as ‘anti-social’/offensive are not allowed, both before, during and after the session. | L | Coach & Athletes | Each session | Each session |