

## THMRC Covid19 Risk Assessment August 2020



This document is primarily based on the recommendations of Welsh Athletics, but also considering input from other relevant bodies particularly the Welsh Assembly Government and Public Health Wales. The club chairman, committee and session organisers must be satisfied that the risk assessment is appropriate before any session takes place. **Important note:** UKA provides a Health and Safety Helpline, supported by the Royal Society for the Prevention of Accidents. For support with producing risk assessments you can call 0121 248 2235 or email [athleticsafety@RoSPA.com](mailto:athleticsafety@RoSPA.com)

|   |   |
|---|---|
| Venue / location / name of the facility                       | Club session from Heath Park, Cardiff   |
| Name of person conducting Risk Assessment (eg. coach/leader): | Spiro Pezaros (club chairman and coach)<br>The responsibility for each session lies with the session organiser who should review and modify the template as needed. As/when lockdown instructions change, or new guidance is received from Welsh Athletics, the template will also need to be reviewed. |
| Date Risk Assessment was carried out:                         | Wednesday 5 <sup>th</sup> August 2020. Should be reviewed by the designated organiser the day before any session is due to take place.  |

For both sections of this assessment the people who might be affected / harmed are: Leaders in Running Fitness (LiRF) or Coaching in Running Fitness (CiRF) Session Organiser; All Participants; Anyone else who is in the vicinity of the activity taking place such as other users of The Heath Massive Run and members of the public out on the highways & paths. This could include people in vulnerable groups such as those who are elderly, pregnant or have underlying health conditions.

Throughout this risk assessment Likelihood and Impact are graded as Low, Medium or High with the Risk Rating defined as:

|               | Low Likelihood | Medium Likelihood | High Likelihood |
|---------------|----------------|-------------------|-----------------|
| Low Impact    | Yellow         | Yellow            | Amber           |
| Medium Impact | Yellow         | Amber             | Red             |
| High Impact   | Amber          | Red               | Red             |

The aim for the club should be to avoid risk as much is reasonably practical and reduce risks where possible. Realistically some club sessions, indeed all club sessions whilst COVID-19 remains in the community, will involve amber levels of risk and all participants need to be made aware and frequently reminded of this. Red levels of risk should be mitigated; Where this is not possible the session should be called off.

## Section 1: Spread of COVID-19

| Risk Identified  | Controls  | How likely?                          | Impact | Risk Rating                            | Additional Comments / Further Mitigations  | Resultant Risk Rating                  |
|--|---|--------------------------------------|--------|--|--|--|
| Large group sizes increase the risk of community transmission.   | Sessions numbers are to be kept at a low level, and must respect the maximums imposed by Welsh Athletics (12 per LiRF or CiRF) and WG (30 in total). Participants must register in advance via whatsapp group.  | Low                                  | High   | Amber                                  | Those who have not registered in advance should be politely turned away, even if capacity remains. This is to avoid returning to a culture where turning up on spec is considered acceptable whilst COVID-19 remains a threat.   | Yellow                                 |
| Attendance of a participant who is infected or suspected of being infected with COVID-19 or is required to self-isolate due to quarantine or COVID19 | Frequent reminders not to attend sessions if experiencing any symptoms, living with / working with someone who has (which would require you to self-isolate and book test).<br><br>Reminder to participants returning from foreign travel to areas requiring quarantine.<br><br>Advisories from Welsh Athletics, Public Health Wales and the Welsh Government.  | Low or Med<br><br>(depends on cases) | High   | Amber or Red<br><br>(depends on cases) | Some of those infected could be in an incubation period or asymptomatic. The likelihood is "Low" whilst the virus remains suppressed. Sessions to be suspended again if the number of local cases increases such that the likelihood increases to "Medium", pending re-assessment / WA guidance.<br><br>Pending reassessment from WA and WG guidance | Amber or Red<br><br>(depends on cases) |
| Presence of COVID-19 on surfaces touched by participants.  | Participants to be advised and frequently reminded of the risk. This should include the suggestion that they bring their own hand sanitiser for use during runs if surfaces have been touched and immediately after the session and wash their hands as soon as they return home.<br><br>No equipment to be shared, register taken photographically to avoid sharing of pens when   | Low                                  | High   | Amber                                  | Advice given to participants regarding use of hand sanitizer.<br><br>Participants to bring their own drink if required and not to be shared with others.<br><br>Participants to consent to photograph being taken at the start of each session   | Yellow                                 |
| Participants within 2 meters of others before & after session.   | In dry weather participants can be asked to congregate at least 2 meters apart on the grass. In wet conditions participants could remain in cars until organiser signals for them to congregate at least 2m apart in the car park, some groups will need to be divided.<br>At the end of the session participants should return to their cars or leave immediately.<br><br>Despite this it is still quite possible people will come within 2 meters of others.<br>Participants are reminded not to travel to the venue with anybody from outside their household. | High                                 | High   | Red                                    | Session organisers to monitor and strictly enforce social distancing before and after the session.<br><br>The club should adopt a zero tolerance policy to keep risk levels as low as possible. This is dependent on cooperation from the group as a whole, regardless of their personal opinions about whether such precautions are needed.         | Amber                                  |

|                                      |   |      |      |        |  |        |
|--------------------------------------|---|------|------|--------|--|--------|
| Participant(s) requiring First Aid   | If participant(s) require(s) First Aid during a session there is a risk of transmission of Covid-19 whilst not adhering to 2m social distancing | High | High | Red    | <p>No participant to be left out of sight of other members during club run.</p> <p>Participant to carry minor injury First Aid kit.</p> <p>Where possible First Aid to be self-administered by participant.</p> <p>Where this is not possible, appropriate Emergency services to be requested (run leaders to carry mobile phone at all times)</p> | Amber  |
| A club member is required to shield. | Members are reminded to adhere to WG guidelines   | low  | low  | Yellow |  | Yellow |

## Section 2: Other Risks (continued)

| Risk Identified  | Controls   | How likely?                                    | Impact      | Risk Rating                                     | Additional Comments / Further Mitigations  | Resultant Risk Rating   |
|--|--|--|-------------|---|--|---|
| <p>Participants within 2 metres of others during the session.</p>          | <p>For the briefing and warm up, which would usually be done as a group, it should be feasible for participants to stay 2 metres apart from each other.</p> <p>For sessions that take place in a relatively small area, such as intervals or hill repeats, a location can be chosen where it is unlikely other members of the public will be.</p> <p>For time or distance based sessions along a defined route encounters with other members of the public are more likely, even where routes are chosen which are not generally busy.</p> | <p>Low or High</p> <p>(depends on session)</p> | <p>High</p> | <p>Amber or Red</p> <p>(depends on session)</p> | <p>Where possible routes should avoid busy areas and minimise pinch points.</p> <p>All participants should be asked to give way to other park/pavement users, even if it means stopping briefly, stepping to the side of the path, etc. so that we all "share with care" and do our best to stay 2 metres apart.</p> <p>Participants to run facing the traffic so they can safely move into the road to avoid members of the public.</p> | <p>Amber or Red</p> <p>(depends on session and if the group is resistant)</p> |
| <p>Identified exposure or likely exposure of participants to COVID-19.</p> | <p>Participants are to contact the session organiser if they develop symptoms / are tested positive for COVID-19 within 10 days of a running session.</p>  | <p>Low</p>                                     | <p>High</p> | <p>Amber</p>                                    | <p>All participants could provide up to date contact details when registering, instead of relying on club records.</p> <p>Club members are reminded to update their contact details.</p>   | <p>Amber</p>  |