

AXE VALLEY RUNNERS - RETURN TO RESTRICTED TRAINING ACTIVITY - RISK ASSESSMENT

NB Resuming club activity will carry a degree of risk associated with the transmission of Covid-19. This risk cannot be eliminated. The law requires the club to protect people as far as “reasonably practicable”. It does not expect us to eliminate all risk.

This risk assessment adds to Axe Valley Runners existing risk assessment dated September 2019 and is in the format recommended by England Athletics to which AVR is affiliated.

GENERIC CONSIDERATIONS			
HAZARDS	WHO MIGHT BE HARMED	WHERE	MITIGATIONS
Lack of awareness of Covid-19 risk factors and key guidance for limiting the spread/transmission of the disease	Runners	In all settings and during all runs	<p>Communication with members through usual weekly email (weekahead), Facebook and run leader pre-run briefing</p> <p>Communication with run leaders to help with compliance</p>
Spreading/transmission of Covid-19 through contact with disease on a surface	Runners	In all settings and during all runs	<p>Social distancing (2m)</p> <p>No use of scout hut or any other indoor venue</p> <p>No payments by cash</p> <p>Carry hand sanitiser</p> <p>As far as possible avoid routes which include gates/stiles etc</p>

GENERIC CONSIDERATIONS			
Spreading/transmission of Covid-19 through contact with disease on a surface	Runners	Dealing with minor injuries	Runners deal with own injuries. Run leaders carry simple first aid kit.
Spreading/transmission of Covid-19 through contact with disease on a surface	Runners	Medical emergency	Run leader rings 999 and runner's emergency contact number. Runners wear ID wristbands or similar with emergency contact number (ICE) No car sharing
Spreading/transmission of Covid-19 through contact with disease on a surface	Runners	Recording participants	Booking process Share info with Track & Trace if requested
Spreading/transmission of Covid-19 through airborne transmission of the disease by an infected person	Runners	Beginning / end of running session	Social distancing Runners do not linger in a group
Spreading/transmission of Covid-19 through airborne transmission of the disease by an infected person	Runners	Medical emergency	Run leader carries disposable gloves and a mask No car sharing
Spreading/transmission of Covid-19 through airborne transmission of the disease by an infected person	Runners and members of the public	Routes	Social distancing between runners and members of the general public Avoid narrow routes Avoid seafront and other busy areas Groups start from different points rather than from one single start point

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ACTION PLAN

ALL RUNNERS

IF YOU FEEL AT ALL UNWELL PLEASE DO NOT JOIN A RUNNING GROUP

Please note that our club liability insurance may be invalid if we do not implement and follow our Covid-19 action plan. It is therefore vital that you read the following carefully.

1. Before you leave home to join a running group please ensure you -

- Visit WC
- Wash your hands
- Have hand sanitiser
- Have your ID with ICE details easily accessible in a pocket, on a band etc, so no one has to search for it in case of an emergency
- Have water if you might need it (don't share bottles)
- Have booked on to the run (don't just turn up)
- Have a mask or a buff which could be used as a face covering if needed
- Will arrive at the meeting point at the correct time (not early nor late to avoid groups congregating)

2. At the meeting point please ensure you -

- Keep 2m distant from others

- Let the leader know you're there

3. During the run please ensure you -

- Keep socially distant from other runners and members of the public (remember that members of the public may be intimidated if runners are in their vicinity and moving quickly. Consider walking or stopping briefly.)
- Don't spit
- Catch any cough/sneeze in elbow or tissue and dispose of safely

4. After the run

- If you test positive for Covid-19 with 48 hours of the run you must complete and return the UKA tracking form <https://www.uka.org.uk/governance/health-safety/covid-19-form/>
- Please also let your run leader know.

GROUP LEADERS

1. Before the run

- Avoid planning a route in potentially busy areas such as the seafront and the centre of Seaton. Describe your route briefly making it clear that it avoids narrow paths and busy areas. Send to Rob Collier by Friday evening so the route can be publicised on the AVR Facebook page and in the Weekahead (or use new Loveadmin calendar when it is available)
- Ensure you take your first aid pouch with you
- Ensure you have a face covering and disposable gloves (in case of emergency)

2. At the meeting point

- Check you have the runners who have booked (no others)
- Ensure, if you don't, that someone has a charged mobile phone. Don't run if this isn't the case.
- Briefly remind runners of Covid-19 secure environment specific requirements.
- Check runners have their ID ICE details accessible in case of emergency
- If gates/stiles are on your route ask runners to sanitise hands after touching the gate/stile.
- Leave on time. Please don't wait for latecomers.

3. After the run

- Encourage runners to disperse quickly
- Ensure your list of participant runners is dated and held securely for 3 weeks (so it can be shared with NHS Track and Trace if need be)

Potential Meeting Points so groups are not creating an even bigger group at the starting point - this is just some ideas not an exhaustive list

Green area at bottom of Traceys Ave and Roman Way/top of Elizabeth Road

Playing field by martial arts hut on Scalwell Lane

Colyton view point on Hill Head

Seaton Hole

Seaton picnic site

Blue Bridge, Colyton

Axmouth bus stop

Beer head car park

Musbury church car park

Umborne hall

NB I am aware that the scout association is considering how to open scout huts nationwide. If the Seaton scout hut reopens we will reconsider at that point whether to use it as a meeting point for a group.

Booking In System

To -

- Limit the number of runners in a group to a size the leader is comfortable with (or a maximum of 12 plus the leader in line with EA advice) and which means social distancing is possible
- Record participants so information can be passed to NHS Track and Trace if needed
- Inform the run leader who to expect

1. Group leaders inform Rob Collier (robcollier16@gmail.com) by Friday evening of their run(s) for the following week giving
 - Day, date and start time
 - Start location
 - Intended type of run - road, off road, mixed
 - Size of group if smaller than 12 (11 + leader)
 - Brief route and approx mileage

2. Rob will enter these on to the AVR website calendar. Rob will provide a link to the calendar on our Facebook page and Lesley will include the link in the Weekahead.

3. Runners will inform the run leader by email of their intention to run. Run leaders will log this on a first come first serve basis and keep a waiting list