

## Risk assessment for Audley Striders group running during Covid-19 restrictions

Assessment date: 26th July 2020

Assessed by: Luisa Mackey

Location: All areas

Persons at risk: Runners and members of the public

Review frequency: Minimum every 2 weeks

Review date: 30 August 2020

Next review due: 30 September 2020

Location	Hazard identification			Risk			Safeguarding and protective measures	Risk			Instructions / Information for Use	Follow-up	
	Hazard	Who	Specific Causes	No safety measures			Safeguarding and protective measures may require instructions	With safety measures					Who
				Likelihood	Severity	Risk		Likelihood	Severity	Risk			
<b>General</b>													
	Infection transmission	All	Somebody in the group has the Covid-19 infection	2	5	High	The following groups of people must not participate in a group run: 1: Anybody suffering from Covid-19 2: Anybody with Covid-19 symptoms 3: Anybody who thinks they may have Covid 19 infection 4: Anybody who is self-isolating or falls into an "at-risk" group 5: Anybody who is shielding	1	4	Medium	Clarify with all participants in advance whether they fall into any of these groups	Group leader	
	Hygiene	Runners	1: Wiping/touching face - before/during/after run 2: Touching traffic light buttons, road signs, gates, fences, barriers, handrails, etc. 3: Spitting, coughing and excess sweating during the run 4: Sharing water bottles	4	5	High	1: Runners should carry hand sanitiser and/or anti-bacterial wipes and use before, during and after the run 2: All runners to bring their own water for hydration before, during and after the run 3: Avoid spitting during the run 4: Avoid coughing in close proximity and towards other runners and members of the public 5: if prone to excess sweating on face wear an absorbent sweatband if possible 6: select route that minimizes need to touch things such as gates, stiles and pushbutton controlled pedestrian crossings	2	4	Medium	1. All runners to be aware of their responsibilities 2: Try to make a list of recommended routes available on the Audley Striders website	All	
	Contact with members of the public	Runners, members of public	Runs generally take place on public roads, pavements, footpaths bridleways and canal paths which are also used by members of the public	5	3	High	Try to avoid busy and/or narrow routes - e.g. Peel hollow/Nantwich road footpath steer a wide berth round other users - pedestrians, other runners, cyclists. Stop if necessary to allow others to pass. Avoid spitting, etc. - carry and use tissues (dispose of responsibly).	3	2	Medium	Try to plan route in advance	Group leader	

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	Size of group	Runners	Too many people turn up for the run - our current rules state max 12 including a run leader and a committee member	4	4	High	Limit group to a maximum of 12 people per run leader. If more than 12 people meet, only 12 can run. If using social media to arrange the run, confirm who can run with the group in advance.	1	2	Low	Group leader to control group size	Group leader	
	Reduced social distancing within the group during meet-up	Runners	Forgetting to keep 2m distance while making final arrangements for the run	4	4	High	Remind all group members to maintain the social distancing requirements at all times	2	3	Medium	Group leader to reiterate social distancing guidelines during short pre-run briefing	Group leader	
	Reduced social distancing within the group during the run	Runners, members of public	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, stiles and canal locks	3	4	High	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	3	3	Medium	Group leader to reiterate social distancing guidelines during short pre-run briefing	Group leader	
	Reduced social distancing within the group at the end of the run	Runners, members of public	Forgetting to keep 2m distance while chatting post-run	4	4	High	Remind all group members to maintain the social distancing requirements at all times	2	3	Medium	Group leader to reiterate social distancing guidelines during short pre-run briefing	Group leader	
	Safeguarding between group members	Runners	Somebody wants to run who is unknown to the rest of the group and/or the club	3	5	High	It is expected that group runs will generally be organised either via runner chat or within groups of friends. If a person asks to join who is unknown, contact can always be made with a committee member to check who they are...	1	3	Low	1: Group leader - if in doubt, check with the Committee 2: Report any issues to the Committee	Group leader	
	Safeguarding on run	Runners	Aggressive/antisocial/inappropriate behaviour from members of the public towards the group	3	5	High	Running as a group should generally be safer than as individuals. However the following should improve safety: 1: Do not publish route to 'public' 2: Consider advising somebody you trust who is not participating in the group run of expected route and return time. (Do not forget to let them know you are back safely or of any change of plans)	1	4	Medium	Report any incidence back to the committee MAY also be appropriate	All	