

Runners-next-the-Sea Covid19 risk assessment and action plan

Date:	Assessed by:	Location :	Review :
03/06/20, revised 06/08/20, 10/09/20, 12/10/2020	Chris Palmer RntS Covid Co-ordinator	Runners-next-the-Sea, Wells-next-the-Sea	31 October 2020 or on issue of updated EA / government guidance

What are the Hazards?	Who might be harmed and how?	Risk Rating	Actions to control this risk	Resultant Risk Rating	Action by whom	Target date	Complete
Potential contact with an athlete/member who has COVID-19.	Members and other athletes may become ill as a consequence	H	<ul style="list-style-type: none"> Ensure number of members/athletes attending and group size does not exceed current guidance. Promote Public Health England (PHE) guidance and encourage members/athletes to maintain good hygiene practices. Training given to coaches on protecting themselves and others from risk of Covid19. Social distancing to be enforced, where possible to remain 2 metres away from each other, no handshakes etc., according to current guidance Members encouraged to provide own PPE to meet individuals needs. Make latest EA guidance available to members Members/athletes sign the RntS pre-activity health questionnaire before being allowed to take part. Training takes place in a Covid secure environment. 	L	Coaches and all members	August 2020	Yes
Coming into contact with surfaces infected by others.	Illness may be suffered if members/athletes come in contact with virus on surfaces	M	<ul style="list-style-type: none"> Sanitiser gel at training sessions and events but members encouraged to provide own PPE Make latest EA guidance available to members. Training takes place in a Covid secure environment. Avoid routes with gates and similar obstacles on social runs 	L	Coaches and all members	August 2020	Yes

Display of COVID-19 symptoms by members/athletes	Members/athletes may infect others	M	<ul style="list-style-type: none"> Members/athletes sign the RntS pre-activity health questionnaire and test and trace notified as necessary If a member or athlete becomes unwell with symptoms of COVID-19 they will be sent home and advised to follow current national guidelines and complete the UKA form at https://www.uka.org.uk/governance/health-safety/covid-19-form/. Make latest EA guidance available to members 	L	Coaches and all members	August 2020	Yes
Meeting members of the public while running	Danger of contact and upsetting members of the public	H	<ul style="list-style-type: none"> Aim to leave 4 metres between runner and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public 	L	All members/athletes	August 2020	Yes
Risks associated with Wells Football Club pitch	Risk of infection	H	<ul style="list-style-type: none"> Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. Group size does not exceed maximum allowed by EA, currently 12 including coach. Phased ending of training sessions to avoid larger groups of people at the end of the session. Members made aware of the need to open/close gate to access the pitch and its surrounds although the gate maybe avoided by crossing the railway line when not in use. If there are members of the public on site, for example those walking dogs, members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public 	L	Coaches and all members	August 2020	Yes

<p>Risks associated with Alderman Peel High School</p>	<p>Risk of infection</p>	<p>H</p>	<ul style="list-style-type: none"> • Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating • Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. • Group size does not exceed maximum allowed by EA. • Phased ending of training sessions to avoid larger groups of people at the end of the session. • Park on surrounding roads rather than on school site. • Although there should not be members of the public on site, If there are members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public 	<p>L</p>	<p>Coaches and all members</p>	<p>August 2020</p>	<p>Yes</p>
<p>Risks associated with Holkham Estate</p>	<p>Risk of infection</p>	<p>H</p>	<ul style="list-style-type: none"> • Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating • Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. • Group size does not exceed maximum allowed by EA. • Phased ending of training sessions to avoid larger groups of people at the end of the session. • Parking is in the Holkham Village car park. Members will need two get a free two-hour parking ticket from the machine - athletes will therefore need to use hand sanitiser. • Access to the park is through the pedestrian gate again requiring hand sanitation. • If there are members of the public on site, for example those walking dogs, members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public. 	<p>L</p>	<p>Coaches and all members</p>	<p>August 2020</p>	<p>Yes</p>

<p>Risks associated with Holkham beach</p>	<p>Risk of infection</p>		<ul style="list-style-type: none"> • Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating • Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. • Group size does not exceed maximum allowed by EA. • Phased ending of training sessions to avoid larger groups of people at the end of the session. • Parking is in the Holkham Village car park. Members will need to get a free two-hour parking ticket from the machine - athletes will therefore need to use hand sanitiser. • If there are members of the public on site, for example those walking dogs, members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public. 	<p>L</p>	<p>Coaches and all members</p>	<p>August 2020</p>	<p>Yes</p>
<p>Risks associated with running in the streets of Wells-next-the-Sea</p>	<p>Risk of infection</p>		<ul style="list-style-type: none"> • Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating • Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. • Group size does not exceed maximum allowed by EA. • Phased ending of training sessions to avoid larger groups of people at the end of the session. • If there are members of the public in the area, for example those walking dogs, members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public. • Awareness of cars and other traffic on residential roads. • Awareness of need to minimise disturbance on residential roads. • Identification of different car parks for different training locations to avoid groups larger than allowed under current regulations. 	<p>L</p>	<p>Coaches and all members</p>	<p>10 September 2020</p>	<p>Yes</p>

Risks associated with running in the streets of Fakenham	Risk of infection		<ul style="list-style-type: none"> • Members book in advance and are allocated to groups ahead of arrival at the session to avoid large groups congregating • Coaches arrive ahead of starting time so members/athletes can go to the area set for their activity. • Group size does not exceed maximum allowed by EA. • Phased ending of training sessions to avoid larger groups of people at the end of the session. • If there are members of the public in the area, for example those walking dogs, members should leave 4 metres between themselves and public. If 4 metres cannot be met then runner should stop and walk and, if possible, face away from members of the public. • Awareness of cars and other traffic on residential roads. • Awareness of need to minimise disturbance on residential roads. • Identification of different car parks for different training locations to avoid groups larger than allowed under current regulations. 		Coaches and all members	10 October 2020	Yes
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For latest Government guidance please visit <https://www.gov.uk/coronavirus>
 For latest England Athletics guidance please visit <https://www.englandathletics.org/guidanceupdate>