

COVID-19 RISK ASSESSMENT

This document has been created for Kirkstall Harriers Running club members and run leaders, to understand all the measures put in place to allow training to resume, why these are important and actions needed to ensure training sessions provide a Covid secure environment

This document follows the guidelines set out by England Athletics, from this link:

https://d192th1lqal2xm.cloudfront.net/2020/07/EA-COVID-secure-environment-guidance-240720.pdf_0.pdf

1. Thinking about risk

1.1. Managing risk

This document details the measures and steps that will be taken to ensure that Kirkstall Harriers training sessions are a Covid secure environment. All members and run leaders are expected to read and adhere to the steps detailed in this plan.

All members as individuals are encouraged to be aware of the current government guidelines on Covid-19, which is available at this link <https://www.gov.uk/coronavirus>.

Any members who are showing any symptoms of Corona virus or who live with or have been in contact with anybody who has developed symptoms must adhere to the guidelines on self isolating, not attend training and notify the club Covid Co-ordinator (Jemma McConville-Roe) and club chairman (Chris Glover) that they are in a period of self isolation the last training sessions they attended and when their symptoms began. Contact details provided at the end of the document.

1.2. Sharing the results of your risk assessment

This document will be available to all members and will be distributed by email. Members may obtain a copy from the club Covid co-ordinator at any time, and they will be notified of any updates and or changes to the risk assessment where appropriate.

2. Organising training groups / routes to ensure a Covid secure environment

2.1. Training Frequency and Training Routes

- Kirkstall Harriers usually train on a Monday and a Wednesday, but will for now, train only one day week. This will be a Monday or Wednesday, and will alternate each week.
- Peter Hey will manage the training timetable as usual. Routes will be available on the Kirkstall Harriers website as usual.

2.1.1. Managing capacity and virus spread.

- Run groups will initially be kept at 1 run leader and 5 club participants. Runners will be expected to adhere to 2m social distance rules during their run.
- Club members will be able to register that they are attending a training run on a facebook event created in the Kirkstall Harriers facebook group. Members without Facebook access will have a buddy who can register their attendance on the event.
- Our Meeting place will be now be outside Kirkstall Leisure Centre, at the bottom of the steps near the sculpture. Members must not gather in groups of more than 6, and must be socially distanced at all times.
- The Co-ordinator for that evenings training and run leaders will ensure that people are put into group of no more than 6 according to the pace/distance that the members intend to run.
- Each smaller group leader will take a note of those in attendance in their group, and forward this information on to the Covid co-ordinator and/or club chairman so that it can be stored in case it is needed in the instance of a club member being a confirmed Covid case.
- Members are required to complete a health declaration prior to returning to training, this will state that if members experience any of the Covid symptoms that they will not attend training again until 14 days has passed.
- Anybody who has a positive Covid test will be encouraged to complete a form for the Track and Trace service.

3. Considerations of hazards and mitigations.

In the case of this table the hazards apply to all KH members attending training.

Hazard	Considerations for mitigations
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	<ul style="list-style-type: none">● Members to be issued with risk assessment prior to commencing training● Links to current EA Guidance provided● Links to current Govnmt guidance provided

<p>Containing the spread/ transmission of Covid-19 at the meeting point.</p>	<ul style="list-style-type: none"> • Members advised to keep socially distant at all times. By socially distant we mean 2m. • Members can choose to wear a mask if they wish, this will not be a requirement, and the 2m rule must still be adhered to. • Members must ensure they wash/sterilise hands as appropriate, and will be encouraged to have their own sanitiser available for use before and after training, and to wash their hands on return home. • Club to remind members that we are not currently allowed to use the facilities at Kirkstall Leisure Centre. • To minimise time spent at meeting point no club notices will be given. • Club to not initially stagger meeting time, however, if coordinators feel that social distance rules are difficult to manage with one start time, then staggered start times will be considered by the committee • Members may wish to use KLC parking facilities, or LPSA parking facilities, using these are at the members own risk, but as representatives of the club we expect that to be courteous to other users and to maintain correct distances from other members of the public. • Run group leaders to check that nobody has had symptoms in the last 14 days prior to them setting off on the run.
<p>Containing the spread/ transmission of Covid-19 during the training run.</p>	<ul style="list-style-type: none"> • Groups will be no more than 6 people. • Usual procedure of slower groups leaving first will cause overlap of groups when faster runner groups catch them, therefore faster pace groups will set off first. • There will be 2-5 minute interval between each group setting off. • Run group leaders will organise their own re-grouping points and ensure that this does not lead to mixing with other groups. • 2m distance to be kept at all times between runners, this means that at many point runners may need to be single file where pavement width is less than 2m. • 2m distance also needs to be observed at

	<p>road crossings.</p> <ul style="list-style-type: none"> • Kirkstall Harriers train on public roads so do not have sole use of pavements. Members to ensure that they give 2m+ when passing members of the public. • If a group catches up to the group ahead of them, run coordinators are encouraged to take a stop to allow the gap to open up again, or use an appropriate time to pass the group, maintaining a distance of over 2m. • Run leaders encouraged to carry a mask and gloves with them, in case of any accidents and them needing to assist another member closer than 2m.
<p>Containing the spread/ transmission of Covid-19 post training run.</p>	<ul style="list-style-type: none"> • Members will complete the run, and then go straight home. • Important that they are not encouraged to remain outside the leisure centre as this may present a risk to members of the public. • Members will be reminded they are not permitted to enter and use facilities at the leisure centre at this time. • Members must report to the club chairman or Covid co-ordinator if they have a positive Covid 19 test and have attended training, and will be provided with a link to report this to the Track and Trace service. • Club Covid co-ordinator or chairman will notify members who attended training that their has been a positive test. For this accurate records of attendance need to be kept. This will initially be done by facebook event group, and then each run leader must confirm who attended to the Covid co-ordinator.

Contact details:

Jemma McConville-Roe – Covid co-ordinator/ Club secretary

birdinaviary@ gmail.com

Chris Glover – Club Chairman

cdglover@email.com