



NANTWICH RUNNING CLUB

Covid-19 Risk Assessment for Nantwich Running Club – Group Training Sessions Commencing on 29th March 2021.

Nantwich Running Club runner's assessment carried out by: **Mike Stevens**.

Date assessment carried out: **3rd March 2021**.

This Risk Assessment relates to the safe execution of club training sessions at designated locations including the use of the car park at Nantwich Town FC.

This document has been developed in accordance with the following guidelines and recommendations as at the above date:

- England Athletics Documents
- UK Government Documents

All runners participating in club training sessions must familiarise themselves with this document and agree to carry out all activities in strict accordance with the recommendations.

The following Risk Assessment must always be adhered to and implemented by all Nantwich Running Club members.

Activity	Risk Identified	Who is at Risk	Potential Risk Rating	Existing Control Measures/Mitigation	Net Risk Rating	Action By Whom	Target Date
Training Sessions	Spreading / Catching Covid-19 via air-borne droplets	Coach Run Leaders General public	Med	1. Allow no more than 6 people to meet and train in a group at any time.	Low	Coach/Run Leaders/Runners	29/03/21
			High	2. Each group must meet outside and remain socially distanced.	Low	Coach/Run Leaders/Runners	

			High	3. Runners must ensure compliance with the 2 metres distancing recommended by EA and UK Govt.	Low	Coach/Run Leaders/Runners	
			High	4. Runners from the same household should ideally be in the same group, where ability allows, to minimise spread.	Low	Coach/Run Leaders/Runners	
			High	5. Ensure the number of members within each group is no more than 5, which, when added to the group Run Leader, means a maximum number of people in each group of 6, in line with UK Govt. guidelines.	Low	Coach/Run Leaders/Runners	
			High	6. There must be no physical contact between runners and group run leaders in any sessions.	Low	Coach/Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach/Run Leaders/Runners	Low	Bookings 1. All sessions must be pre-booked online using the app Spond.	Low	Group Admin	29/03/21
			Med	2. Sessions will last for up to 60mins. Runners must not arrive for the session more than 10mins before the start time to minimise social contact.	Low	Coach/Run Leaders	
			High	3. Coaches/Run Leaders and runners must declare that neither they, nor anybody in their household are	Med	Group Admin/ Coach/Run Leaders/Runners	

			Med	<p>displaying Covid-19 symptoms ahead of attending each session. Any Coach/Run Leader and runner who is displaying Covid-19 symptoms will not be allowed to attend. Any runner or Coach/Run Leader who tests positive for Covid-19 within a few days of attending a session must inform the Group Admin ASAP to allow contact tracing to take place.</p> <p>4. Session pre-booking system will ensure:</p> <ul style="list-style-type: none"> • NRC has a complete record of all sessions to ensure compliance with EA insurance requirements, the law, and guidelines and to facilitate contact tracing if required. 	Low	Coach/Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach/Run Leaders/Runners	High	Travelling To & From Training Sessions	Low	Coach/Run Leaders/Runners	29/03/21
Training Sessions	Spreading / Catching Covid-19	Coach/Run Leaders/Runners	Med	Running & Running Routes	Low	Coach/Run Leaders	29/03/21

			Low	2. Each group will have a member who knows the route to reduce the risk of others becoming lost/left behind.	Low	Coach/Run Leaders/Runners	
			Med	3. Runners will be instructed to apply appropriate etiquette when running and that members of the public have the right of way during run.	Low	Coach/Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach Run Leaders	Med	Hand washing / Personal Hygiene 1. Runners will be instructed to wash their hands before attending training session. They should provide their own hand sanitization products to apply before and after each session.	Low	Group Admin/ Coach/Run Leaders/Runners	29/03/21
			Med	2. No sharing of kit, equipment or drinks bottles is allowed.	Low	Coach/ Run Leaders/Runners	
			Med	3. Runners must provide their own equipment, and this must be kept in a safe location when not in use.	Low	Coach/ Run Leaders/Runners	
Training Sessions	Spreading / Catching Covid-19	Coach/Run Leaders/Runners	Med	Cleaning / Sanitizing 1. All hand wipes etc should be disposed of safely or taken home by each runner.	Low	Coach/Run Leaders/Runners	29/03/21
Training Sessions	Spreading/Catching Covid-19	Coach/Run Leaders/Runners	Med	Risk Assessment and Emergency Aid 1. All Run Leaders and runners will be sent this document and EA Guidance	Low	Coach/Run Leaders/Runners	29/03/21

				<p>prior to attending the session and must confirm they have read and will comply with all measures set out. If not complied with training sessions will be cancelled.</p>			
			Med	<p>2. At the beginning of each session the Run Leader will explain the safety guidelines of what is to be expected before, during and after the session, including what runners are expected to do to maintain compliance with social distancing and all other health and safety guidelines.</p>	Low	Coach/Run Leaders	
			Med	<p>3. Coach to ensure that all Run Leaders are briefed regarding their responsibility to ensure compliance with the requirements of this document.</p>	Low	NRC/Coach	
			Med	<p>4. Ensure that all health and safety and first aid guidelines are followed.</p>	Med	Coach/Run Leaders/Runners	
			Med	<p>5. A designated runner will act as run leader at each training session to ensure compliance with all necessary measures.</p>	Low	Coach Run Leaders	
			Med	<p>6. If minor first aid is required this should be self-administered by the injured party where possible.</p>	Low	Coach/Run Leaders/Runners	

			Med High Med	7. If help is required then limit the amount of close contact and touching to a minimum, gloves should be worn and a face mask if available. 8. Hand sanitizer should be applied before and after administering help. 9. Ensure the other group members continue to observe social distancing.	Low Low Low	Coach/Run Leaders/Runners Coach/Run Leaders/Runners Coach/Run Leaders/Runners	
Training Sessions	Spreading/ Catching Covid-19	Coach Run Leaders	Low	Facilities Runners are expected to arrive at each training session wearing their running kit.	Low	Coach/Run Leaders/Runners	29/03/21

Road Running

- Small group training outdoors only in groups of up to 6 people (including a Run Leader) providing runners maintain social distancing advice i.e. 2m apart if from a different household.
- A Coach/Run Leader and up to 5 runners can train together provided they maintain social distancing i.e. 2m apart if from a different household.

Health & Safety Executive Guidance for First Aiders Where COVID-19 is a Factor

If a runner becomes injured during a training session try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone. If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – Preserve life, Prevent worsening, Promote recovery.

3rd March 2021