

## Risk Assessment: Quakers Running Club

<b>Date:</b>	<b>Assessed by:</b>	<b>Review :</b>
29/09/20	QRC Management Committee	31/10/20

What are the Hazards?	Who might be harmed and how?	Risk Rating	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action Lead	Target date	Complete
<b>Adverse weather:</b> <ul style="list-style-type: none"> <li>Lightning causing danger</li> <li>High wind causing possible falling branches/trees</li> <li>Snow/icy conditions underfoot</li> <li>Very extreme weather, hot or cold</li> </ul>	Coaches/athletes  Risk of injury, slips/trips/falls and ill health	<b>M</b>	Lead coach to amend or cancel the planned session  If session proceeds, coach to remind runners at the start to be careful of the adverse weather condition and that they run at their own risk.  Coaches who are first aid qualified have a first aid kit that should be carried at all times.	<b>L</b>	Arrange for more coaches to have the first aid in sport qualification.	<b>L</b>	EJ	Dec 20	In progress
<b>Obstacles:</b> <ul style="list-style-type: none"> <li>Debris or other items on route (e.g. branches)</li> <li>Benches, tree stumps, holes in the ground etc. around route</li> <li>Route blocked (e.g. by road maintenance work)</li> <li>Conflict with dog walkers and/or other pedestrians</li> </ul>	Coaches/athletes and members of public  Risk of injury, slips/trips/falls  Conflict risk of injury, upset to runner/coach/public, and risk to reputation of club	<b>M</b>	One coach to be at the front at all times to ensure sighted of route ahead and shout clear directions back to runners e.g. keep left/right.  Runners to be reminded that they do not have priority over other pedestrians.  Lead coach to change planned route with explanation, or cancel planned session if required.  Coaches who are first aid qualified have a first aid kit that should be carried at all times.	<b>L</b>	Arrange for more coaches to have the first aid in sport qualification.	<b>L</b>	EJ	Dec 20	In progress
<b>Runner health:</b> <ul style="list-style-type: none"> <li>Runner has sudden acute health problem (e.g. heart attack, stroke, asthma)</li> </ul>	Coaches/athletes  Risk of injury, slips/trips/falls and ill health	<b>M</b>	Runners reminded that they should ensure they are medically fit enough to run prior to attending club sessions.	<b>L</b>	Arrange for more coaches to have the first aid in sport qualification.	<b>L</b>	EJ	Dec 20	In progress

<p>attack)</p> <ul style="list-style-type: none"> <li>• Runner has serious injury during run (e.g. break)</li> <li>• Runner has minor injury during run (e.g. graze)</li> </ul>			<p>Membership form includes medical information section (pre-activity health questionnaire).</p> <p>Coaches who are first aid qualified have a first aid kit that should be carried at all times. Coaches to carry mobile phone.</p> <p>Accident forms available to use and coaches aware of UKA online accident reporting.</p>						
<p><b>Spread of transferable disease/virus:</b></p> <ul style="list-style-type: none"> <li>• COVID-19 or other</li> </ul>	<p>Coaches/athletes and anyone else who may physically come into contact with a coach/athlete – either during or after the activity</p> <p>Risk of serious illness caused by virus</p>	H	<p><u>Abbey</u> Utilisation of Abbey field on both club nights as a controlled environment ('covid secure') when lighting allows.</p> <p>Access to pavilion suspended to limit contacts.</p> <p>Hand washing facilities in place (with soap and water) at Abbey when access to pavilion is available.</p> <p>Coach to participant ratio maintained in accordance with latest guidance.</p> <p><u>Streets</u> Utilisation of pavement sessions in Autumn/Winter – in accordance with risk assessment outlined above – and 1:5 ratio as not considered 'covid secure' environment.</p> <p><u>Track</u> Utilisation of Eastbourne as 'covid secure environment' and in accordance with venue policy</p> <p>Coach to participant ratio maintained in accordance with latest guidance and venue policy.</p>	M	<p>All coaches and athletes to be reminded of the strict adherence to social distancing guidelines and group size guidelines at all times.</p> <p>All coaches and athletes to be reminded that they should not attend if symptomatic or if self-isolating due to household/bubble symptomatic.</p> <p>Coaches and athletes to be reminded to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Athletes and coaches to wash hands prior to attending club.</p> <p>Also reminded to catch coughs and sneezes in tissues – Follow 'Catch it, Bin it, Kill it' and to avoid touching face, eyes, nose or mouth with unclean hands. Athletes to be encouraged to bring own hand sanitiser to club.</p> <p>Coaches required to bring own hand sanitiser, own whistle and own stop watch to club session.</p> <p>Coaches to be advised that should first aid need to be administered, coaches should ensure a face covering is used and to therefore</p>	L	<p>LM/EJ</p> <p>LM/EJ</p> <p>LM/EJ</p> <p>LM/EJ</p> <p>LM</p> <p>LM</p>	<p>End Jun 20</p>	<p>Completed and ongoing</p>

					<p>bring own when coaching.</p> <p>Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches and any equipment using appropriate cleaning products and methods.</p> <p>Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.</p> <p>Booking system in place for sessions to control group sizes and ensure data available for tracing should this be required.</p> <p>Training sessions have been adapted to minimise the risk to social distancing with other members of the public</p>		<p>LM</p> <p>LM</p> <p>EJ/PR</p> <p>LM</p>		
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