

Datchet Dashers Risk Assessment

29 July 2020

Created in conjunction with England Athletics Official Guidance & Official Government COVID19 Guidelines

Activity: Running with COVID-19 precautions based upon EA Guidance Venue: Home Park and/or Windsor Great Park

Assessed by: Datchet Dashers Committee: 28 July 2020 Version 0.1

Task / Activity Being Assessed	Hazards that may be present	Who may be harmed by the hazards	Precautions already in place to either eliminate or reduce the risk of an accident happening
Travel to Training Sessions	Risk of transmission of COVID 19	Runners, General Public & Other Park Users	<ul style="list-style-type: none"> • No car sharing between members of different households • No congregating by vehicles owned by other club members • Congregating only permitted in large open areas e.g. in front of the cricket pitch
Group Safety Before Every Session	Risk of transmission of COVID 19	Runners, General Public & Other Park Users	<ul style="list-style-type: none"> • Outdoor Exercise Only • No equipment used e.g. cones, batons etc. • Maintain 2 metre distance from all other runners, general public & park users at all times • Pre-registration before sessions mandatory for safety reasons with contact details provided including for first time runners at the club / new members • Follow Government Published guidelines including specific advice for those shielding / members of at-risk groups • No participation from individuals isolating or with any COVID19 symptoms under any circumstances • No use of communal clubhouse • No congregating in confined spaces
Warm-Up Activities	Risk of transmission of COVID 19	Runners	<ul style="list-style-type: none"> • Warm-Up Activities to take place in large open-aired space e.g. Home Park not outside the Clubhouse

			<ul style="list-style-type: none"> • 2 metre distance to be maintained during the warm-up activities particularly if completing warm-ups such as strides
Training Sessions	Risk of transmission of COVID 19	Runners	<ul style="list-style-type: none"> • Outdoor exercise only • Pre-registration for training sessions mandatory with details on registration to be provided weekly on the Datchet Dashers website • Sessions to begin on Tuesdays only until learnings have been well understood & the Club Committee are confident we can maintain a COVID-secure environment for runners & adherence with these guidelines & risk assessment • Training sessions to be limited to intervals, fartlek, similar activities rather than relay activities which may risk runner to runner contact • 2 metre distance to be maintained at all times from other runners including when overtaking slower runners • No 'High Fiving' other runners / hugging other runners to take place
Consumption of Liquids / Food at Training	Risk of transmission of COVID 19	Runners	<ul style="list-style-type: none"> • No sharing of food or drink with other runners at training sessions under any circumstances • Drinks bottles brought to training should be sufficiently distinct e.g. in re-useable flask or similar [I.e. not plastic bottles that could be mistaken for someone else's drink]
Sharing of Clothing	Risk of transmission of COVID 19	Runners	<ul style="list-style-type: none"> • Clothing must not be shared between members e.g. for the purpose of trying on club kit
Running Routes	Uneven ground, potholes, slippery ground, mud, street furniture, debris, bins/rubbish bags Visibility in low light Ability of the group	Runners & General Public	<ul style="list-style-type: none"> • Route / Session has been checked for suitability within the guidelines advised by UKA • Sessions to be run by official coaches of Datchet Dashers Running Club who have passed relevant accreditations • Participants forewarned of route obstacles • Wear reflective clothing • Observe road safety rules particularly along road leading to clubhouse • Be aware of slower participants

			<ul style="list-style-type: none"> • 2 metre separation to be maintained • Coach to ensure nobody gets left behind
First Aid	Risk of transmission of COVID 19 & risk of injury	Runners & General Public	<ul style="list-style-type: none"> • Where an individual incurs a personal injury ensure social distancing is maintained & alert the COVID19 co-ordinator / other members to call for help where appropriate • Members to take personal responsibility for ensuring key contact details for local club committee members stored on personal mobile device or similar • New members to alert relevant organiser of the session in advance of any prior injuries • Members take own responsibility for not pushing themselves beyond their abilities risking personal injury etc.
Weather	Variations in weather making it too hot, too cold, too wet or slippery	Runners	<ul style="list-style-type: none"> • Ensure personal responsibility for bringing sufficient liquids to training • Drinks bottles brought to training should be sufficiently distinct e.g. in re-useable flask or similar [i.e. not plastic bottles that could be mistaken for someone else's drink] • Check weather reports • Apply appropriate sun lotion prior to training sessions [do not apply sun lotion for others / share sun lotion]