



Date	Completed By	Version	Next Review	Applicable Locations
Sept 20	Nicola Ross	2	Oct 20 or in the event of new Government guidance and England Athletics guidance. Links can be found here: https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19 https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/	Dronfield Civic Centre (rear car park) Sindlefingen Park, Dronfield Cliffe Park Stonelow Road/Shireoaks Road. See below for more details.

Dronfield Running Club Training Events – Covid19 Risk Assessment

Foreword

Important – This risk Assessment is specifically for the assessment and reduction of risk in respect of Covid-19. It is designed to compliment existing training risk assessments in place. A copy of these can be found on the club website.

Training Events are held outside in which the risk of transmission is considered to be lower.

Tuesday Night Club Run

Meeting point Dronfield Civic Centre rear car park. This is a large car park to allow for sufficient social distancing, and considered the quieter of the 2 car parks with less risk of contact with users of Dronfield Sports Centre. Two groups will set off from this location, lead by a run leader (rota'd) who will be responsible for planning a suitable route in advance



Wednesday Night Threshold Run

Meeting point is Sindlefingen Park (Beacon). This location has been chosen as it is a large open space that allows for social distancing. This is a defined route in which participants run at their own pace not remaining together as a group. The route has been chosen as it follows well lit wide paths.

Monday Runch

Meeting point at the junction of Stonelow Road and Shireoaks Road. Meeting outside of the park to avoid other park users as much as possible. Trainer lead speed training/interval session will vary.

Off Road Nights

Meeting points vary but will always be outside, in open spaces to avoid busy places as much as possible. Routes will vary but are predominantly across open countryside where the risk of transmission is small

Hazard	Who may be harmed	Settings	Risk Level	Mitigation
Lack of awareness around Covid 19 risk factors and key government/England Athletics/local guidance for limiting the spread/transmission of the disease	All participants (run leaders and runners).	All settings/activities	L	<ul style="list-style-type: none"> • Communication sent by email to all members/participants updated protocols and measures that have been implemented. • Communication to club officers to help with compliance. • Completion of health declaration as part of the 'check in' process for all activities.
Spreading/transmission of Covid-19	All participants (run leaders and runners)	All Activities	M	<ul style="list-style-type: none"> • Coaches/runners displaying Covid-19 symptoms are expected to follow Government guidance re isolation and MUST NOT attend sessions until their isolation period has passed.



				<ul style="list-style-type: none"> • All participants must complete a health declaration to confirm they are not displaying any symptoms as part of the 'check in' process prior to every run. • All run leaders and participants identified as at risk through the test and trace programme MUST follow government guidance and under no circumstances attend sessions even if no symptoms are being displayed. • Regular review of sessions by club officials. If social proves impossible to achieve and maintain, sessions will be suspended. • Continue to monitor and follow guidance by Public Health England, England Athletics and local authority which may affect if the sessions can continue to run.
Spreading/transmission of Covid-19 through contact with disease on a surface	All participants (run leaders and runners. Members of the public	Meeting points	L	<ul style="list-style-type: none"> • All meeting points outside. Discourage use of facilities at Sports Centre at site of meeting point. • 'Check in' prior to run on participants own phone reducing contamination from pen/paper etc • Participants not to share any water bottle/high Vis
		Routes	L	<ul style="list-style-type: none"> • Routes planned to ensure no touching of street furniture, gates, stiles etc
	All Participants (run leaders and members of the public	First Aid and dealing with minor injuries	M	<ul style="list-style-type: none"> • Run leaders to carry mobile phone in the event of an emergency • Runners generally expected to administer first aid for minor injuries without the need for any contact • First aid supplies to include fresh disposable PPE (face mask/gloves) for run leaders. • Run leaders encouraged to carry PPE, and only in emergency situation would there be an expectation that run leaders administer first aid.



Spreading/transmission of Covid-19 through air borne transmission of the disease by an infected person	All participants (run leaders and runners)	Meeting Points	L	<ul style="list-style-type: none"> All participants turn up for and leave meeting points promptly avoiding 'gatherings' Meeting points selected which allows sufficient social distancing
		Routes	M	<ul style="list-style-type: none"> Clear guidance given by run leader at the briefing as to how social distancing can be maintained at each session. Run leaders to plan routes that allow for social distancing i.e. where possible avoiding narrow pavements All participants maintain a distance of 2 metres between other participants at all times Athletes reminded of the need to: <ul style="list-style-type: none"> Not spit Catch coughs & Sneezes in tissues or elbow. Follow Catch it, bin it, kill it and avoid touching face, nose or mouth with unclean hands. Whist England Athletics does not prescribe an upper limit for group sizes in a covid secure environment, run leaders should consider splitting larger groups are manageable and allow for social distancing particularly at junctions etc. Additional run leaders in attendance at club runs in the event of the group(s) needing to be split.
	Members of the public	Meeting Points	L	<ul style="list-style-type: none"> All participants turn up for and leave meeting points promptly avoiding 'gatherings' Meeting points selected in quieter areas which do not impinge on pathways/areas accessed by members of the public



		Routes	M	<ul style="list-style-type: none">• All participants encouraged to show respect with the following actions:<ul style="list-style-type: none">○ Stepping aside to maintain social distancing○ Stopping running until social distancing can be resumed○ Announcing their presence○ Avoiding confrontation but allowing priority to members of the public accessing pavements and roads
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