


## Roberttown Road Runners – Covid19 Risk Assessment for return to the Centre.

| Description of Hazard:                                  | People at Risk:                          | Level of Risk (High/Medium/Low): | Action(s) to Mitigate/ Remove Risk:  | Person responsible for resolution: | Residual Risk: After resolution | Dates Reviewed                   |
|---|--|----------------------------------|--|------------------------------------|---------------------------------|----------------------------------|
| <b>Spread of Covid 19 – Avoiding other Centre users</b> | Run Leaders<br>Runners<br>General Public | Likelihood: Med<br>Impact: High  | <ul style="list-style-type: none"> <li>• Entry will be by using the path in the Church yard, entering the Centre through the side doors (Church) into the Lounge.</li> <li>• Members will be allowed to leave their personal belongings in the Lounge observing the maximum capacity of 10 at any one time.</li> <li>• Members will leave the building via the double side doors or via the rear exit, and congregate in the rear yard, observing socially distancing rules.</li> <li>• Exit to start the run will be by using the double gates on the Church side of the building and the Church path to lead out onto Church Road.</li> <li>• When finishing the run, entry and exit will be the same procedure, maintaining the rule of 10 whilst in the Lounge.</li> </ul> | Committee<br>Run Leaders           | Likelihood: Med<br>Impact: Med  | <b>5<sup>th</sup> April 2021</b> |
| <b>Spread of Covid 19</b>                               | Run Leaders<br>Runners<br>General Public | Likelihood: Med<br>Impact: High  | <ul style="list-style-type: none"> <li>• All runners to book on in advance with Run Together, a list of attendees will be retained in case anyone in the group becomes ill to aid with track and trace.</li> <li>• Nobody to attend sessions if they feel unwell or somebody in their household is symptomatic.</li> <li>• Advise runners to wash and sanitize hands before setting off and when they get home.</li> <li>• Advise travel in separate household groups or walk/run to meeting place.</li> </ul>   | Committee<br>Run Leaders           | Likelihood: Med<br>Impact: Med  | <b>5<sup>th</sup> April 2021</b> |

|   |  |                                 |  |                          |                                |                                  |
|---|--|---------------------------------|--|--------------------------|--------------------------------|----------------------------------|
|   |  |                                 | <ul style="list-style-type: none"> <li>● Remind all members of current 2.00m social distancing rule and whilst out running, move out of the way of public and not expect them to move.</li> </ul>  |                          |                                |                                  |
| <b>Exposure whilst within the group</b>     | Run Leaders<br>Runners<br>General Public | Likelihood: Med<br>Impact: High | <ul style="list-style-type: none"> <li>● Limit number of surfaces touched, try not to sit on seats, lean against surfaces, grab handrails, gates etc</li> <li>● If you need to cough, do it into your arm or clothing.</li> <li>● Runners should not share drinks or sweets with each other.</li> </ul>  | Committee<br>Run Leaders | Likelihood: Med<br>Impact: Med | <b>5<sup>th</sup> April 2021</b> |
| <b>Injury or illness during a group run</b> | Run Leaders<br>Runners                   | Likelihood: Low<br>Impact: High | <ul style="list-style-type: none"> <li>● Run Leader to carry a mobile phone at all times.</li> <li>● Emergency contact details are on the Run Together App.</li> <li>● If minor first aid is required this should be self administered where possible.</li> <li>● If help is required then try to limit the amount of close contact and touching to a minimum. Hand sanitizer should be applied asap afterwards.</li> <li>● Avoid physical contact unless absolutely necessary.</li> <li>● In case of emergency ring 999.</li> </ul> | Committee<br>Run Leaders | Likelihood: Low<br>Impact: Med | <b>5<sup>th</sup> April 2021</b> |

Issue guidance via email and social media to all members

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|--|--|----------------------------|
| Name of person conducting risk assessment: | Signed:  | Date:                      |
| Peter Knott (RRR Covid Coordinator)        |  | 5 <sup>th</sup> April 2021 |