



Lynnsport Ladybirds COVID-19 Risk Assessment (version 2, August 2020)

For all athletics and running activities England Athletics advises that people should continue to adhere to the 2m guidance where at all possible.

England Athletics advises that people should continue to train and exercise in groups of up to 6 adhering to social distancing.

If anyone is feeling unwell, they must not attend the group session.

If anyone becomes unwell between sessions or test positive for Coronavirus, inform the group secretary and all members who were part of that running group will be informed immediately.

Risk Assessor	Bridget Plowright/Fabia Pollard and checked by committee		Date: 28/08/2020
What are the hazards?	Who might be harmed?	Controls Required	Additional Controls
Lack of awareness around COVID-19 risk factors and key Government and England Athletics advice for limiting the spread of the disease.	Coaches Athletes Vulnerable groups Members of family Members of the public	Communication: Committee meeting to discuss protocols. Inform all run leaders of protocols. A letter to all members outlining protocols. A briefing at the start of group runs. Limit groups to one leader and up to 7 runners	Protocols to be published on our website and Facebook page Briefing to be given at the start of each session Coaches to ensure that all small groups do not exceed 8 including the leader
Spreading/transmission of COVID-19 through contact with disease on a surface	Coaches Athletes Vulnerable groups Members of family Members of the public	Access to building (Lynnsport): Lynnsport have accessing protocols in place. All athletes to follow their guidance.	Each group should ensure they have a mobile phone to hand. Each group leader to record names and pass to coach/secretary at end of session
		Registration: There will be no signing in sheet. The leader of the small group will record all names including contact numbers.	
		First Aid: For minor cuts and scrapes, the injured person is to deal with this themselves. For more serious injuries or medical emergencies, an ambulance should be called.	
		Hand washing and changing: Athletes to arrive changed and hands washed before meeting.	

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		Carry a small hand gel sanitiser or disposable hand sanitiser wipes.	
		<p>Touching surfaces: Avoid touching surfaces whilst out on the run such as gates, fences etc as much as possible. Ensure athletes are encouraged to wash their hands as soon as is practical or use hand sanitiser/wipes. Avoid touching face or eyes. Encourage members to carry hand sanitiser on their person if possible.</p>	There will be no signing in sheet.
Spreading/transmission of COVID-19 through air borne transmission of the disease by an infected person	Coaches Athletes Vulnerable groups Members of family Members of the public	<p>Meeting point: Meeting point to be outside, location at far end of Lynnsport car park towards the cycle path. Ensure and maintain social distancing of 2m. Each group will be identified with a coloured vest.</p>	
		<p>Group running: Small groups of no more than 8 people of similar ability to form a running small group including one leader. Each group to run in pairs. Stagger the starting times of each group. Each group will have a leader who will be responsible for obtaining names and phone numbers. Athletes will be reminded to maintain 2m distance from each other and from other path users.</p>	<p>Briefing to include advice on social distancing. Leader to remind athletes to maintain distancing during session Fastest groups to leave first with gaps of 2 minutes between each group. Have at least two different routes per week.</p>
		<p>Returning from the group run: Group leader to ensure everyone has returned. Maintain social distancing rules and everyone to leave promptly on return.</p>	
		<p>Members who have COVID symptoms Briefing to include statement that by signing in, athletes are agreeing that they do not have COVID symptoms, that they have not tested positive for COVID and that they have not come into contact with someone who has tested positive or has with COVID symptoms</p>	<p>Any members who have recently tested positive, have symptoms or have been in contact with someone with COVID should not take part. Contact information sufficient for Test and trace will be collected and held by club secretary before members can take part in sessions.</p>