

## Risk Assessment: <Bearbrook Cross Country>

Date:	Assessed by:	Location :	Review :
17th <sup>h</sup> June 2020	<Nicky Pittam>	<Outdoor Cross Country>	< inline with Government and EA updates>

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Spread of Covid -19 Coronavirus	Run Leaders / Run members	<ul style="list-style-type: none"> <li>Exercise outdoors only in groups of up to 6 runners maintaining social distancing advice ie 2 metres apart if from a different household</li> </ul>	L	<ul style="list-style-type: none"> <li>Masks, gloves and hand sanitiser Gel to be provided to each group in a sealed bag. Returned to the end of the run.</li> </ul>	L	Covid Coordinator / or nominated person	Prior to XC run	
		<ul style="list-style-type: none"> <li>Runners to pre advise attendance so allocation of groups can be planned and to not to arrive 5 mins prior to run to stop unnecessary congregation</li> </ul>	M	<ul style="list-style-type: none"> <li>Staggered departures times for each group and/or groups leave in different directions. Option for different meeting &amp; run area, if groups increase.</li> </ul>	L	Run Leader	Prior to XC run	
		<ul style="list-style-type: none"> <li>Anyone feeling ill advised not to attend</li> </ul>	L	<ul style="list-style-type: none"> <li>If anyone becomes ill post run to report to Government T&amp;T and Covid Co-ordinator -Nicky Pittam by instant message, email or text (07715312425)</li> </ul>	L	Covid Coordinator	Prior and end of XC run	

		•		<ul style="list-style-type: none"> <li>To help reduce the spread of Coronavirus (Covid-19) remind everyone of the public advice -catch coughs and sneezes in his/her elbow and to avoid touching face, eyes nose or mouth with unclean hands.</li> </ul>		Run Leader	Prior to XC Run	
		• Cross contamination	M	<ul style="list-style-type: none"> <li>Runners to be responsible for own property ie car keys. No sharing of drinks containers. Limit touching of gates and stiles with hands. Hand sanitiser available before and after run</li> </ul>	L	All	Prior to XC Run	
		• Falling whilst out running	L	<ul style="list-style-type: none"> <li>First aid to be given if required using equipment provided by run leader, by whoever feels comfortable to do so. If concerned post the incident request a covid 19 test. I</li> <li>n case of emergencies call 999. Each group to ensure a mobile phone is charged and available to use if required.</li> <li>Pace and distance of run groups advertised to insure runners are aware of possible exertion levels</li> </ul>	L	Run Leader	Prior / during XC Run	
		• Follow the countryside code and act responsibly	L	<ul style="list-style-type: none"> <li>Hands to be washed post run, when you get home. Hand sanitiser will be available (provided by the club) for those that would like to use it before and after the run.</li> </ul>	L	All	On-going	

	Anyone else that physically comes into contact whilst out running ie other runners, dog walkers etc	<ul style="list-style-type: none"> <li>Venue large enough to cater for pre advice runners so that they can adhere to Government guidance.</li> </ul>	M	<ul style="list-style-type: none"> <li>Maintain 2 metre distance. Areas known with less traffic routes chosen for run. More popular run areas on hold until restrictions ease.</li> </ul>	L	All	During run if arises	
		<ul style="list-style-type: none"> <li>Prompt departure from location</li> </ul>	L	<ul style="list-style-type: none"> <li>Post run stretches to be actioned at home</li> </ul>	L	All		
		<ul style="list-style-type: none"> <li></li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>				
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NB Copy and paste rows as required