

Penicuik Harriers - Coronavirus (COVID-19) Risk Assessment

Date:	Assessed by:	Location :	Review :
14/10/2020	David Cairns & Covid Subgroup	Outdoor Endurance Training	Ongoing

What has the potential to cause harm (hazards)?	Who might be harmed and how?	What are you already doing to minimise the risk?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Training Venue	<ul style="list-style-type: none"> Athletes, coaches and members of the public 	<ul style="list-style-type: none"> Penicuik Harriers club membership is restricted to 18+ Club training normally utilises school playing fields, public parks and footpaths. Generic Risk Assessments have been prepared to address risks associated with "Off-Road" and "Road Running" Adult group club training. 	M	<ul style="list-style-type: none"> To reduce contact with the public an alternative training venue has been identified Bush Science Park on the outskirts of Penicuik, utilising footpaths and adjoining grass verges adjacent to the "Quotient" access road off Bush Loan Road. This alternative venue addresses all the Generic RA issues and significantly reduces the risk of contact with members of the public. In the evenings, the venue is predominantly free from traffic and the public, other than occasional dog walkers. 	L	Covid Coord & Coaches	05/04/2021	29/03/2021
Spread of Covid-19	<ul style="list-style-type: none"> Athletes, coaches and members of the public Contracting virus from an infected individual 	<ul style="list-style-type: none"> The alternative venue identified under "Training Venue" will minimise contact with the public. Follow Scottish Athletics guidance on adult training group size. Training sessions to be spread over 4 evenings, with Jog Leaders taking the Monday "Novice" group and qualified coaches leading the Tues, Wed & Thurs evening sessions. 	M	<ul style="list-style-type: none"> Restrict training individual group size to 8 athletes max. Sanitisers made available at all training sessions for use on arrival and if anyone makes contact. Coaches & athletes to follow Government & Scottish Athletics guidance on social and physical distancing. 	L	Covid Coord	05/04/2021	29/03/2021

		<ul style="list-style-type: none"> On-line training session booking system to be implemented. Hygiene guidance circulated to all participants prior to resumption of activities. 		<ul style="list-style-type: none"> Frequently remind athletes to maintain social & physical distancing. Ensure athletes are aware of any members of the public in close proximity and remind them to maintain physical distancing where possible. Review allocated training group size to ensure the set limit on number of athletes at any one session are achieving the anticipated level of control, adjust either up or down as appropriate. 				
Equipment	<ul style="list-style-type: none"> Athletes & Coaches 	<ul style="list-style-type: none"> Athletes do not share any equipment. Coaches use their own pencils, clipboards and stop watches. 	L	<ul style="list-style-type: none"> Coaches do not share equipment but if anyone else inadvertently touches it they should immediately sterilise or bag it for cleaning later. 	L	Coach	Ongoing	29/03/2021
Accident, illness or injury	<ul style="list-style-type: none"> Athletes & Coaches 	<ul style="list-style-type: none"> Not all Jog Leaders or Coaches hold First Aid Qualification but ensure they are aware of and understand the Health, Safety & Hygiene guidance provided by Scottish Athletics and associated H&SE guidance, including CPR guidance. 	M	<ul style="list-style-type: none"> Each group leader to be provided with a first aid kit including appropriate Covid-19 protective equipment; disposable gloves, apron, eye protection (such as face visor or goggles) and fluid repellent surgical face mask. If anyone is feeling unwell or has any COVID symptoms, they should not attend training. However, in the event of anyone becoming unwell at training with suspected COVID symptoms, isolate them away from the group and call their partner to come and collect them. 	L	Club & Coach	05/04/2021	29/03/2021