

Risk assessment number: COVID-19	Organisation: City of Hull AC	Location: Various	Date: 30.03.2021
Brief description of task: <ul style="list-style-type: none"> <li>Club running sessions during the COVID-19 pandemic</li> </ul>		Relevant Legislation / Guidance: <ul style="list-style-type: none"> <li>EA Operations Guidance for Training</li> <li><a href="https://www.gov.uk/government/publications/covid-19-response-spring-2021">https://www.gov.uk/government/publications/covid-19-response-spring-2021</a></li> </ul>	
Equipment Used: <ul style="list-style-type: none"> <li>Members' own equipment only</li> </ul>			

Hazard Identified	Who may be harmed?	P	S	Risk rating before controls applied	Control measures to be implemented	P	S	Risk Rating after controls applied
Spread of Covid-19 Coronavirus	Coaches, members, public  Vulnerable groups - elderly, pregnant workers, those with existing underlying health conditions  Anyone else who physically comes in contact with other people in relation to the Club	4	4	16	<ul style="list-style-type: none"> <li>Members and coaches to wash their hands before and after every session for at least 20 seconds, and / or use hand sanitiser. Members should ensure they bring hand sanitiser to each session.</li> <li>Members to be reminded to catch coughs and sneezes in tissues - Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands.</li> <li>Strict policy on coaches and members not attending sessions if unwell, displaying symptoms or asked to self-isolate.</li> <li>Coaches and members to keep social distance of at least 2 metres from each other, and any other members of the public, before and during the session. Where this is not possible, the 1metre plus mitigations (such as face coverings or avoiding face-to-face contact) will be adhered to.</li> <li>All coaching sessions will be booked in advance online - no "on the day" cash payments to be taken.</li> <li>Face coverings to be worn when entering any indoor facilities to register and / or use the toilets.</li> </ul>	2	3	6

					<ul style="list-style-type: none"> <li>Records to be kept of all sessions in order to facilitate the NHS test and trace programme if necessary. All members are required to register on Place Trace at every session.</li> <li>Coaches and members to bring their own drinks which are not to be shared.</li> <li>Aerobic activity such as running will cause a person to expel air and therefore droplets to a distance of up to 20 meters behind them. Runners to train alongside each other where possible. Coach to consider wind direction when organising the training session to ensure droplets are not blown onto other people.</li> <li>Members reminded not to spit during sessions.</li> <li>Members advised to limit the time spent congregating before and after the session, and to maintain social distancing throughout.</li> <li>Members advised to arrive ready for the session and shower and change at home afterwards.</li> <li>Travel to be encouraged by own car, walking or cycling - with public transport and car sharing to be avoided if possible.</li> </ul>			
Coaching	Coaches, members	3	3	9	<ul style="list-style-type: none"> <li>Coaches to only run sessions that they hold the correct qualifications to deliver.</li> <li>Ratio of coaches : members to be determined by the coach, taking into account current restrictions and the venue guidance.</li> <li>Warm up and cool down led by the coach prior to the sessions.</li> <li>Coaches should seek to ensure that participants can undertake the session being delivered and are appropriately fit and well.</li> </ul>	2	2	4
Floor surface	Coaches, members, public	4	4	16	<ul style="list-style-type: none"> <li>Members are responsible for wearing suitable footwear.</li> <li>Bags and equipment to be kept out of the way.</li> </ul>	2	3	6
Sharps, litter, animal waste	Coaches, members, public	2	5	10	<ul style="list-style-type: none"> <li>Visual check of the area prior to the session.</li> <li>All members to place all litter in bins or take it home.</li> </ul>	1	5	5

Environment (lighting, temperature)	Coaches, members, public	3	3	9	<ul style="list-style-type: none"> <li>• Outdoor sessions are cancelled in the event of inclement weather that may prove hazardous (e.g. thunderstorms).</li> <li>• Drinking water is not available - members advised to bring drinks with them and these should not be shared.</li> <li>• Toilets are not provided at all sessions - members will be advised of this prior to the session. Where toilets are available face coverings should be worn when entering the building, and all venue specific guidelines adhered to.</li> <li>• Members and coaches to wear appropriate clothing for the session and weather conditions.</li> </ul>	2	2	4
First aid	Coaches, members, public	3	4	12	<ul style="list-style-type: none"> <li>• All coaches are first aid trained.</li> <li>• Coaches carry their own first aid kit and know what to do in the event of an emergency.</li> <li>• All accidents are recorded.</li> <li>• All coaches are to have a mobile phone available during the session. At group run sessions members are encouraged to ensure one mobile phone is available in their group.</li> <li>• Current advice is to not to administer first aid treatment unless absolutely necessary - and if necessary, wear disposable gloves, face mask and apron. Thorough hand washing and sanitising to be carried out after administering any treatment.</li> <li>• Coaches to be given the updated guidance from the resus council regarding administering CPR; <ul style="list-style-type: none"> <li>○ Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth.</li> </ul> </li> </ul>	2	2	4

					<ul style="list-style-type: none"> <li>○ Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.</li> <li>○ If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives.</li> <li>○ Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.</li> <li>○ Cardiac arrest in children is more likely to be caused by a respiratory problem (asphyxial arrest), therefore chest compressions alone are unlikely to be effective.</li> <li>○ If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use a resuscitation face shield.</li> <li>○ After performing CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative.</li> <li>○ If a coach needs to provide assistance to an individual who is symptomatic and may have COVID-19 (that is any individual with a new, continuous cough and/or high temperature), wherever possible, place the person in a place away from others and ask others who are not involved in providing assistance to stay at least 2 metres away from the individual.</li> <li>● If there has been a blood or body-fluid spill; Keep people away from the area. Ensure the area is cleaned and disinfected thoroughly. Wear PPE - gloves, mask and apron whilst cleaning.</li> </ul>			
--	--	--	--	--	--	--	--	--

					<ul style="list-style-type: none"><li>• Anyone who has had close contact with individual that develops symptoms of COVID-19 (continuous cough, fever), should follow the advice on what to do on the NHS website.</li></ul>			
--	--	--	--	--	---	--	--	--

**This Risk Assessment must be reviewed by the Club Committee, and the contents understood by coaches prior to Club sessions commencing.**

**Prepared by: Niki Whitaker**

Signed:

*N Whitaker*

Date: 30.03.2021

**Risk assessment review:**

Name:

Signed:

Date:

Comments:

RISK RATING = Likelihood (L) x Severity (S)		HAZARD SEVERITY (S)				
		1	2	3	4	5
		<b>Negligible</b> Negligible injury, no absence from work	<b>Slight</b> Minor injury requiring first aid treatment	<b>Moderate</b> Injury leading to a lost time accident	<b>High</b> Involving a single persons serious injury/death	<b>Very High</b> Multiple serious injuries/death
1	<b>Very Unlikely</b> A freak combination of factors would be required for an incident / accident to result	LOW	LOW	LOW	LOW	LOW
2	<b>Unlikely</b> A rare combination of factors would be required for an incident /accident to result	LOW	LOW	LOW	MEDIUM	MEDIUM
3	<b>Possible</b> Could happen when accidental factors are present but otherwise unlikely	LOW	LOW	MEDIUM	HIGH	HIGH
4	<b>Likely</b> Not certain to happen but an additional factor may result in an incident/accident	LOW	MEDIUM	HIGH	HIGH	HIGH
5	<b>Very Likely</b> Almost inevitable that an incident / accident would result	LOW	MEDIUM	HIGH	HIGH	HIGH