

Burnham Harriers Covid-19 Risk assessment

Club name: Burnham on Sea Harriers

Assessment carried out by: Steve Dorrall - club secretary

Date of next review: 31 July 2020

Date assessment was carried out: 28 June 2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Covid-19: Possible infection to runners	Runners: Infection caught through contact with others who are Covid-19 positive (individuals may not be aware)	Guidance provided by England Athletics to return to club running to be followed: https://d192th1lqal2xm.cloudfront.net/2020/06/COVID-infographic2b.png . Virtual runs can also be planned and organised for runners who have concerns over meeting others whilst the pandemic remains. Postponement of club runs can also be enforced if a new lockdown is imposed or if social distancing measures are not observed during club runs.	Burnham Harrier members to follow guidance outlined by England Athletics. Where runners show symptoms, are shielding, isolating or feel generally unwell, they must not run.	Burnham Harrier members to follow guidance outlined by England Athletics. Where runners show symptoms or feel generally unwell, they must not run.	At each club run	
Club runs: social distancing	Possible infection from infected runners (individuals may not be aware) – inadvertent contact, close contact where social distancing isn't maintained.	Club runs will only be in groups of 6 maximum. Each running group to meet at a pre-determined bubble area at the Bay Centre car park e.g. next to Bay Centre, adjacent to football clubhouse, adjacent to court and so on. Groups will run at staggered times. Club run information to be posted on Harriers Facebook leading up to club run evenings. Seek to set runs routes where groups can spread or maintain social distancing throughout the run e.g. beach (tide permitting), Brent Knoll, or Brea as possible alternative running locations, or areas known to be quieter. Follow existing club run risk assessment for running safely, considering factors such as weather, traffic, other people etc: https://www.burnham-on-sea-harriers.com/wp-content/uploads/2018/07/BOSH-club-run-risk-assessment.pdf	Consideration should also be given to groups meeting and starting at different locations to reduce mass gatherings.	Run leaders	At each club run	

Club Runs Routine hazards	Injury and illness through common running incidents	All safety factors apply to runs in addition to the social distancing. Measures include running when fit; observe and create a suitable gap when running past other people and dogs; Observing traffic when crossing roads; Winter conditions will see routes run along street lit roads with members wearing hi-viz clothing and head or body lights; seek to run at a distance from others where possible (Current EA guidance still recommends 2m social distance between each runner). Seek to avoid touching of street furniture where possible e.g. gates, styles, lampposts etc, which may be touched inadvertently or requires touching to open or to climb. If items are touched, avoid touching the face and clean hands and earliest opportunity	Existing Harriers club run risk assessment			
Hygiene and infection control	Risk of infection through touching surfaces or others where contamination remains possible	Runners to bring their own hygiene materials e.g. sanitiser, if required. The Bay Centre is scheduled to open on 14 July, however, members to be aware of risk assessments and measures put in place by the Bay Centre to ensure that all hygiene, and social distancing measures are followed where use of the centre e.g. for toilet and hand washing is required.	All club runners	Runners to arrive in kit before run. Runners will need to arrive and depart in own vehicles (unless in family groups). Discussions either side of run to be socially distanced e.g. general conversation, route information etc		
Run routes	Injuries, slips and trips,	All runners to run in small groups, no more than 6-people in line with EA guidelines. Groups to monitor each other using social distancing. Where runners are struggling through injury or following an accident, support should be given to return back to Bay Centre, a suitable alternative collection point or medical assistance is sought. If a runner stops or peels off, make sure that they return to their end location safely.	Runners also run with mobile phones to raise the alarm for vehicle or emergency support.	Run leaders/club captain or vice-captain can set routes	On each club run	
First aid	Administering of first aid if required	Where possible ask the runner to self-administer and treat their injury. First aiders on the scene can provide support and interact with the casualty if assistance is required and is confident that the individual does not have Covid-19 following a dynamic assessment. Defibrillators situated at Apex, Yacht Club and on sea front if CPR is required. Runners to seek help though if injury or accident is serious and medical support is required	Runners also run with mobile phones to raise the alarm. Medical report to be completed upon return. Clean any blood or body fluids.	Runners with first aid qualifications	On each club run	

Leader meetings	Maintain running of club	Leader meetings to take place using virtual formats e.g. FaceTime, Zoom, Teams etc. Club committee/run leaders can decide to postpone runs if social distancing or measures to protect everyone's health is not maintained	Run leaders/club committee can review club runs to identify any changes or improvements.	Run Leaders and club committee	As and when organised	
Individual welfare	Individuals may be suffering with mental health issues e.g. anxiety, stress, personal issues caused by the lockdown	Club has welfare officers who can provide support. Services can also be identified to help individuals. NHS: https://www.nhs.uk/conditions/coronavirus-covid-19/ Mind: https://www.mind.org.uk/coronavirus-we-are-here-for-you/	All runners to support each other.	All club members, club committee, welfare officers.		
Thursday fitness sessions	Risk of infection from cross contamination of people or equipment used	No current plans in place to run Thursday evening fitness sessions until clearance given either from National Guidance, agreement by club and availability of facility (Highbridge Community Hall). Use of equipment and hygiene control to be factored when these sessions can resume.	Coaches/Thursday evening fitness leaders	Club Committee and dialogue with Highbridge Community Hall.	Until further notice	
Harriers Annual Club Races	Infection to other people as races promote mass gatherings of runners, spectators and officials	Pawlett Plod race scheduled for July 2020 has been cancelled and will resume in 2021. Burnham half marathon (October) and Brent Knoll races (November) are still under review, following England Athletics and Public Health/National Guidance. Decisions on whether the races will run will be made by club committee.	Club committee to make decisions on whether the half marathon and Brent Knoll in 2020 is viable.	Club Committee	Mid July	
New Members	Visitors, invited runners, new members	New members and interested runners welcome to attend but must obey the social distancing measures outlined above for club runs. Membership to be completed by way of online application, located on the Harriers website and direct payment. Details on Harriers Facebook. Club does not require payment of subs to run on club evenings, so no money exchange required. Payment for club kit should also be made by direct payment through club shop (SCS).	New members to be given guidance upon arrival to club runs and set up.	Club Committee	At any time	

Risk Assessment shared and viewed by (and date):