

# 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 2022

Date assessment was carried out: 2 January 2022

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)	<p>Guidance continues to be posted on the England Athletics site: <a href="https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021">https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021</a>.</p> <p>There are no immediate restrictions in place for organised club runs, although variants and changing guidance may enforce run limitations.</p> <p>Runners are encouraged to keep aware of ongoing guidance. If they feel unwell or show Covid symptoms they must not run.</p>	Burnham Harriers would encourage all members to gain the Covid vaccinations and boosters. Lateral Flow tests can be taken prior to a run as well to help identify whether they could be Covid positive.	All Burnham Harrier members that attend club runs or organised races.	At each club run	
Club runs: Covid procedures	Possible infection from infected runners (individuals may not be aware) – inadvertent transmission from an asymptomatic individual.	<p>Club runs are organised by way of groups that run at predetermined pace e.g. 8-minute/9-minute miles, speed session etc. Groups meet at the Bay Centre, but sessions are also organised at independent locations (e.g. Sea-front, Brent Knoll etc) depending on the run type that has been planned by a run leader. Groups set off at staggered times and run leaders will post their planned runs on the Harriers Facebook page allowing members to select the run they wish to attend. Runners can run with gaps between their colleagues where airborne particles are exhaled, limiting transmission.</p> <p>All members should follow the existing club run risk assessment for running safely, considering factors such as weather, traffic, other people etc:</p> <p><a href="https://www.burnham-on-sea-harriers.com/wp-content/uploads/2018/07/BOSH-club-run-risk-assessment.pdf">https://www.burnham-on-sea-harriers.com/wp-content/uploads/2018/07/BOSH-club-run-risk-assessment.pdf</a></p>	Runners should not attend if they feel unwell before a club run, or seek to withdraw if they feel unwell during a run. Club runs are organised at staggered times and different locations to reduce mass gatherings.	Run leaders can identify anyone with concerns to provide support. Runners are welcome to wear face coverings should they wish to.	At each club run	

Club Runs Routine hazards	Injury and illness through common running incidents	<p>All safety factors apply to runs in addition to the issues generated by the Covid pandemic. Standard 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; runners may seek to run at a distance from others where possible.</p> <p>Runners may seek to handwash e.g. with a personal hand sanitiser before and after a run if they have touched street furniture whilst on route e.g. gates, styles, lamp posts etc.</p> <p>First aid provision should be considered either by a qualified first aider or nearest first aid point in the event of an accident.</p>	Existing Harriers club run risk assessment	Run leaders will communicate any potential hazards, but all runners need to observe hazards when running.		
Hygiene and infection control	General protocols to help reduce Covid transmission	Runners can bring their own hygiene materials e.g. sanitiser, if required. Where access to the The Bay Centre is available, runners can hand wash in this venue, but will need to follow Covid procedures set by the venue including the wearing of a face covering when inside the building.	All club runners	All runners - personal choice to bring pr seek access to hand washing products		
Run routes	Injuries, slips and trips,	Current guidance does not put a limit on run groups, but run leaders can specify a maximum group number for safety reasons. Runners can identify their preferred run by way of the pace or route that has been planned by the run leader. If a runner suffers an injury or is struggling they should inform the run leader and seek assistance if required, or let the run leader know of their intentions, e.g cut the run short, return home or to a place of safety. The individual should let colleagues know that they have safely reached a secure location.	Runners also run with mobile phones to raise the alarm for vehicle or emergency support.	Run leaders set routes. Runners involved in an incident or accident.	On each club run	
First aid	Administering of first aid if required	First aiders on the scene can provide support and interact with the casualty if assistance is required. If there are concerns re Covid the first aider can encourage the injured party to self-administer their injury. Defibrillators situated at Apex, Yacht Club and on the seafront if CPR is required. If the injury is serious and additional medical support is required, the running group should call 999.	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. Communication regarding weekly club runs are posted on Facebook each week so members can identify what runs are planned and where. Runs can be cancelled if there is a lack of interest or the pandemic causes new restrictions.	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: <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a> Mind: <a href="https://www.mind.org.uk/coronavirus-we-are-here-for-you/">https://www.mind.org.uk/coronavirus-we-are-here-for-you/</a>	All runners support each other.	All club members, club committee, welfare officers.		
Thursday fitness sessions	Runners participating in fitness sessions, transmission may occur within an indoor environment.	Thursday evening fitness sessions have yet to resume owing to the ongoing pandemic. When a decision is made by the club to resume fitness sessions, it will be subject to current Covid guidance for indoor venues (e.g. Highbridge Community Hall) together with procedures set by the hall. Use of equipment, wearing of face coverings and hygiene control need 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, Burnham Half and Brent Knoll races are planned to take place in 2022, but will be subject to availability of the BASC (Burnham half and Brent Knoll). as well as existing Covid guidance set by England Athletics, Government, Public Health. Decisions on whether the races will run will be made by the club committee.	Club committee to make decisions on whether club races are feasible based on HQ availability, restrictions set by the pandemic.	Club Committee	Mid July	
New Members	Visitors, invited runners, new members	New members and interested runners are welcome to attend but must follow the guidance and instructions set by the run leader before setting off. New runners will be encouraged to obtain membership so they can gain EA insurance cover, otherwise, they'll run at their own risk. Membership applications can be completed by way of the Harriers website and direct payment. There are no sub payments required for club runs. New members will be expected to purchase kit if they intend to enter EA registered races. Details on kit orders and payment available through the Harriers website: <a href="https://www.burnham-on-sea-harriers.com/membership/kit-order/">https://www.burnham-on-sea-harriers.com/membership/kit-order/</a>	New members to be given guidance upon arrival to club runs and set up. Information available on Harriers website and Facebook or by email - <a href="mailto:BurnhamHarriers@gmail.com">BurnhamHarriers@gmail.com</a>	Club Committee	At any time	

**Risk Assessment shared and viewed by (and date):**