

Risk Assessment: Hamilton Harriers running training sessions

Date:	Assessed by:	Location :	Review :
27/09/20	Laura Farquharson	Strathclyde Park	

N.B. The following two examples are not specific to any venue or activity.

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
Increasing the risk of transmitting COVID 19 virus by coming into contact with training equipment.	Athletes, Coaches.	<ul style="list-style-type: none"> Equipment stored in allocated area and handled by only the coach in each training group. 	L	<ul style="list-style-type: none"> Ensure all equipment is disinfected prior to and after use. 	L	Coach/ COVID co-ordinator.	<i>n/a – not currently using equipment.</i>	<i>n/a</i>
Large gatherings of athletes increasing the risk of transmitting COVID 19 virus.	Athletes, Coaches, General public.	<ul style="list-style-type: none"> In accordance with government and SA guidelines group sizes will be kept to a maximum of 8 with social distancing measures in place. 	L	<ul style="list-style-type: none"> All athletes have knowledge of allocated group prior to training sessions. 	L	COVID co-ordinator/ coaches.	01/09/20	01/09/20
In the case of an emergency situation, CPR may have to be performed.	As above.	<ul style="list-style-type: none"> Communicate latest SA guidelines with athletes re procedure should this situation occur. 	M	<ul style="list-style-type: none"> Consider allocating named first aider(s) to reduce risk of transmission. 	L	COVID co-ordinator/ committee.	01/09/20	01/09/20

Increasing the risk of transmitting COVID 19 virus by coming into contact with athletes outwith allocated group during stretching/warm up/training sessions.	As above.	<ul style="list-style-type: none"> Considering potential outdoor spaces/alternatives that would allow appropriate social distancing measures. Rotate sessions in said areas to allow distancing. 	L	<ul style="list-style-type: none"> Consider staggering session start times. Consider completing warm up exercises alone at home prior to attending group training session. 	L	COVID co-ordinator/ Coaches.	01/09/20	01/09/20
Symptomatic athletes attending training.	As above.	<ul style="list-style-type: none"> Communicating to all athletes the importance of remaining at home if experiencing recognised symptoms in line with government guidelines. Keep record of all athletes contact details. 	L	<ul style="list-style-type: none"> Complete further symptom check on arrival at venue. Keep attendance record for TTI purposes. 	L	As above/ Individual athletes.	n/a – ongoing procedure for every session.	n/a
Running in poorly lit and remote areas.	As above – risk of injuries from falls and runners becoming isolated in poorly lit areas.	<ul style="list-style-type: none"> All athletes have been allocated to a training group suitable for their abilities to ensure they do not become isolated when running. 	L	Consider moving location of training sessions to better lit areas during the darker evenings.	L	Coaches	12/10/20	