

## Risk Assessment: Hamilton Harriers running training sessions

<b>Date:</b>	<b>Assessed by:</b>	<b>Location :</b>	<b>Review :</b>
12/07/20	Laura Farquharson		

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"> <li>Equipment stored in allocated area and handled by one individual.</li> </ul>	L	<ul style="list-style-type: none"> <li>Ensure all equipment is disinfected prior to and after use.</li> </ul>	L	Allocated individual/ COVID co-ordinator.		
Large gatherings of athletes increasing the risk of transmitting COVID 19 virus.	Athletes, Coaches, Venue staff, Other venue users.	<ul style="list-style-type: none"> <li>In accordance with government and SA guidelines group sizes will be kept to a maximum of 15 individuals from 5 households.</li> </ul>	L	<ul style="list-style-type: none"> <li>Athletes will be divided into groups and made aware of same prior to training session.</li> </ul>	L	COVID co-ordinator/ coaches.		
In the case of an emergency situation, CPR may have to be performed.	As above.	<ul style="list-style-type: none"> <li>Communicate latest SA guidelines with athletes re procedure should this situation occur.</li> </ul>	M	<ul style="list-style-type: none"> <li>Consider allocating named first aider(s) to reduce risk of transmission.</li> </ul>	L	COVID co-ordinator/ committee.		

			H		L		
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"> <li>Considering potential outdoor spaces/alternatives that would allow appropriate social distancing measures.</li> <li>Rotate sessions in said areas to allow distancing.</li> </ul>	L	<ul style="list-style-type: none"> <li>Consider staggering session start times.</li> <li>Consider completing warm up exercises alone at home prior to attending group training session.</li> </ul>	L	COVID co-ordinator/ Coaches.	
			M		L		
			H		L		
Symptomatic athletes attending training.	As above.	<ul style="list-style-type: none"> <li>Communicating to all athletes the importance of remaining at home if experiencing recognised symptoms in line with government guidelines.</li> <li>Keep record of all athletes contact details.</li> </ul>	L	<ul style="list-style-type: none"> <li>Complete further symptom check on arrival at venue.</li> <li>Keep attendance record for TTI purposes.</li> </ul>	L	As above/ Individual athletes .	
			M		L		
			H		L		

<p>Transmission of COVID 19 virus via touch points at venue.</p>	<p>As above.</p>	<ul style="list-style-type: none"> <li>• Toilets will be operating on a one in/one out basis which must be adhered too.</li> <li>• Showering/changing facilities will remain closed.</li> <li>• Toilets will be cleaned regularly by venue staff.</li> <li>• Hand sanitiser will be available at venue.</li> </ul>	<p>L</p>	<ul style="list-style-type: none"> <li>• All athletes will have to take individual responsibility to clean surfaces after use. Venue will supply required sanitiser.</li> <li>• Keep record of hand hygiene carried out at beginning and end of sessions.</li> </ul>	<p>L</p>	<p>As above/venue staff.</p>		
			<p>M</p>		<p>L</p>			