

Risk Assessment: QRC Road Running during Covid-19 pandemic

Date:	Assessed by:	Location :	Review :
24/06/2020	Nicola Smith	QRC	24/12/2020

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Spread of Covid-19 Coronavirus	Run leader, Runners, General public who may come into contact with running groups	<ul style="list-style-type: none"> Weekly club runs 	H	<ul style="list-style-type: none"> Remind all members of current social distancing rules prior to each planned QRC run, not to attend if unwell and follow PHE advice Run leaders to plan routes to aim to minimise the risk of runners interacting with and minimising social interaction with the general public and other run groups Planning run groups to be no larger than 6 runners including the leader, if extra people turn up for a run they are to be turned away Avoiding starting runs with different groups at the same time and place Avoiding routes that would involve touching barriers such as stiles and gates Ask people not to arrive early 	L			

				<p>for a run and to remain in their vehicles or away from others until the planned start time</p> <ul style="list-style-type: none"> • At the end of a run to encourage all runners to leave and not stay around the finish area to talk • Advise no facilities are available to meet indoors including changing facilities and toilets • Remind runners to wash their hands before setting off the run and wash them immediately on their return to their home 				
Injury or illness occurring during a group run	Risk of spread due to close interaction with an ill or injured runner	<ul style="list-style-type: none"> • Run leaders to plan routes to avoid risk of injury and risk assess as usual • Run leaders to carry mobile phones at all times 	M	<ul style="list-style-type: none"> • Runners to provide or have available emergency contact details if needed during the run • Runners to confirm they are free from symptoms prior to attending a run and that also nobody in their household is displaying any symptoms • If runners become unwell or injured where assistance from a 3rd party is deemed essential then to call 999 	L			