

Bideford AAC Running Group Risk Assessment



Assessment Undertaken By: Bideford AAC Harriers

Date: 17/05/2021

Signed: Bideford AAC Harriers committee

Review Date: Harrier's Committee meetings

Hazard/concern?	Severity - Risk	Likelihood	People at Risk	Controls
	Low - Small or insignificant risk	Low	List groups who are at risk from significant hazards	Adequately controlled/action plan required
	Medium	Medium		
	High - Significant risk	High		
Social distancing - members remaining at least 1m plus apart from each other	Low	Low	Members	Maximum of 30 runners per group with a coach/leader to runner 1:12 ratio
	Low	Low	Members	Maximum of 30 runners at any one time at the clubhouse
	Low	Low		Minimum 10 minute gap between groups starting
	Low	Low	Members	Members to avoid facing one another
	Low	Low	Members	Members to remain 1m plus from one another when running
	Low	Low	Members	PPE such as face coverings may be worn by individual members if they consider it appropriate. This is not a replacement for social distancing measures
	Low	Low	Members	Members must not share food, drink, clothing or other items between one another at group runs or in the clubhouse
Bideford AAC clubhouse access	Low	Low	Members	Members not to enter clubhouse unless absolutely necessary
	Low	Low	Members	Members not to use clubhouse hall/equipment without a prior booking
	Low	Low	Members	On entering the clubhouse, you must wear a face covering and use the hand sanitiser
	Low	Low	Members	Members must sign in to the clubhouse and/or check in using the NHS QR code poster with the NHS COVID-19 app
	Low	Low	Members	No shower or changing room facilities at the clubhouse
	Low	Low	Members	Toilet available for use with clearly marked walkway
	Low	Low	Members	Toilets cleaned regularly and touch points sanitised
	Low	Low	Members	No personal belongings to be left at the clubhouse
	Low	Low	Members	Members not to linger at the clubhouse for socialising, access for toilet facilities or prior bookings only
	Low	Low	Members	Hand sanitiser widely available throughout the clubhouse
	Low	Low	Members	Members using clubhouse facilities such as the toilet must wash their hands for a minimum of 20 seconds afterwards
Social distancing - members remaining at least 2m apart from the public	Low	Low	Members and public	Members to remain 2m from members of the public when running whenever possible
	Low	Low	Members and public	Running routes to be planned to avoid areas where there is a heightened risk of close contact with members of the public
	Low	Low	Members and public	Members to be polite and respectful of members of the public at all times
Members contracting COVID19	Medium	Low	Members and public	Social distancing measures in place (see above)
	Medium	Low	Members and public	If a member tests positive, has any COVID-19 symptoms or has been in contact with anyone who does, they must not attend sessions or enter the clubhouse
	Medium	Low	Members and public	Members to book into runs and provide contact details for Track/Test and Trace
	Medium	Low	Members and public	If a member tests positive, develops any COVID-19 symptoms or has been in contact with anyone who does, they must inform the group leader(s) of any runs they have participated in within the last 7 days and fill in the UKA Report Form
	Medium	Low	Members and public	If a member is self-isolating following government guidelines/NHS Test and Trace, they must inform the group leader(s) of any runs they have participated in within the last 7 days and fill in the UKA Report Form
Group run attendance	Low	Low	Members and public	All members will be booked into runs by groups leader for Track and Trace (after 21 days details will be destroyed, see the Bideford AAC Privacy Policy).
	Low	Low	Members and public	Members not to attend if they have returned from travelling abroad, follow government self-isolation guidelines before coming to a group run. If self-isolation is not required, please allow 48 hours before returning
	Low	Low	Members and public	All 6pm group runs led by a nominated group leader
	Low	Low	Members and public	No more than 30 members to meet at the clubhouse/same location at one time, minimum 10 minute gap between each group starting. Each group to use separate routes and maintain a coach/leader to runner 1:12 ratio

Revisions:

17/05/2021
27/10/2020
13/10/2020
24/09/2020
12/08/2020

Government Guidelines update
Test positive added
Amendment to run bookings
Government Guidelines update
First version