



Todmorden Harriers Risk Assessment – Covid 19

Date of Assessment – 22nd July 2020

Assessors(s): Stuart Wolstenholme (Club chair), Katie Fairless (Covid co-ordinator)

Purpose of Assessment

Todmorden Harriers are committed to ensuring that all activities arranged and carried out on their behalf are safe for all involved. The purpose of this risk assessment is to inform everyone of the best way to prevent and slow down transmission and to help protect themselves and others from the risk of infection.

This risk assessment should be used in addition to other risk assessments currently in place.

If any advice is required, then please speak to the club chairman, or your run leader.

This risk assessment should be reviewed on a regular basis to ensure it is still in line with current government guidance.

Coronavirus – Covid 19

Coronavirus disease (COVID-19) is an infectious disease. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

All up to date information and guidance will be published when available on the club Website/Forum/Facebook page. If you do not have access to social media, please let the club chairman know and other forms of communication will be put in place.

Risks

Transmission of infection from person to person or surfaces touched

Person(s) at Risk

Group leaders, participants, general public

Risk Control Measures

- All participants must have completed a Todmorden Harriers Participation Form before attending any Club activity (this need only be completed once). All participants are required to follow the guidance detailed on the Participation Form in relation to health self-assessments. All participants are required to undertake a self-assessment before attending each Club activity.
- Activity organiser will aim to ensure carpark facilities and meet points are large enough to allow for social distancing, if this is not possible then all participants are to wear face coverings (i.e. face mask, buff) at location meet points prior to the start of the walk/run, this can be removed once the walk/run has commenced and social distancing can be met.
- The club shall follow the guidance set by England Athletics. This includes guidance for travelling to and from sessions set by the club during tiered restrictions set by the government. Currently (18/12/2020) Calderdale is in under Tier 3 guidance. This means that anyone over the age of 18 living in a Tier 3 area can travel within their own specific Tier 3 area to train or compete. Over 18s cannot travel into another tier 3 area or a tier 1 and 2 area to compete or train.
- All involved (Group leaders, participants) are advised to follow current government guidelines and remain at home if they; display any symptoms, have been advised to self-isolate due to contact with an infected person(s) or someone in their household is showing symptoms. Club runs should not be attended until after the recommended 14 days isolation period.
- As per government guidelines, all participants names and contact details should be kept on file for a minimum of 3 weeks to aid the governments 'Track and Trace' system. In the event a person advises they are infected, the 'Track and Trace' guidelines should be followed and all in relevant group should be informed and advised to seek further guidance from a Medical Professional.
- All participants to be reminded of good hand washing as per government guidelines, this is to be completed prior to attending sessions.
- All to maintain social distancing (current guidelines advise 2m apart at all times)
- Each group to run/walk different routes or stagger start times
- Routes should be planned by the group leader prior to starting, where possible quieter roads/routes should be used to reduce unnecessary interaction with the public
- If during a run the group is approaching members of the public, if possible, the group should maintain social distancing and move to the side to allow the member of the public to pass. Once passed the walk/run can be resumed.
- All Group leaders to carry mobile phone with them at all times, ensuring they have the relevant Todmorden Harriers emergency contact numbers stored in their phones.



- First aiders to consider the risk of transmission, if minor first aid is required, this should be self-administered, if this is not possible then minimum treatment should be carried out, using a face covering (both first aider and injured party) and gloves (All group leaders to carry gloves), until further medical help arrives. All incidents should be reported to the club chairman.
- All participants must refrain from sharing of water bottles/sustenance
- All participants must maintain good hygiene practices throughout the run by using tissues etc and disposing of them in the correct manner. Participants must refrain from clearing nose, spitting etc to prevent spread of infection.
- All participants to carry alcohol hand gel. If during a walk/run a group is required to touch any surface; i.e – gate, stile then the whole group must stop, once all are ready the whole group must disinfect their hands before resuming.
- Once the activity is complete participants must be encouraged **NOT** to socialise and to ensure that following activity hands are washed as per government guidelines.
- If a participant becomes unwell and is advised by a medical professional that they have symptoms of COVID -19 in the 2 weeks following attending club activities, they must inform the club chairman.

If you have any questions or require any more information in relation to Covid-19 and club activities, please contact a member of the club committee or speak with your group leader.

Signed –

Date –

Contact details – Stuart Wolstenholme – 07721 432378