

Stockport Harriers & AC

COVID 19 Exclusive/RISK ASSESSMENT - COVID SECURE

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe, or fatal.

Purpose of document	TO ENSURE EA COMPLIANT COVID SECURE ENVIRONMENT BOTH WITHIN AND OUTSIDE WOODBANK TRAINING FACILITY	APPLICABLE TO ALL GROUPS TRAINING AS/WITH STOCKPORT HARRIERS & AC Members & Non Members
Date range	From 19 th August 2020 until further notice	The protocols advised in this document may be retracted with minimal or no notice according to government advice.
Scope of document	All interested parties must familiarise themselves with this document and must opt into the specified procedures and protocols. Read and receipt must be acknowledged via member mojo	ALL Athletes/Parents/Coaches/Volunteers/Spectators (Spectators only applies to those withing the gated track environment). This document does not allow for protection of those vulnerable individuals who are advised to remain as shielding.

Any activity can only take place if all criteria remain as low risk. All control measures are mandatory.

All individuals participating in any activity must complete the athlete risk assessment this should be sent to rarunstockport@gmail.com this is a governing body requirement.

All training groups must keep a contact log of all individuals who attend the sessions. This must contain up to date contact information and be on the standard format document provided.

For sessions at Woodbank Track Facility **ALL** attendees must add their name and contact information to the document. This must be sent immediately after the session to runstockportregisters@gmail.com A photograph of the sheet is preferred. This will be kept for no more that 21 day at which time it will be deleted. This is to enable swift response to requests for contact information in the event of any cases of infection by Covid 19. This is a governing body requirement.

Participants have a responsibility to **avoid any social contact** if they or anyone in their household have experienced any of the Covid 19 symptoms as stated by WHO https://www.who.int/health-topics/coronavirus#tab=tab_3

Potential Hazard	Risk	Initial Risk assessment rating			Control measures introduced to control or eliminate risk	Rating after control measures implemented		
		Low	Med	High		Low	Med	High
Unauthorised entry to facility	Increased risk of spreading Coronavirus amongst athletes/Coaches using facility			x	Ensure adequate signage both to prevent accidental entry and educate and inform the public regarding usage. Ensure gate is secured or monitored at all times during use. Any/All individuals entering the gated facility must sign the contact registration document.	x		
Possible transmission of virus due to congregating whilst waiting for session to start	Risk of transmission whilst congregating outside gate for start of session. Congregating before and after sessions is prohibited. Note: Athletes/parents should not enter beyond the spectator area until the coach arrives, to reduce crossover between sessions. Spectators should view from the spectator area, this is the area now expanded to include the benches adjacent to the barrier.		x		Ensure all athletes/parents can access facility as they arrive and wait in the spectator area prior to start of session.	x		

Possibility of transmission of virus between individuals	Chance of infecting others			x	<p>Named individual to cleanse bolt and padlock prior to contact when opening.</p> <p>All persons should maintain minimum of 1 metre from all railing/fences leaning on these should be avoided. If surfaces are touched they should be wiped.</p> <p>All participants to complete and submit athlete risk assessment</p> <p>All participants to complete 1:1 check in prior to session, satisfactory completion of symptom checker.</p> <p>Social distancing to be observed at all times at minimum 2m.</p> <p>Hand sanitiser to be available at entry/exit point.</p>	x		
				x	<p>Online booking to ensure maximum capacity observed, currently 5 groups of 1:12. U18 or 15 for Seniors.</p> <p>It will be possible for these small groups to train within the same session as long as strict adherence to base points and social distancing is maintained.</p> <p>Lead coach must opt in and volunteer to take responsibility for each session and ensure all protocols and policies are adhered to, one named individual for each full session. Care should be taken to ensure access and exit areas are kept clear at changeover. Group entering should enter via gate and</p>	x		

					<p>wait in one-way entry system until previous group are clear. 2m social distancing should be observed at all times.</p> <p>One-way system should be observed. Allocated bases should be observed as should lane adherence. Currently only alternate lanes may be used.</p>			
	Wheelchair racing athletes			x	<p>Athletes may need to be accompanied to allow reduced contact time at entry points to park, this assistance must be from within the athlete's household. Use of hand sanitiser necessary at gate points before and after contact. Track facility gate will be opened to allow easy access at booked time slot. If accompanied for additional support once all tasks are complete, the assistant should return to their vehicle for duration of session. All equipment to be cleaned on arrival and before use on track.</p>			
				x	<p>Safeguarding will require an adult from the same household to accompany & remain to supervise any minors participating in 1:1 training to ensure safe working practices are observed and treatment can be given in the event of any emergency.</p> <p>Suspension of one way system to allow access to track. One athlete</p>	x		

					in/out through the tunnel at any given time			
	Jumps and facilities https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings			x	Athletes should ensure hands are washed/sanitised prior to each jump. Updated guidance in relation to Jumps. For vertical jumps; high jump and pole vault, the mat can now be cleaned in line with manufacturers and government guidance before and after each group of up to 12 athletes/ users . For horizontal jumps, sand pits, the landing pit can now be fully cleaned by turning and raking of sand before and after each group of up to 12 and raking between each individual athlete/user (updated 4 Aug) .	x		
	Warm up			x	With the exception of wheelchair racing all warmups should be completed outside of the track facility to allow best use of limited track access.	x		
				x	Control entry to facility – One-way system to be implemented and observed	x		
				x	One hour/2-hour timeslots allocated	x		
	Contamination from infected surfaces			x	Ensure hand sanitiser available for use on arrival. Prohibit touching of surfaces where possible. Ensure any areas used are thoroughly wiped with disinfectant post use.	X		
	Use of main toilets			x	During Covid secure phase prohibit use of main toilets.	X		

					Disabled toilet only for use by request in an emergency, ensure all surfaces are wiped down after each use and the door is left open between use to allow air circulation. Ensure toilet seat/lid replaced before flushing. Do not use toilet immediately after previous user. Ensure cleaning sanitising materials available.			
	Use of clubhouse - Essential Staff only			x	General use prohibited; however, named volunteer must unlock clubhouse to ensure access to CPR equipment remains open for emergencies. Signage on door restricting access to the one named responsible individual.	X		
	Use of first aid room All coaches must have a plan in place for treatment of injury. All athletes must have first aid kit and PPE to ensure treatment can be given safely in the event of injury.			X	Must be available for emergency use but not casual use. Cleaned before opening and after use if used. Coaches must have a plan in place in case of accident or injury to any athlete.	X		
	Technical equipment			x	Technical equipment may be used as long as lead coach commits to ensuring all equipment wiped with disinfectant before and after use.	X		
	Weights room			X	Use of room and equipment prohibited until further notice	X		
	Equipment storage			x	Hurdles can be used by a coach and athlete (see technical equipment).	x		

					Throwing, athletes may use equipment as long as it is cleaned and distributed by lead coach, coaches and athletes should ensure equipment is used by only one athlete and cleaned after use when returned to storage.			
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Assessment completed by:	Name: Rebecca Knowles	Sign:	Position: Covid 19 Committee	Date: 19/08/2020
Checked by:	A J Dilkes		Secretary	19/08/2020
Document Review date:	Monthly or if guidance changes:	30 th August 2020		
Notes/Comments			Action by:	Date