

This Risk Assessment covers the risk control measures for specific activities and activity areas, to reduce the risk of cross contamination and spread of Covid 19, leading to potential health issues

Any activity not covered by this risk assessment is not to commence.

General Cross Contamination	All runners	CO	Runners reassurance regarding control measures are communicated via Frequently Answered Questions (FAQ) and risk control measures on website	At all times	On website
Outdoor Activity					
Group Runs - Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	All runners	CO	Athletics Guidance in accordance with England Athletics guidance	At all times	As detailed in Risk Assessment
		GL	England Athletics advises a register is taken to support NHS test and trace guidance.	At all times	Prior to session starting, via Whatsapp communication
		GL	Group Running numbers to be set so that social distancing can be maintained	At all times	Prior to session starting
		GL	Runners to follow current sanitisation guidelines before and after exercise	Pre and Post Run	Regular communication
		GL	Runners to be reminded of potential hazards on running route	Pre Run	As detailed in specific route risk assessment
Group runs - First aid and dealing with minor injuries	All runners	GL	Runners to be advised that any minor injury is their own responsibility	Pre Run	Prior to session starting
Spreading/ transmission of Covid-19 through contact with disease on a surface	All runners	GL	Runners to be notified of any potential issues	Pre Run	As detailed in specific route risk assessment
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	All runners	GL	Runners to maintain 2m social distancing for all activities, where possible	At all times	GL to remind runners prior to run