

Westbury Harriers Risk Assessment and procedure for groups runs

Venue: Group runs from various locations

Days: Any

Risk: Transmission of Covid-19

How the risk is mitigated

- Current [Government](#) guidance is followed
- Current [England Athletics](#) guidance is followed
- [Athletes](#) should be familiar with England Athletic guidance.
- [Coaches/Leaders](#) should be familiar with current England Athletic guidance.
- By following our Westbury Harriers small group run risk assessment and action plan.

The environment/session

- Run leaders and coaches use run routes which have been planned in advance. Taking into account, lighting, traffic, pavement width and areas that will be quiet.
- Runs will be modified or changed if during the run it is found the planned route is too busy or social distancing is proving difficult to safely maintain.
- Group runs take place in the BS9 and surrounding areas.
- The meet area is outdoors and allows runner to socially distance.
- Sessions all take place outdoors.
- No equipment is used.

Before the session

- Spaces at the session are booked in advance to manage participant numbers and the correct ratio of leader/coaches to runners.
- Guidance and procedures about Covid-19 are on the RunTogether group information, Westbury Harriers website and communicated to all participants attending the session via RunTogether.
- Wash hands/use hand gel before arrival.
- Runners are asked not to attend if unwell or displaying any covid-19 symptoms
- Runners are advised of this guidance and by attending they are accepting they will follow this guidance.
- Runners are made aware that their contact details can be passed on in line with the government track and trace condition.
- Individual medical guidance received must be followed. For example, for those who have medical conditions or have been advised by a medical professional.

Before leaving home

- Do not attend if you are unwell or have any Covid-19 symptoms.
- Follow all hygiene guidance including washing your hands regularly.

- Bring hand gel with you to use after the session.
- The meeting points have no toilet facilities or place to leave kit/drinks.

At the session

- Runners to arrive at the session individually or as part of their household bubble. Do not share transport.
- Any fees due for the session are collected through the RunTogether app.
- Social distancing to be maintained at all times from others in the group and the public.
- Runners must be mindful of the public at all times. Ensure it is safe to pass, give way to people, go in single file, stop and wait.
- Think before touching anything during the run. For example, pelican crossing buttons, gates or railings. Let the leaders/coach do this.
- When running ensure a staggered formation so you are not running directly behind someone. When overtaking, run wide on the outside maintaining social distance requirements.
- Ensure reflective kit/white tops and lights are worn when dark.

After the session

- Do not congregate, head home.
- Change out of kit as soon as practical.
- Wash kit (preferably at 60 degrees).
- A list of attendees at the session is kept via the RunTogether app.
- If you develop Covid-19 symptoms or test positive, follow government guidance and inform the Westbury Harriers Covid-19 officer.
- If you attend a session and subsequently test positive for COVID-19 you must complete the [UKA Covid-19 tracking form](#)

Other points

- In the event of an accident, coaches/leaders have a mobile phone on them.
- If physical contact of an injured person was required, appropriate Personal Protective Equipment (PPE) would be needed is carried by the run leader/coach.

Covid Secure environment

Requirements	How they are met
Covid-19 Officer is in place	Neil Miller
A venue/ environment must develop a COVID action plan and risk assessment	<ul style="list-style-type: none"> • Group run risk assessment in place. • Westbury Harriers has a general Covid-19 action plan and risk assessment.

<p>All activity must comply with Government guidance around social distancing before, during or activity.</p>	<p>The current guidance is sent weekly to all participants.</p> <p>Social distancing is included in the risk assessment for before, during and after the run session.</p>
<p>All clubs and coaches must capture pre-activity health questionnaires, including participant contact details which can be shared upon request with the government's Test and Trace initiative</p>	<ul style="list-style-type: none"> • Participants are asked in advance not to attend in they are unwell or have Covid-19 symptoms • RunTogether app stores contact details and any health information required to be shared with run leaders/coaches. • Before the commencement of the session participants are asked if there is anything coaches/leaders need to be made aware of in relation to their health. • A list of attendees at each session in kept via the RunTogether portal. • Participants are informed in advance that by attending the session their contact details can be shared upon request with the government's Test and Trace initiative
<p>Clubs, coaches and event managers must ensure everyone at the session maintains good hygiene and that provisions are in place to allow for this</p>	<p>Guidance is issued in advance of attending about good hygiene as detailed in this document.</p>
<p>Sessions that include children and young people under the age of 18 should be more meticulously planned to ensure their needs are catered for.</p>	<p>Under 18s do not attend these sessions</p>