

Westbury Harriers Risk Assessment and procedure for Interval sessions

Venue: Coombe Dingle University Sports Complex

Days: Thursday

Risk: Transmission of Covid-19

How the risk is mitigated

- Current [Government](#) guidance is followed
- Current [England Athletics](#) guidance is followed

The environment

- Coombe Dingle University Sports Complex is not open to members of the public. This is a closed environment which is booked in advance.
- Session take place on an several open, large fields where social distancing can be maintained.
- Participants at the session do not need to go indoors at any time.
- The only equipment used are cones, brought by a coach/leader.

Before the session

- Spaces at the session are booked in advance.
- An email is sent out to advise all people attending of the current onsite instructions, guidance and requirements.
- Wash hands/use hand gel before arrival.
- Numbers are limited to ensure the correct ratio of coaches/leaders to runners.
- 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.
- The only equipment taken is cones, these are cleaned effectively before use and only handled by one leader who brings them, puts them out and collects them in.
- Be aware that your contact details can be passed on in line with the government track and trace condition.
- Individual 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.
- You must inform the organiser if you test positive for COVID-19.
- Follow all hygiene guidance including washing your hands.
- Bring hand gel with you to use after the session.
- Be aware that changing facilities and toilets may not be open.
- Bring your own drink.

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.
- Runners are advised to only use the toilet if really necessary.
- Runners can use the car park.
- On arrival let the lead coach know you have arrived and set out on your warm up.
- Social distancing to be maintained at all times.
- Cones/lights used to mark the circuit are only touched by one coach/leader.
- Runners must not touch other participants drinks bottles or clothes.
- Members of the public are not allowed with the sports complex.
- 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.
- Any cones used are cleaned effectively.
- 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 site.
- First aid kit is located in reception.
- If physical contact of an injured person was required, appropriate Personal Protective Equipment (PPE) would be needed. Coaches/Leaders have this on site.

Coombe Dingle is a 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">• Coombe Dingle Sports Complex has issued its own Covid-19

	<p>guidance and has measures in place to reduce risk on site.</p> <ul style="list-style-type: none"> • Westbury Harriers has a Covid-19 action plan and risk assessment. • Westbury Harriers has a risk assessment specific to training at Coombe Dingle Sports complex
All activity must comply with Government guidance around social distancing before, during or activity.	The current guidance is sent weekly to all participants.
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	<ul style="list-style-type: none"> • Participants are asked in advance not to attend in they are unwell or have Covid-19 symptoms • 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. • 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
Clubs, coaches and event managers must ensure everyone at the session maintains good hygiene and that provisions are in place to allow for this	Guidance is issued in advance of attending about good hygiene as detailed in this document.
Sessions that include children and young people under the age of 18 should be more meticulously planned to ensure their needs are catered for.	Under 18s do not attend these sessions