

## Risk Assessment: SADAC Group sessions

Date:	Assessed by:	Location :	Review :
05 / 08 /20	Ryan Major (UKA Leader license-EXP 29/1/2023)	Open park areas, routes and tracks around Stroud	1 week after 1 <sup>st</sup> session

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Slips trips and falls	All participants	<ul style="list-style-type: none"> <li>• Check weather before activity and make decision on go ahead</li> <li>• All participants to wear appropriate footwear</li> <li>• All participants to follow group leader (GL) guidance at pre session brief.</li> <li>• Dynamic risk assessment to take place during activity</li> <li>• GL to carry mobile phone in case of injury</li> </ul>	M	<ul style="list-style-type: none"> <li>• Group leader to recce area before activity where possible</li> <li>• GL to be first aid trained where possible</li> </ul>	L			
Coach to athlete ratio	All participants Members of public Other running groups	<ul style="list-style-type: none"> <li>• As per EA guidance ratio of 5 participants to 1 coach only</li> <li>• A coach can carry out a coaching session with up to five participants and then coach another group of up to five participants after the conclusion of the first session</li> <li>• GL and coaches to start at different meeting points and stagger start times</li> <li>• Participants to explicitly arrive on time and leave as soon as session finishes to avoid socialising in groups and potential risks,</li> </ul>	M	<ul style="list-style-type: none"> <li>• 2 sessions with different groups of 5 participants to take place on different days to reduce exposure of GL to different people and risk of infection control.</li> </ul>	L			

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Collision with other participants or equipment	All participants Members of public	<ul style="list-style-type: none"> <li>Recognised coaching methods used</li> <li>Group supervision and control</li> <li>Group leader to have mobile phone</li> </ul>	L	<ul style="list-style-type: none"> <li>Group leader to dynamically assess throughout activity</li> <li>If GL has no phone at least one other member of group to have one</li> <li>1<sup>st</sup> aid trained GL if possible</li> </ul>	L			
People participating who are not eligible or medically fit	All Participants	<ul style="list-style-type: none"> <li>Ensure participants are eligible to participate – age, ability etc relevant to the session</li> <li>Ensure participants are medically fit to participate, enquire in sensitive and confidential manner</li> </ul>	L	<ul style="list-style-type: none"> <li>Group leader to assess throughout activity and signpost to relevant group</li> </ul>	L			
Spread of Covid-19 Coronavirus	All participants and members of the public Anyone else who physically comes in contact with other people in relation to your activity	<ul style="list-style-type: none"> <li>Social distancing to be followed at all times, those unable to keep to social distancing or unwilling to follow guidelines maybe excluded from activity. If large number of members of the public also using area (field/track session for example) decision to end session or different session to be made by GL</li> <li>Remind all participants to remain socially distanced after each effort or when waiting for other participants.</li> <li>Encourage participants to adopt good handwashing and sanitizing</li> <li>Also reminded to catch coughs and sneezes in tissues – Follow 'Catch it, Bin it, Kill it' and to avoid touching face, eyes, nose or mouth with unclean hands.</li> </ul>	M	<ul style="list-style-type: none"> <li>Participants to bring own hand sanitizer</li> <li>Routes with particularly narrow paths or walkways, canals for example, to be avoided where possible and quieter routes (e.g.off road) used where possible</li> <li>GL and coaches to start at different meeting points and stagger start times</li> <li>Participants to ALWAYS give way re social distancing to members of public</li> <li>Members should refrain from spitting at all times.</li> </ul>	L			

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		<ul style="list-style-type: none"> <li>All equipment (cones, etc) to be sanitized before and after each session and only handled by GL</li> <li>Pre session brief with all participants at start of every session.</li> <li>All participants to be asked about any Covid symptoms before session, if symptomatic not to participate and follow NHS guidelines</li> <li>All coaches and GL to complete a post run questionnaire including participants contact details if needed for track and trace</li> <li>Participants to not share drinks or food whilst taking part.</li> </ul>		<ul style="list-style-type: none"> <li>Members to be encourage to bring own sanitizer</li> </ul>				
Travel to/from training	Athlete, coach, general public, guardian	<ul style="list-style-type: none"> <li>Advise travel in separate household groups, arrive by own individual transport, walk or run to/from activity.</li> <li>Avoid/minimise use of public transport.</li> </ul>	M	<ul style="list-style-type: none"> <li>Carry/use face mask where deemed appropriate</li> <li>If driving please park where possible away from other parked vehicles or be aware of other people entering / exiting their vehicles. Maintain the social distancing.</li> </ul>	L			
Contact with contaminated surfaces.	Club members / public risk of infection when touching hands to mouth, eyes & nose.	<ul style="list-style-type: none"> <li>Limit the number of surfaces touched. If gates need opening have one person open and hold the gate for the whole group.</li> <li>Limit the touching of your face.</li> </ul>	M	<ul style="list-style-type: none"> <li>Maintain good respiratory hygiene – eg coughing into your arm / clothing</li> <li>Ensure good personal hygiene at all times. Use of hand sanitizer / gloves and hand washing where required.</li> </ul>	L			

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				<ul style="list-style-type: none"> <li>Encourage all runners to carry their own hand sanitizer.</li> </ul>				
Lack of normal venue and toilet facilities	Club Members not being able to use the toilet facilities at meeting points.	<ul style="list-style-type: none"> <li>Ensure that all members are informed that Archway is closed, and toilets are not available.</li> </ul>	L	<ul style="list-style-type: none"> <li>Ensure that members are made aware that they are representing SADAC and not to be anti-social</li> </ul>	L			