

Risk Assessment - Covid 19.

This Risk Assessment is solely for the benefit and use of Bedford Harriers AC members whilst engaged in published training/coaching sessions undertaken in the open air away from any stadia, leisure centre, school or any physical facility of a similar nature.

It should only be read in conjunction with the document entitled 'Action Plan for the return of coach lead, unlimited number, group training sessions' and the existing published running risk assessments that are available to view via; [Bedford Harriers Risk Assessments](#)

Covid 19 Risk Assessment

Calculation of risk				
(L) Likelihood	(S) Severity	Risk value (L x S)	(RR) Risk rating	(AP) Action priority
1 = Improbable	1 = Minor	21-25	Very high	A (high)
2 = Unlikely	2 = <3 day injury	16-20	High	B
3 = Occasional	3 = >3 day injury	11-15	Medium	C
4 = Frequent	4 = Major injury	6-10	Low	D
5 = Likely	5 = Death	1-5	Very low	E (low)

Risk/hazard	Persons at risk	L	S	RV	AP	Action to reduce risk	Person responsible for implementing action
Non-session specific							
Lack of awareness around Covid-19 risk factors and key Government/ England Athletics/ local guidance for limiting the spread/ transmission of the virus	Runners/ Members	2	5	10	D	Ensure members are aware of risk factors and communicate via email	Club management committee
Spreading/ transmission of Covid-19 through surface contact, e.g. gate catches, stiles	Runners General public	2	5	10	D	Communicate risk of transmission through surface contact to all members via email. Ensure coaches and members are aware of the need to avoid transmission by wiping surfaces with sanitising wipe prior to and after use	Club management committee Coach whilst session is in progress
Spreading/ transmission of Covid 19 through airborne medium by infected person, e.g. breathing in droplets/aerosol from exhalation, coughing, sneezing, perspiration	Runners General public	2	5	10	D	Communicate risk of airborne transmission by infected person, breathing in droplets from exhalation, coughing, sneezing, perspiration and the like, to all members via email. Include requirement to maintain social distancing of 2mts and to follow Government guidelines in respect of coughing and sneezing	Club management committee

Training/coaching session specific							
Spreading/transmission of Covid 19 between group members by airborne transmission	Running group members	2	5	10	D	Runners to maintain minimum social distancing as per current Government guidelines of 2mts. Follow Government guidelines in respect of coughing & sneezing to reduce the likelihood of airborne of transmission. Verbally remind running group members immediately prior to session start.	Coach
Spreading/transmission of Covid 19 between a group member/s to a member/s of the general public (and vice versa) by airborne transmission	Running group members General public	2	5	10	D	Group to cross to other side of the road if safe to do so, move to side of bridle path/footpath, slow to a walk or stop if necessary. Verbally remind running group members immediately prior to session start and instruct whilst session is in progress.	Coach
Spreading/transmission of Covid between group members by infected surface contact	Running group members	2	5	10	D	Group members should avoid touching gates, latches and the like, use minimal contact to negotiate stiles, kissing gates and the like. Contact surfaces to be wiped with sanitising wipes	Coach
Spreading/transmission of Covid 19 between a group member/s to a member/s of the general public by infected surface contact	Running group members General public	2	5	10	D	Group members should avoid touching gates, latches and the like, use minimal contact to negotiate stiles, kissing gates and the like. Contact surfaces to be wiped with sanitising wipes.	Coach
Spreading/transmission of Covid 19 between a group member and coach/group member/medical providers, during medical treatment,	Running group members Medical providers	3	5	15	C	Those attending the casualty should wear face coverings and gloves. Emergency services attending are likely to be wearing shields.	All medical attendees

by either airborne transmission or surface contact							
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