

Seaford Striders Running Club: Risk Assessment for use of running track valid from 2nd December 2020.

Intended Audience: All club runners to acknowledge they have read and understood

Potential Hazard: Transmission of Covid-19

Action Required:

Before setting out on each track run all runners and run leaders will confirm they do not have symptoms and have not been in close contact with anyone who has had symptoms within 14 days. Contact details for each runner in the group prior to setting off to facilitate Track and Trace if required.

Potential Hazard: Covid-19 Symptoms diagnosed within 14 days after a group run

Action Required:

The affected person will be required to complete the online England Athletics reporting form and to email secretary@seafordstriders.org.uk to enable the other runners to be informed. Both actions are required to be undertaken as soon as possible after the positive diagnosis.

Potential Hazard: Risk of Falling/Slipping on slippery surface

Action Required:

Remind runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them.

Potential Hazard: Taking part in a group that is beyond capability

Action Required:

Group Leaders to summarise the track exercises to be undertaken, so participants can check whether they feel the exercises are within their capability.

Potential Hazard: Failure of floodlights on dark evenings

Action Required:

If the floodlights cut out during training all participants are to leave the track unless there is a safe level of ambient lighting to enable participants to continue. Participants to follow the instructions from their Group Leader.

Potential Hazard: Very Hot Weather

Action Required:

Advise runners to wear kit appropriate to conditions. Take water. If conditions are extreme run to be postponed/cancelled at discretion of Group Leader. Remind runners to use high factor sun cream.

Potential Hazard: Cold Weather

Action Required:

Members encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by Group Leaders if conditions are considered dangerous.

Potential Hazard: Asthma

Action Required:

Advise runners to let Group leader know if they suffer from asthma. Asthmatics must always carry inhalers. Asthmatics should not run if they are suffering badly or if they fear an asthma attack is

imminent. The decision whether to run or not is left to the discretion of the individual but they must accept that they run at their own risk.

Potential Hazard: Other Medical Conditions

Action Required:

To be advised to Group leader. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.

Potential Hazard: Accidents caused by bumping or jostling

Action Required:

Runners to run carefully and responsibly keeping a sensible distance between themselves and the runner ahead of them. Runners are required to maintain social distancing at all times.

Potential Hazard: Participant becomes ill during the run

Action Required

It is recommend that all runners carry ICE (in case of emergency) contact details and also carry their mobile phones, particularly if the run is off road. Please note that England Athletics require that social distancing should be maintained even if you need to assist a fellow runner.