



Risk Assessment: Portsmouth Joggers Club Group Training Covid-19

Date: 8 September 2020

Assessed by:

Simon Evans

Review:

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What can be done to control the risk?	Resultant risk rating	Target Date
Respiration of airborne particles from club members / public	Club members / public breathing in contaminated airborne droplets and developing Covid-19	<p>Limiting the group to 12, with all members continuing to observe social distancing protocols (2m) at all times.</p> <p>All groups will be pre-booked via our booking system and those not booked will be turned away unless it is safe to add their details and include them safely in a group without exceeding maximum numbers. The booking system is only booking in 11 people, in case of events such as this.</p> <p>The groups should either run different</p>	High	<p>The route for the run should be designed beforehand and the use of "quiet" routes / where possible to reduce unnecessary interactions with other members of the public.</p> <p>Limit the time at the start and end of the run where the group (max 6) congregate and Socialise.</p> <p>Use club Facebook page to indicate potential numbers attending.</p> <p>Members should be conscious of not breaking the 2m distancing whilst running.</p> <p>Members should refrain from spitting at all times.</p> <p>Face coverings strongly recommended pre and post run.</p>	Medium	

		<p>routes or stagger the start times.</p> <p>If a club member feels unwell and has any of the symptoms of Covid-19 they should remain at home.</p>		<p>Where possible groups should be comprise of runners of a similar pace and ability to reduce the requirement for loopbacks which cause the group to gather together and cross the paths of each other in close proximity</p>		
Contact with Contaminated surfaces.	Club members / public risk of infection when touching hands to mouth, eyes & nose.	<p>Limit the number of surfaces touched. If gates need opening have one person open and hold the gate for the whole group.</p> <p>Limit the touching of your face.</p>	Medium	<p>Maintain good respiratory hygiene i.e. coughing in to arm /clothing.</p> <p>Ensure good personal hygiene at all times. Use of hand sanitiser and washing hands</p>	Low	
Exposure whilst travelling to and from training.	Club member's potential to be exposed to respiratory particles in a vehicle.	Members should travel to and from the session separately from others who are not part of their household	Medium	Where possible members should run/walk or cycle to the session.	Low	
Parking at the meeting venue	Club members / public being within the 2m social distancing guideline.	Try to walk/run or cycle to the meeting point	Medium	If driving please park where possible away from other parked vehicles or be aware of other people entering /exiting their vehicles. Maintain the 2m distance.	Low	
First aid / Emergency	Club members having a requirement	Ensure that at least one member of the	Medium	If minor first aid is required this should be self-administered	Low	

protocol	for either minor or major first aid.	group has a mobile phone in case of an emergency. Always ring 999 if required.		by the injured party where possible If help is required then limit the amount of close contact and touching to a minimum. Ensure the other group members continue to observe social distancing.		
Lack of usual Facilities	Club members not being able to use the toilet facilities at the meeting place	Club members should be informed that Lakeside buildings and their toilets remain closed	Medium	Ensure that club members do not enter buildings and adhere by the regulations at all times	Low	
Lack of usual indoor meeting places	Club members not being able to congregate inside the building or take shelter in inclement weather	Meeting within the car parks of Lakeside separated into individual groups	Medium	Ensure that Covid monitors are in place during initial meeting periods to enforce the separation of groups. Staggered start times if needed to assist in separation	Low	
Sharing of water bottles	Club members could cross infect each other if personal water bottles are shared between members	Asking club members to bring water/electrolyte fluids in containers on hot days.	High	Insisting that club members do not share or offer to share water bottles with each other during runs. Asking all club members to bring water in their own personal containers.	Low	
Speed work / circuits	Club members run shorter routes pacing as individuals without the need for loop backs or the gathering of groups of people at road crossings.	Members keep their distance naturally due to individual pacing and lack of group bunching whilst waiting at traffic lights and road crossing	Low	Due to the nature of the activity the risk is low. Owing to this larger groups of runners can be accommodated during the activity	Low	

Non-compliance with the club Covid Policy	A group member may continually break the 2M distancing rule or other safety policies put into place.	Club members are asked to adhere to the club rulings at all times	Medium	Any person continually breaching the Covid safety policies will be referred to the committee.	Low	
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