



Covid 19 Action Plan

(Issue 4 May 2021)

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1 Ownership

The Olney Runners Covid-19 Coordinator is Roger Mann, and this document has been produced by Roger and other members of the OR Committee.

2 Risk Assessments and other details of running sites

2a Wednesdays

- All 5 senior OR groups will run on Wednesdays at 7pm.
- They will not gather one place but keep a max group size at all times – which will be kept under review.
 - Winter sites can accommodate a maximum of 12 runners + up to two Run Leaders.
 - As of May 2021, summer sites can accommodate a maximum of 15 runners + up to two Run Leaders.
- There are 5 sites for the 5 groups on a weekly rota.
- Sites are carefully defined below - with clear boundaries, each with its own RA, and no runners to be taken outside these areas during sessions.
- Runners meet at meeting places at each site – identified below.
- They will maintain full 2m distancing as described in the Guidance for Members, and for Run Leaders.
- All sites have low public use, wide paths, space to step off onto grass/roadside easily to avoid people, and no blind corners. All those used during the winter months have street lighting,
- The winter sites are:
 1. Industrial Estate
 2. Emberton village and the A509
 3. Driftway, and top of Yardley Road opposite the school
 4. Aspreys (not the side roads) and the Triangle
 5. Johnsons perimeter paths/Long Lane.
- The summer sites are:
 1. Clifton Reynes and Lavendon Mill
 2. Filgrave/Emberton Hills
 3. Emberton Park
 4. Oxleys track (Clifton Reynes)
 5. Rugby pitches

See all Site Maps and Risk Assessments in Appendix 2 to 4

2b Stantonbury Track

General

- Lanes 1-3 booked 7-8pm (actually 6.50-8.10) for OR on agreed dates of the month.
- Runners can only use track on dates when booked by OR.
- Run Leader : Runners ratio will be 1 (or 2) : 12 in first instance.
- OR will use Eventbrite etc to register, regulate numbers and ask Covid secure environment questions – same as used on Wednesday sessions.

- Age limit 18+ (unless Covid secure environment registration system for Juniors is developed later).
- Runners must take part in the organised OR coached session with the group and cannot do their own activities.
- Runners are encouraged to bring own hand sanitiser etc. or use what is available at the gates/toilets.
- Toilets are available – Runners may choose to bring own hand sanitiser etc. as well.

Arrival, gates, departure

- Particular care needed around gate area as busiest part of the site.
- Gates are to be locked DURING sessions.
- Arrival and meet by 6.50 at gates and all go in TOGETHER with Run Leader. Runners cannot access session if they arrive later. Run Leader will not open gates to late comers.
- Movement between gates and finish line at both start and end of sessions is as a single (distanced) group.
- Session will end at 8.00 to allow 10 minute window before next session (at 8.10).

Track site and lane use

- The underlying principle of the Track staff is that runners 'keep 2m apart at all times' and use common sense and own protocols to achieve this.
- Warm up/cool downs to take place in semi-circular area near finish line.
- Run Leaders to plan sessions with distancing in mind - staggered starts etc., and to regularly remind runners of distancing rules.
- Run Leaders to encourage all runners to always 'find open space' during recovery at start line, and when warming up/cooling down.
- OR will have Lanes 1-3. Lanes 4 and 5 will be a buffer and Lanes 6-8 used by other groups/out of bounds.
- Runners to use Lanes 1 and 3 unless overtaking. Runners to stay 2m ahead/behind other runners in same lane.
- Overtaking – When moving to within 2m of another runner, the overtaking runner to keep apart as far as possible by moving completely into another lane to overtake. Ideally and where possible, this would be so that there is a full empty lane as they pass.

See all Site Maps and Risk Assessments in Appendix 2 and 3

3 Tracking protocol

- a. Each session group comprises 1 Run Leader and a set number of runners (plus, optionally, no more than 1 Run Leader Assistant).
 - Winter sites can accommodate a maximum of 12 members + up to two Run Leaders.
 - Track and HIIT can accommodate a maximum of 12 members + up to two Run Leaders.
 - Summer sites can accommodate a maximum of 15 members + up to two Run Leaders.

- b. Members can ONLY take part using Eventbrite, so that OR can keep a full 'track and trace' record and attendance register, complete with Covid status 'Secure Environment' questions below. Exchanges and turning up on the day are not allowed and will be turned away.
- c. Wednesdays - Members declare their Covid status and register for a session by 11.59pm on the Monday before each Wednesday, when 'tickets' are then closed.
Stantonbury Track - Members declare their Covid status and register for a session by 11.59pm on the Friday before each Monday session, when 'tickets' are then closed.
- d. Members who need to cancel their attendance at last-minute must do so via email (covid19@olneyrunners.org.uk)
- e. After 'tickets' close, OR emails the full register for each session to its Run Leader in advance.
- f. The Run Leader should check that ALL 'agreement' boxes have been ticked, so confirming that a member can take part.
- g. The Run Leader meets all registered members at the running site meeting place, takes the register and notes down any non-attendees. Exchanges and turning up on the day are not allowed and will be turned away.
- h. The Run Leader asks all present if their Covid status has changed since they completed the registration process, and turns away any to whom this applies.
- i. The session takes place under full 2m distancing rules, following the OR guidance for members and Run Leaders.
- j. Afterwards, the Run Leader reports to OR via email (covid19@olneyrunners.org.uk):
 - o any non-attendees – otherwise it is assumed that those who had previously registered DID take part
 - o the name of the (optional) Run Leader Assistant who supported
- k. For a Run Leader/Run Leader Assistant to take a session they
 - o will also be recorded as present on the register
 - o must also declare their Covid status. They will be asked to do this by an email confirming their answers to the same Covid 19 'Secure Environment' questions below. If their status changes subsequently they will inform OR and withdraw from leading sessions.
- l. If members or Run Leaders subsequently test positive for Covid 19 at any time after an OR session, they will report it to OR immediately (via covid19@olneyrunners.org.uk) on the understanding that it will then be reported by OR to UK Athletics.
- m. OR will keep all Covid-related records as required, and will submit them to EA, UKA or health authorities if requested.

Covid 19 'Secure Environment' questions

Wednesdays

Preamble on Eventbrite

VERY IMPORTANT –

- *In order to book you must have read the: Guide to group coached sessions for Olney Runners members during the coronavirus pandemic (April 2021 update)*
- *Please do not offer this booking to other people or swap places with others*
- *If you need to cancel, please report it ASAP to covid19@olneyrunners.org.uk*

You MUST NOT book or attend an OR coached session if you have:

- displayed any symptoms of Covid 19 in the last 14 days or
- tested positive for Covid 19 or
- need to be quarantining based on the UK Government Covid 19 guidelines or
- should be shielding from Covid 19.

On arrival at an OR session, you **MUST** report any changes to your COVID status above; but you would then not be able to take part.

If you subsequently test positive for Covid 19 after an OR session, you **MUST** report it immediately (via covid19@olneyrunners.org.uk) on the understanding that OR will act appropriately, and that it will also be reported by OR to UK Athletics.

If you have any questions or concerns, please contact the following people directly, or request contact via info@olneyrunners.org.uk

- Sarah McAuliffe Welfare Officer (re wellbeing, safeguarding etc)
- Roger Mann Covid-19 Coordinator (re Covid procedures/risk assessments etc)

Questions at Eventbrite checkout

1. Have you tested positive, displayed symptoms in last 14 days, need to be quarantining or shielding for Covid 19? (Yes/No)
2. I have read and will abide by the guidelines on the previous pages, and the Guide for Olney Runners members during the Covid 19 pandemic (August 2020 update) (Yes/No)

Stantonbury Track

Preamble on Eventbrite

VERY IMPORTANT – Arrival and departure

- You **MUST** arrive by 6.50pm latest at the gates. All to go in **TOGETHER** with Run Leader. Gates are to be locked **DURING** sessions. Runners cannot access sessions if they arrive later and the Run Leader will not open gates to late comers.

VERY IMPORTANT – Booking

- In order to book you must have read the: Guide to group coached sessions for Olney Runners members during the coronavirus pandemic (August 2020 update)
- Please do not offer this booking to other people or swap places with others
- If you need to cancel, please report it ASAP to covid19@olneyrunners.org.uk

You **MUST NOT** book or attend an OR coached session if you have:

- displayed any symptoms of Covid 19 in the last 14 days or
- tested positive for Covid 19 or
- need to be quarantining based on the UK Government Covid 19 guidelines or
- should be shielding from Covid 19.

On arrival at an OR session, you **MUST** report any changes to your COVID status above; but you would then not be able to take part.

If you subsequently test positive for Covid 19 after an OR session, you **MUST** report it immediately (via covid19@olneyrunners.org.uk) on the understanding that OR will act appropriately, and that it will also be reported by OR to UK Athletics.

If you have any questions or concerns, please contact the following people directly, or request contact via info@olneyrunners.org.uk

- Sarah McAuliffe Welfare Officer (re wellbeing, safeguarding etc)
- Roger Mann Covid-19 Coordinator (re Covid procedures/risk assessments etc)

Questions at Eventbrite checkout

1. *Have you tested positive, displayed symptoms in last 14 days, need to be quarantining or shielding for Covid 19? (Yes/No)*
2. *I have read and will abide by the guidelines on the previous pages, and the Guide for Olney Runners members during the Covid 19 pandemic (August 2020 update) (Yes/No)*

4 Communication plans with all members and others

- This Action Plan and later updates will be uploaded to the **OR website** www.olneyrunners.org.uk.
- OR has set up a **dedicated email address** (covid19@olneyrunners.org.uk) for members last-minute cancellation of attendance at a session, and for later reporting of a positive test for Covid-19, and any other Covid-related queries.
- OR will communicate to **members** all of the system above (and any subsequent updates) via Clubbuzz email, and will also post on Facebook a link to the OR website location for this Action Plan. Also, whenever members register for and attend sessions they will be required to reconfirm their status and so will be reminded of the system being used.
- OR will communicate to **Run Leaders** all of the system above (and any subsequent updates) via email from the Coach Coordinator or other Committee members, which will also include the link to the OR website location for this Action Plan.
- OR will communicate to **the wider Community** all of the system above (and any subsequent updates) by referring any queries to the link to the OR website location for this Action Plan. The website also include reference to the Covid-related dedicated email address (covid19@olneyrunners.org.uk) for later contact from the public on this topic.

Appendix 1 – Guidance for Members, Guidance for Run Leaders (updated April 2021)

A guide to group coached sessions for Olney Runners members during the coronavirus pandemic (April 2021 update)

PRINCIPLES

- As a club, we hope everyone will understand the need for all OR members' and run leaders' COMPLETE compliance with inevitable restrictions – we cannot risk the safety of any member, and we are not insured by England Athletics unless we all comply. We also have responsibilities to the wider Olney community of course.
- OR members take part in sessions at their own risk, even though OR are strictly following all Government and England Athletics guidance to minimise any risks. All social distancing rules and regulations in general public use apply as much, or more so, while taking part in OR sessions.
- Where the club have not listed a situation that might occur (below), you are still personally responsible for acting in the best interests of yourself, other members and the public.
- We thank you for your cooperation – let's all enjoy running together safely.

GUIDANCE

As a result of these principles, you MUST....

1. Have officially joined and paid for membership of OR for the year. The club is not insured to accept others and cannot do so. You must be aged 18 or over - although 16/17 year old members can take part if accompanied by parent/guardian. No under 16s.
2. Book ahead to take part in OR coached sessions so the run leader knows exactly who and how many are expected. If anyone turns up without booking, they will be turned away by the run leader. There will be a closing date by which to register.
3. Cancel a pre-booked session which you can no longer attend with as much notice as possible, so the register is correct. Persistent non-attendance will result in your ability to book sessions being withdrawn as it is unfair to other OR members.
4. Maintain 2m social distancing before, during and at the end of the session
5. Wash your hands before and after the session – and use hand sanitiser if needed
6. Minimise the touching of objects in the public environment, such as gates/posts etc.
7. Give other path users lots of space to reassure everyone - divert well off the path if needed – and please smile, wave, greet and thank them!
8. Follow the instructions of run leaders, and be prepared to politely challenge potential risks taken by anyone.
9. Follow all other Government and England Athletics guidelines, as adopted in full by OR.

As a result of these principles, you MUST NOT....

1. Touch other people at all, pass any objects to others, or spit during a session.
2. Share cars to or from sessions, unless the other person is from your own household.
3. Attend sessions if you have any Covid symptoms whatsoever, or are shielding, have tested positive for Covid or have been told to self-isolate.

If you have any questions or concerns, please contact the following people directly, or request contact via info@olneyrunners.org.uk

- Sarah McAuliffe Welfare Officer (re wellbeing, safeguarding etc)
- Roger Mann Covid-19 Coordinator (re Covid procedures/risk assessments etc)

A guide to group coached sessions for Olney Runners run leaders during the coronavirus pandemic (April 2021 update)

PRINCIPLES

- As a club, we hope everyone will understand the need for all OR members' and run leaders' COMPLETE compliance with inevitable restrictions – we cannot risk the safety of any member, and we are not insured by England Athletics unless we all comply. We also have responsibilities to the wider Olney community of course.
- OR members and run leaders take part in sessions at their own risk, even though OR are strictly following all Government and England Athletics guidance to minimise any risks. All social distancing rules and regulations in general public use apply as much, or more so, while taking part in OR sessions.
- Where the club have not listed a situation that might occur (below), you are still personally responsible for acting in the best interests of yourself, other members and the public.
- We thank you for your cooperation – let's all enjoy running together safely.

GUIDANCE

As a result of these principles, you MUST....

1. Have officially joined and paid for membership of OR for the year. The club is not insured unless you have done so.
2. Only lead groups of up to the maximum number set by OR at one time. You should not register for your own session as it takes a space open to members.
3. Turn away runners who you were not expecting through the registration process, even if you have not reached the maximum number of runners.
4. Ask groups to keep separate and to immediately disperse at start/end of a session when another group is about to end/start.
5. Remind runners to maintain 2m social distancing before, during and at the end of the session.
6. Remind runners to wash hands before and after the session – and use hand sanitiser if needed.
7. Remind runners to minimise the touching of objects in the public environment, such as gates/posts etc.
8. Remind runners to give other path users lots of space to reassure everyone - divert well off the path if needed – and please smile, wave, greet and thank them!
9. Be prepared to politely challenge potential risks taken by anyone.
10. Follow all other Government and England Athletics guidelines, as adopted in full by OR.

As a result of these principles, you MUST NOT....


1. Ask runners to undertake activities where distancing with each other and the public is not possible (e.g. group starts/finishes, Indian files, narrow paths etc.).
2. Touch other people at all, pass any objects to others, or spit during a session.
3. Share cars to or from sessions, unless the other person is from your own household.
4. Attend sessions if you have any Covid symptoms whatsoever, or are shielding, have tested positive for Covid or have been told to self-isolate.

If you have any questions or concerns, please contact the following people directly, or request contact via info@olneyrunners.org.uk

- | | |
|-------------------|---|
| • Jonathan Brock | Coach Coordinator (re coaching schedule) |
| • Sarah McAuliffe | Welfare Officer (re wellbeing, safeguarding etc) |
| • Roger Mann | Covid-19 Coordinator (re Covid procedures/risk assessments etc) |

Appendix 2 – Site Maps winter sessions

Key

 Boundary of run area

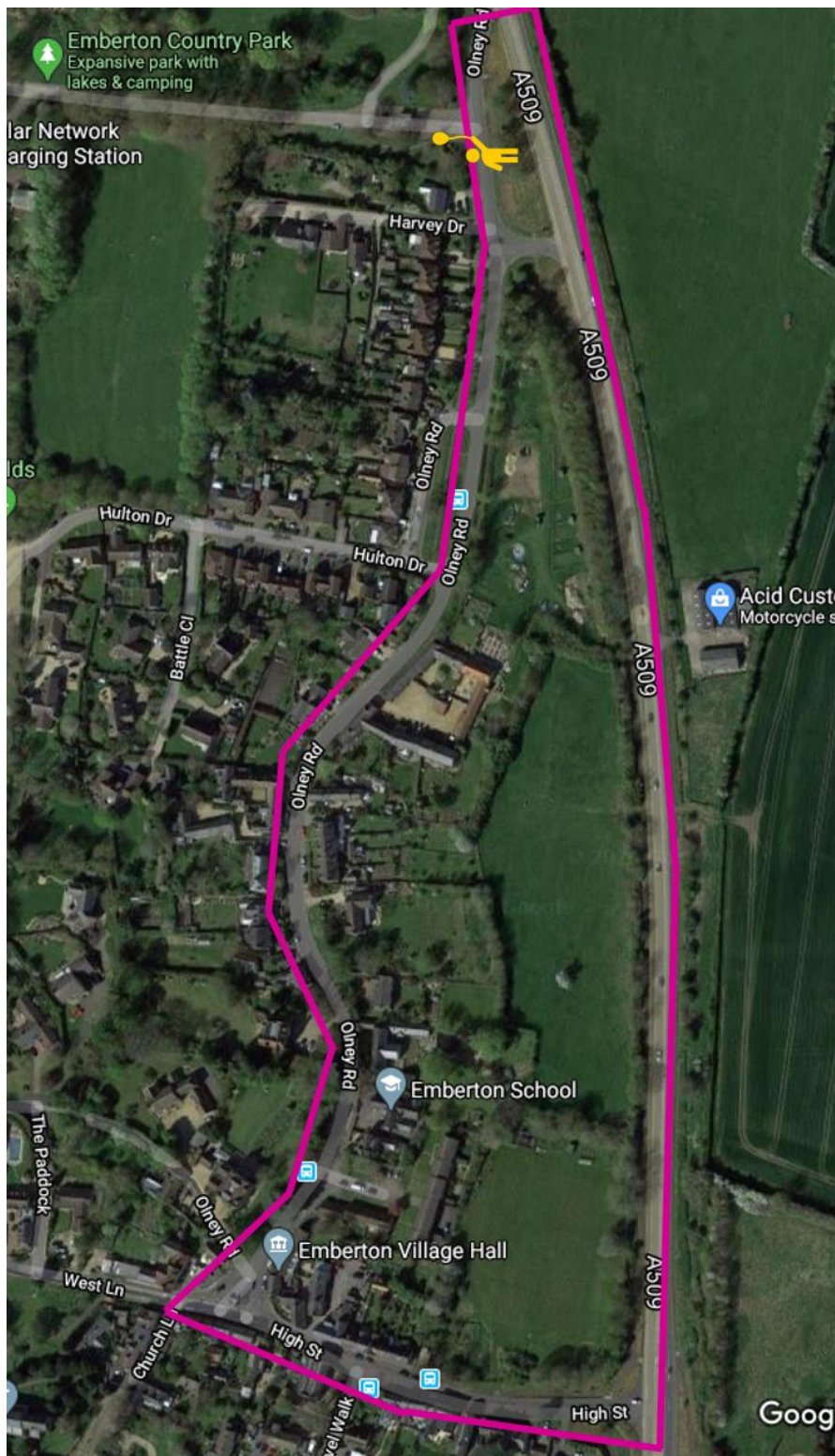


Meeting Place

Area 1 – The industrial Estate



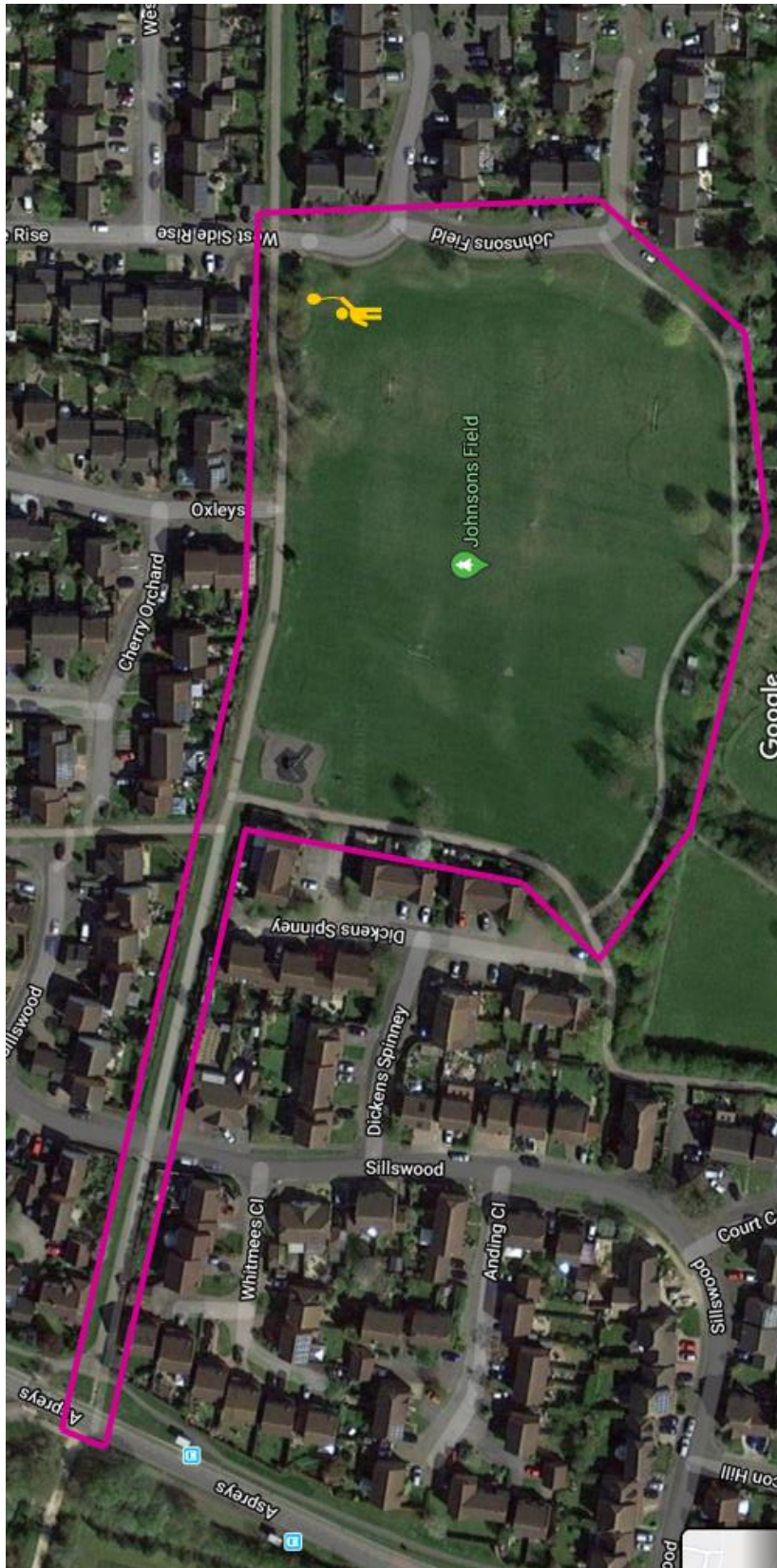
Area 2 – Emberton Village



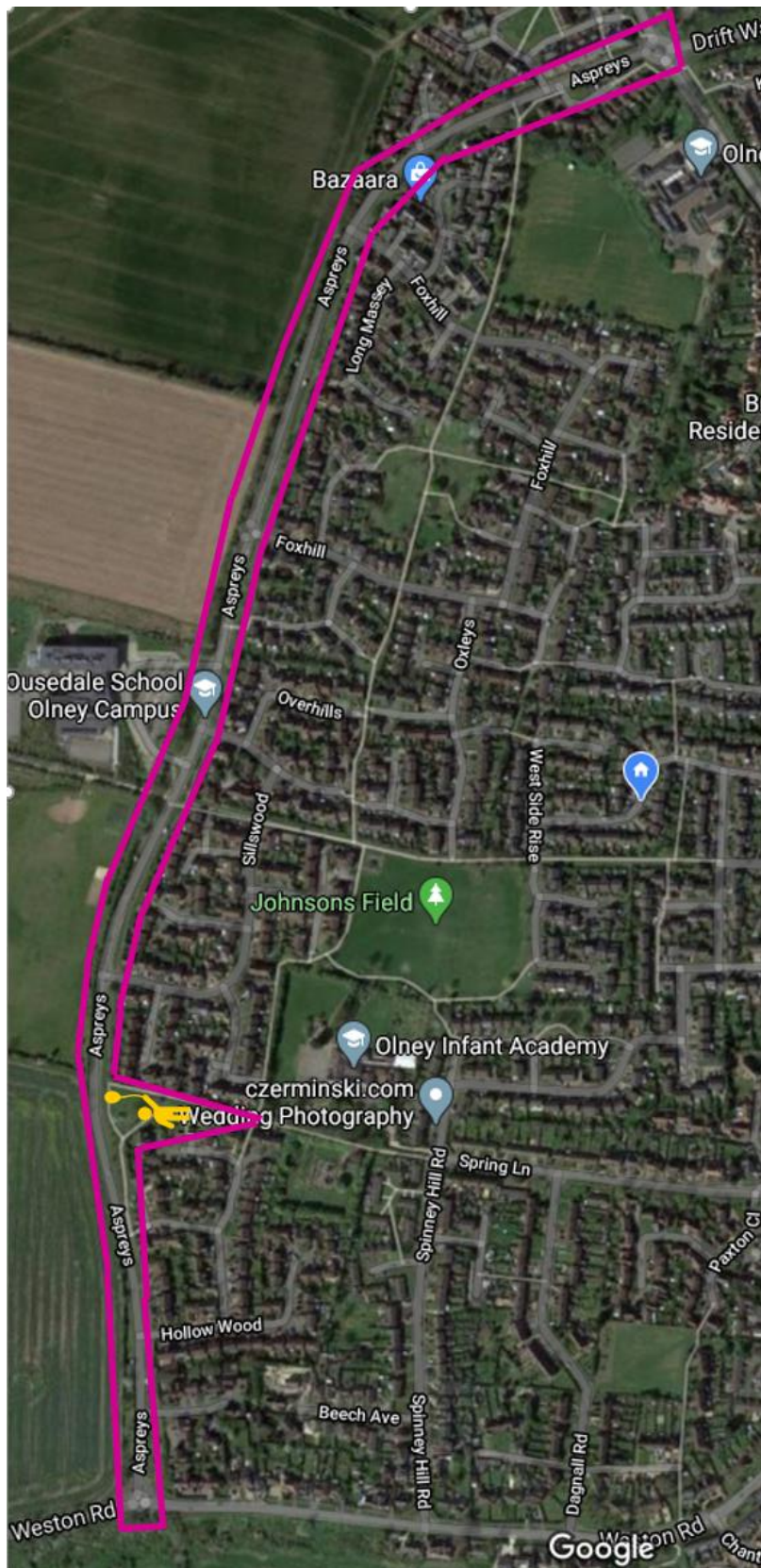
Area 3 – Drift Way



Area 4 – Johnsons Field



Area 5 – Aspreys



Appendix 3 – Risk Assessments winter sessions

Issue 02 24/11/2020

Date:	Assessed by:	Location :	Review :
24/11/2020	Roger Mann	1. Johnsons Field perimeter path/Long Lane	24/05/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	02/09/2020	02/09/2020

Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet on the corner of Long Lane/Johnsons Field and maintain social distancing at all times	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can	L	Roger Mann	02/09/2020	02/09/2020

				transport them to either home or hospital for treatment.				
Injury to athletes and unintentional close encounters with members of the public	Locations will be chosen where full street lighting exists. If lights are not working there may be accidental encounters between athletes, Run Leaders members of the public. Additionally, trip hazards may not be visible to athletes.	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary	M	Note location and identifying number of any non-working streetlights and report to Roger Mann who will notify Milton Keynes Council for repair	L	Roger Mann	02/09/2020	02/09/2020

Date:	Assessed by:	Location :	Review :
24/11/2020	Roger Mann	2. Industrial Estate	24/05/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet outside Scorpion Mouldings on Stilebrook Road	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	02/09/2020	02/09/2020

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes	Athletes and Run Leader	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes and unintentional close encounters with members of the public	Locations will be chosen where full street lighting exists. If lights are not working there may be accidental encounters between athletes, Run Leader members of the public. Additionally, trip hazards may not be visible to athletes.	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary	M	Note location and identifying number of any non-working streetlights and report to Roger Mann who will notify Milton Keynes Council for repair	L	Roger Mann	02/09/2020	02/09/2020

Location is a public Road	Athletes	Athletes to be warned to step onto path if a car approaches	M		L	Roger Mann	20/09/2020	02/09/2020
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Date:	Assessed by:	Location :	Review :
24/11/2020	Roger Mann	3. Emberton Village and the A509	24/05/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet on the triangle opposite the entrance to Emberton Park.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	02/09/2020	02/09/2020

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes	Athletes and Run Leader	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes and unintentional close encounters with members of the public	Locations will be chosen where full street lighting exists. If lights are not working there may be accidental encounters between athletes, Run Leader members of the public. Additionally, trip hazards may not be visible to athletes.	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary	M	Note location and identifying number of any non-working streetlights and report to Roger Mann who will notify Milton Keynes Council for repair	L	Roger Mann	02/09/2020	02/09/2020

Location is partly a public Road	Athletes	Athletes to be warned to step onto path if a car approaches	M		L	Roger Mann	20/09/2020	02/09/2020
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Date:	Assessed by:	Location :	Review :
24/11/2020	Roger Mann	4. Driftway and top of Yardley Road Opposite Olney Middle School	24/05/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at the corner of Driftway and Lilly Hill.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	02/09/2020	02/09/2020

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes	Athletes and Run Leader	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes and unintentional close encounters with members of the public	Locations will be chosen where full street lighting exists. If lights are not working there may be accidental encounters between athletes, Run Leader members of the public. Additionally, trip hazards may not be visible to athletes.	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary	M	Note location and identifying number of any non-working streetlights and report to Roger Mann who will notify Milton Keynes Council for repair	L	Roger Mann	02/09/2020	02/09/2020

Date:	Assessed by:	Location :	Review :
24/11/2020	Roger Mann	5. Aspreys (not side roads) and Hollow Wood Triangle	24/05/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at top of Hollow Wood Triangle on Aspreys	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	02/09/2020	02/09/2020

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes	Athletes and Run Leader	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	02/09/2020	02/09/2020
Injury to athletes and unintentional close encounters with members of the public	Locations will be chosen where full street lighting exists. If lights are not working there may be accidental encounters between athletes, Run Leader members of the public. Additionally, trip hazards may not be visible to athletes.	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary	M	Note location and identifying number of any non-working streetlights and report to Roger Mann who will notify Milton Keynes Council for repair	L	Roger Mann	02/09/2020	02/09/2020

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	Stantonbury Track	15/10/2021


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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	24/11/2020	24/11/2020
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session return home.	L	Roger Mann	24/11/2020	24/11/2020
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will meet by the main gate and make their way to the start but must maintain social distancing whilst doing so.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	24/11/2020	24/11/2020
Covid-19 Coronavirus – spread of virus	Other users of facility who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until other users are no longer in the vicinity	L	Roger Mann	24/11/2020	24/11/2020

	Harmed by cross contamination	<p>OR will meet 10 mins before start of session and the gate will then be locked for the duration of the session. OR will leave 10 mins before scheduled arrival of next group</p> <p>OR will use lanes 1 to 3. Lanes 4 and 5 will act as a buffer zone to other groups using lanes 6 to 8.</p> <p>Runners to stay 2m ahead/behind other runners in same lane, or to keep one lane between them if in different lanes.</p> <p>Overtaking – when moving to within 2m of another runner ensure there is a full empty lane as they pass</p>						
<p>Covid-19 Coronavirus – spread of virus.</p> <p>Reputational damage to club</p>	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	24/11/2020	24/11/2020
Injury to athletes	Athletes and Run Leader	Run Leader to undertake ‘spotting’ inspection of track to note and inform athletes of any hazards.	M	TBC	L	Roger Mann	24/11/2020	24/11/2020

		<p>Run Leader to cancel session, if deemed necessary</p> <p>Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.</p>						
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Appendix 4 – Site Maps summer sessions

Key

 Boundary of run area



Meeting Place

1. Clifton Reynes & Lavendon Mill

a) Meeting Place

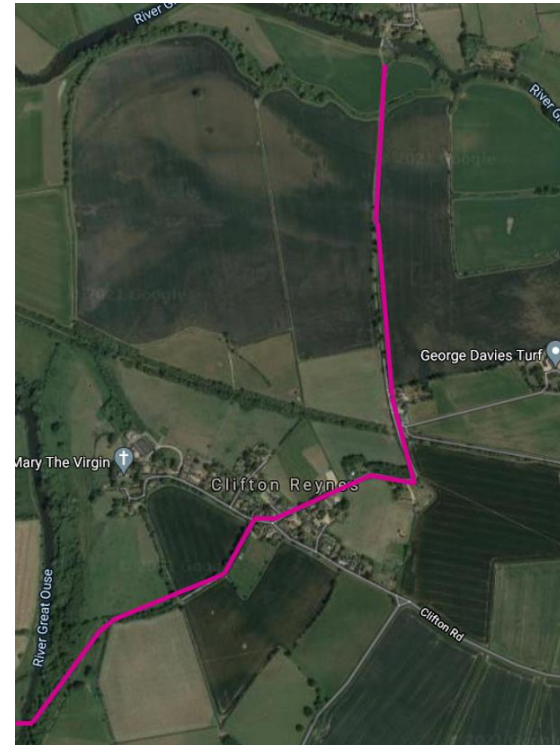


Route to venue and venue boundary

Part i)

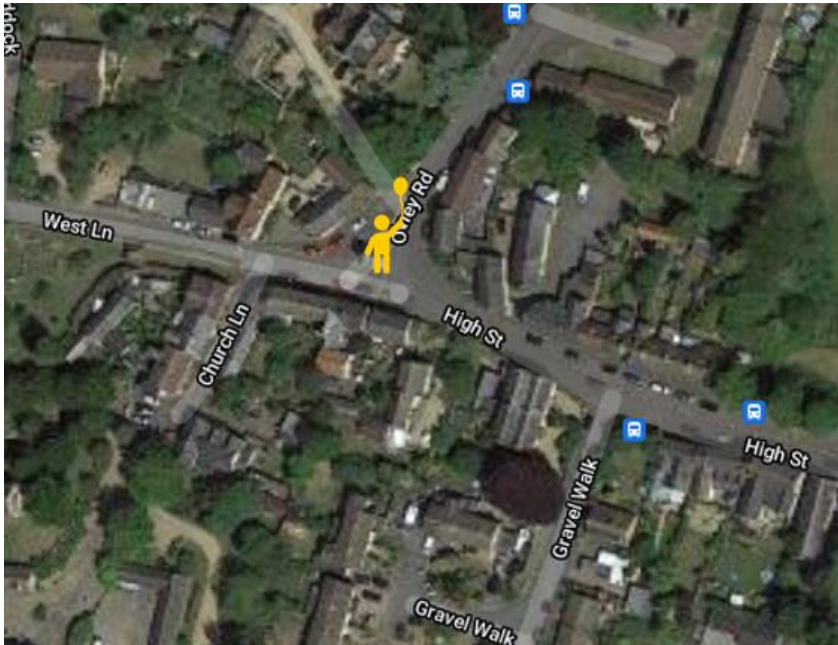


Part ii)



2. Filgrave/Emberton Hills

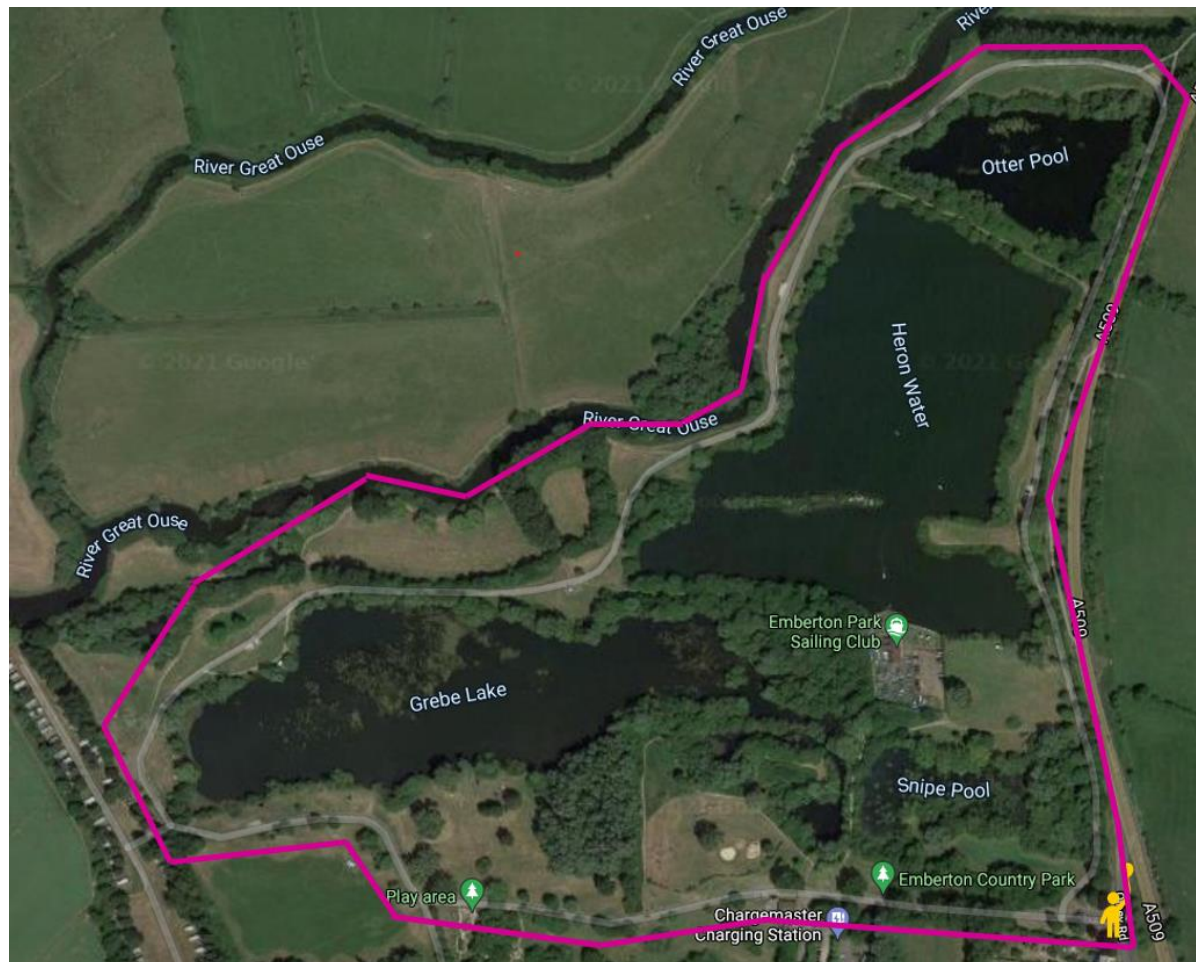
a) Meeting place



b) Venue boundary



3. Emberton Park- Meeting place & venue boundary

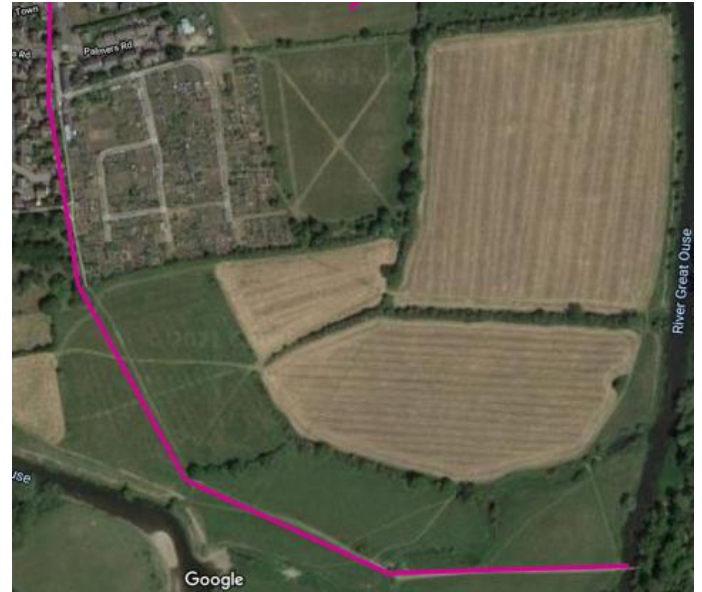


4. Oxley Track

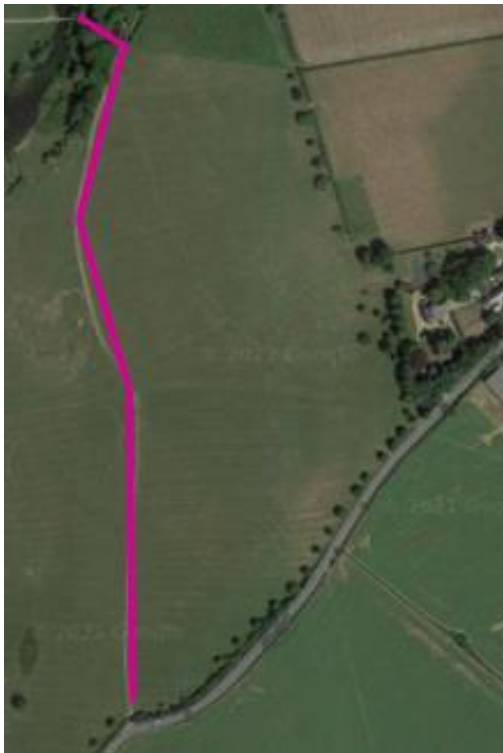
Meeting place



Venue Part i) (route to the venue)



Part – venue ii)



5. Rugby Pitches

Meeting place



Venue



Appendix 5 – Risk Assessments summer sessions

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	1. Filgrave/Emberton Hills	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at the Emberton Clock Tower	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths	L	Roger Mann	15/04/21	15/04/21

	Leader and athletes taking part in session. Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus.	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination as a result of touching gates and stiles etc	Athletes reminded of the importance of observing Hands, Face, Space recommendations and the importance of washing hands after training.	M	Athletes to be advised to carry their own hand sanitiser if they are concerned				
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can	L	Roger Mann	15/04/21	15/04/21

				transport them to either home or hospital for treatment.				
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Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	2. Rugby pitches and Recreation Ground, East Street	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at the tennis courts	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by coaches and athletes taking	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer in the vicinity. Choose location away from other users	L	Roger Mann	15/04/21	15/04/21

	part in session. Other users of sports facilities. Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.		Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and coaches	Using routes that we have used before and are familiar with	M	Coach to undertake ‘spotting’ inspection of route to note and inform athletes of any hazards. This is a particular problem on the rec where rabbit holes are present. Where possible mark and report to Olney Town Council Coach to relocate session to alternative location, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	15/04/21	15/04/21

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	3. Oxleys track (Clifton Reynes)	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at Clifton Court in Timpsons Row	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths. The footpath by the allotments is narrow so care	L	Roger Mann	15/04/21	15/04/21

	Harmed by cross contamination			must be taken to keep distanced from pedestrians				
Covid-19 Coronavirus – spread of virus.	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination as a result of touching gates and stiles etc	Athletes reminded of the importance of observing Hands, Face, Space recommendations and the importance of washing hands after training.	M	Athletes to be advised to carry their own hand sanitiser if they are concerned	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake ‘spotting’ inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	15/04/21	15/04/21

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	4. Clifton Reynes and Lavendon Mill	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at the old cattle market car park, behind Punch Opticians.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths. The footpath along Church Street is narrow so care	L	Roger Mann	15/04/21	15/04/21

	Harmed by cross contamination			must be taken to keep distanced from pedestrians				
Covid-19 Coronavirus – spread of virus.	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination as a result of touching gates and stiles etc	Athletes reminded of the importance of observing Hands, Face, Space recommendations and the importance of washing hands after training.	M	Athletes to be advised to carry their own hand sanitiser if they are concerned	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake ‘spotting’ inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	15/04/21	15/04/21

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	5. Emberton Park	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will meet at the vehicle entrance to the park by the barrier	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths.	L	Roger Mann	15/04/21	15/04/21

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus.	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination as a result of touching gates and stiles etc	Athletes reminded of the importance of observing Hands, Face, Space recommendations and the importance of washing hands after training.	M	Athletes to be advised to carry their own hand sanitiser if they are concerned	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	15/04/21	15/04/21

Date:	Assessed by:	Location :	Review :
15/04/2021	Roger Mann	6. Turvey Estate – ad hoc route to be notified to other Run Leaders if used	15/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	More than 15 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session either return home or train separately in a different location to the intended training session	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will not meet in a central location and run to proposed location. They will outside The Three Cranes near the church	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus	Members of the public who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual reps until pedestrians are no longer on the footpaths.	L	Roger Mann	15/04/21	15/04/21

	Harmed by cross contamination							
Covid-19 Coronavirus – spread of virus.	Members of the public who may be encountered by Run Leader and athletes taking part in session. Harmed by cross contamination as a result of touching gates and stiles etc	Athletes reminded of the importance of observing Hands, Face, Space recommendations and the importance of washing hands after training.	M	Athletes to be advised to carry their own hand sanitiser if they are concerned	L	Roger Mann	15/04/21	15/04/21
Covid-19 Coronavirus – spread of virus. Reputational damage to club	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	15/04/21	15/04/21
Injury to athletes	Athletes and Run Leaders	Using routes that we have used before and are familiar with. Run Leader must strictly adhere to boundaries shown in attached maps	M	Run Leader to undertake 'spotting' inspection of route to note and inform athletes of any hazards. Run Leader to relocate session to alternative location or cancel session, if deemed necessary Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.	L	Roger Mann	15/04/21	15/04/21

Date:	Assessed by:	Location :	Review :
21/04/2021	David Shakespeare and Roger Mann	HIIT for Runners sessions	21/10/2021

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
Covid-19 Coronavirus – spread of virus	Run Leader, athlete, vulnerable groups – elderly, pregnant women, those with existing underlying health conditions. Harmed by cross contamination	Provide advice on social distancing requirements & intended training procedure to athletes beforehand. Be clear that athletes should not train with Covid symptoms,	M	All athletes will be required to complete Covid questionnaire prior to booking first session. Run Leader will repeat questions prior to start of session.	L	Roger Mann	21/04/21	21/04/21
Covid-19 Coronavirus – spread of virus	More than 12 athletes arriving for session	Booking system to be implemented to register for sessions in advance.	M	Request that those who had not booked in for the session return home.	L	Roger Mann	21/04/21	21/04/21
Covid-19 Coronavirus – spread of virus	Athletes congregating in large groups prior to commencement of sessions	Athletes will meet by the Café but must maintain social distancing whilst doing so.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	21/04/21	21/04/21
Covid-19 Coronavirus – spread of virus	Other users of facility who may be encountered by Run Leader and athletes taking part in session.	Advise members of Social Distancing requirements prior to sessions taking place.	M	Delay session or individual activities until other users are no longer in the vicinity	L	Roger Mann	21/04/21	21/04/21

	Harmed by cross contamination	<p>ORs will meet at least 5 mins before start of session to ensure all are familiar with Covid restrictions</p> <p>Sessions to take place only in grass area behind and to the RHS of the café. No running or activities elsewhere.</p> <p>OR to stay 2m away from others in same lane by standing in circle/rows. If forced to move under canopy by rain, OR to stay 2m away from others around the tables.</p> <p>No objects (other than the ground) to be used for training itself (e.g. tables, walls, trees, play area equipment). No sports equipment to be provided/shared by Run Leader.</p> <p>All ORs bring own mat, towel, drinks etc.</p>						
<p>Covid-19 Coronavirus – spread of virus.</p> <p>Reputational damage to club</p>	Athletes travelling to sessions in large groups	Advise athletes to travel in separate household groups, arrive by own individual transport or walk/run to and from session.	M	Run Leader arrives as early as possible to remind runners to maintain social distancing, and to use small groups of up to 6 people for before and after sessions	L	Roger Mann	21/04/21	21/04/21
Injury to athletes	Athletes and Run Leader	Run Leader to undertake ‘spotting’ inspection of area to note and inform athletes of any hazards.	M	TBC	L	Roger Mann	21/04/21	21/04/21

		<p>Run Leader to cancel session, if deemed necessary</p> <p>Athletes to provide contact details for family member who can transport them to either home or hospital for treatment.</p>						
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