

Risk assessment for group running during Covid-19 restrictions

Initial assessment date: 17th June 2020

Assessed by: Stuart Munday

Location: All areas

Persons at risk: Runners and members of the public

Review frequency: In accordance with Government or EA guidance changes

Review date: 16th March 2021 Latest updates shown in red

Next review due: 30th April 2021 Earlier if significant changes to Government or England Athletics

NOTE: THE FOLLOWING SHOULD BE READ IN CONJUNCTION WITH THE THE BLACK PEAR JOGGERS HEALTH & SAFETY RECOMMENDATIONS FOUND ON THE BPJ WEBSITE - <https://bpj.org.uk/mental-health-and-wellbeing/>

Location	Hazard identification			Risk			Safeguarding and protective measures	Risk			Instructions / Information for Use	Follow-up
	Hazard	Who	Specific Causes	No safety measures			Safeguarding and protective measures may require instructions	With safety measures				
				Likelihood	Severity	Risk		Likelihood	Severity	Risk		
General												
	Infection transmission	All	Somebody in the group has the Covid-19 infection	2	5	High	The following groups of people must not participate in a group run: 1: Anybody suffering from Covid-19 2: Anybody with Covid-19 symptoms 3: Anybody who thinks they may have Covid-19 infection 4: Anybody who is self-isolating or falls into an "at-risk" group 5: Anybody who has taken a test and is awaiting the result or has booked a test following acquiring possible Covid-19 symptoms	1	4	Medium	Clarify with all participants in advance whether they fall into any of these groups. When booking on My Running Club app participants must agree to statement shown when signing up for a group run. All attendees must confirm that they are in compliance when attending a group run. Note: Answers to the questions must relate to the 24 hour period immediately prior to the run. Group Leader to confirm with all attendees during pre-run briefing.	Group leader
	Hygiene	Runners	1: Wiping/touching face - before/during/after run 2: Touching traffic light buttons, road signs, gates, fences, barriers, handrails etc 3: Spitting, coughing and excess sweating during the run 4: Sharing water bottles	4	5	High	1: Runners should carry hand sanitiser and/or anti-bacterial wipes and use before, during and after the run 2: All runners to bring their own water for hydration before, during and after the run 3: Avoid spitting during the run 4: Avoid coughing in close proximity and towards other runners and members of the public. 5: if prone to excess sweating on face wear an absorbent sweatband if possible. 6: select route that minimises need to touch things such as gates, styles and pushbutton-controlled pedestrian crossings	2	4	Medium	All runners to be aware of their responsibilities	All
	Contact with members of the public	Runners, members of public	Runs generally take place on public roads, pavements, footpaths bridleways and canal paths which are also used by members of the public.	5	3	High	Try to avoid busy and/or narrow routes - eg parts of the river "promenade" near the Cathedral, steer a wide berth round other users - pedestrians, other runners, cyclists. Stop if necessary to allow others to pass. Avoid spitting etc - carry and use tissues (dispose of responsibly). Cover face if impossible to avoid close proximity to others (eg wear a buff round neck which could be used for this purpose)	3	2	Medium	Plan route in advance	Group leader

