

Marlow Striders (MS) Risk Assessment on planned return to regular club activity in line with England Athletics (EA) guidance issued on 26 March 2021.

Company name: **Marlow Striders**

Assessment carried out by: **Janet Cursi**

Date of next review: **Ongoing**

Date assessment was carried out: **16 May 2021**

| | What are the risks? | Who might be harmed and how? | What are you already doing to control the risks? | What further action do you need to take to control the risks? | Who needs to carry out the action? | When is the action needed by? | Done |
|--|---|---|--|--|------------------------------------|-------------------------------|------|
| A. For ALL Marlow Striders Organised Sport Runs | | | | | | | |
| 1 | Lack of awareness around COVID-19 risk factors and key government/EA/local guidance for limiting the spread of the disease | MS members and Marlow Sports Club (MSC) users | All MS members will be required to read our RA and our one pager information sheet on our return to running. | Regularly review the RA and ensure changes are communicated to our members as soon as practical. | MS Co-chairs & COVID Co-ord | Ongoing | |
| 2 | Lack of awareness around COVID-19 risk factors and government guidance | MS members and Marlow Sports Club (MSC) users | Consider providing a short script for all Run Leaders (RLs) to use before runs to maintain awareness should we see a consistent failure to adhere to the guidance. | N/A | MS Co-chairs | Ongoing | |

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| 3 | Spreading/transmission of COVID-19 through contact with disease on a surface | MS members and members of the public | RLs requested to plan routes without stiles/gates wherever possible to limit areas of surface contact by running groups. | Refresh the MS running routes catalogue to show which regular winter routes can be completed without gates/stiles. | Co-chairs & RLs | Ongoing | |
| 4 | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | MS members and Marlow Sports Club (MSC) users | For weekly training, number of runners will a maximum of multiples of 15 to one run leader For Individual events see section D | Introduce website booking portal to ensure maximum numbers are not exceeded and to maintain a list of attendees for track and trace requirements. All runs (other than informal runs should use this portal) | Co-chairs & COVID Co-ord | Done | |
| 5 | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | MS members and Marlow Sports Club (MSC) users | All RLs to carry a mask and pair of gloves – to ensure that essential first aid can be provided in the event of a serious injury which cannot be resolved using self-treatment. | Purchase and provide masks/gloves to all RLs on return to running. | Co-chairs All RLs | Before each club run | |

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| 6 | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | MS members and Marlow Sports Club (MSC) users | <p>Groups are required to maintain social distancing throughout.</p> <p>Runners should arrive dressed “ready to run” and will carry hand sanitiser with them.</p> <p>No socialising before/after then run.</p> | Different running groups are not to mix before/during/after the runs and group start/finish points will be used to maintain separation. When possible, group meets will be located outside to minimise time inside the MSC. | Co-Chairs, COVID Co-ord, RLs | Ongoing | |
| 7 | Spreading/transmission of COVID-19 through failure to notify and inform the relevant authorities. | MS members, members of the public and Marlow Sports Club (MSC) users | Should an MS test positive for COVID-19 then they must inform the MS COVID Co-ord or Co-chairs who will in turn inform the MSC trustees and request that the individual complete the UK Athletics COVID tracking form at: https://www.uka.org.uk/governance/health-safety/covid-19-form/ | N/A | COVID Co-ord and All MS members | Ongoing | |
| 8 | Spreading/transmission of COVID-19 through | MS members, | In line with Government advice, if members are symptomatic, living in a household with a possible COVID 19 infection or if they are | Brief all MS members and include the pertinent points on the | COVID Co-ord & Co-chairs | Ongoing | |

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| | attendance at the club when feeling unwell | members of the public | feeling unwell, they will be instructed to remain at home and follow Government and Public Health England (PHE) guidance. | return to running one pager. | | | |
| B. For Runs starting at MSC | | | | | | | |
| 1 | Spreading/transmission of COVID-19 through contact with disease on a surface while using the MSC clubhouse | MS members and Marlow Sports Club (MSC) users | MS will provide alcohol gel bottles at the primary entry point to the MSC so all MS members can clean their hands on entry. | Request that all Striders return to running with a small bottle of alcohol gel to ensure they can decontaminate any ad-hoc services encountered before/during/after a run. | COVID Co-ord & All MS members to carry own alcohol gel | Before 30 March 2021 | |
| 2 | Spreading/transmission of COVID-19 through contact with disease on a surface while using the MSC clubhouse | MS members and Marlow Sports Club (MSC) users | Run briefings will take place outside with access to the building only for the toilets. Last two Striders out of the MSC will ensure all high contact surfaces are cleaned with alcohol gel as they exit the building. | Produce a roster which will indicate which MS members (1 Male & 1 Female) will complete the close down actions each Tue evening. | | Ongoing | |

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| 3 | Spreading/transmission of COVID-19 through contact with disease on a surface while using the MSC clubhouse | MS members and Marlow Sports Club (MSC) users | <p>Toilets are available but no changing rooms/showers are available to minimise the time in close proximity with other members immediately before/after running.</p> <p>Members requested to attend training in training clothes and go home in the same clothes or to get changed in the car if essential.</p> | Brief all MS members of the facilities available at MSC at the time of return. | Co-chairs | Before 30 March 2021 | |
| 4 | Spreading/transmission of COVID-19 through contact with disease on a surface | MS members and Marlow Sports Club (MSC) users | MS members are only to use the areas of the MSC required for running activities – no use of the All Weather Pitch, cricket nets, tennis club etc. | Brief all MS members on the facilities available specifically for MS at MSC at the time of return. | Co-chairs | Before 30 March 2021 | |
| 5 | Spreading/transmission of COVID-19 through contact with disease on a surface | MS members and Marlow Sports Club (MSC) users | Rubbish bins on site are not to be used by MS members and all rubbish generated during the evening must be taken home for disposal. | Brief all MS members on the facilities available specifically for MS at MSC at the time of return. | Co-chairs | Before 30 March 2021 | |

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| C. For runs Not starting or finishing at MSC | | | | | | | |
| 1 | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | MS members | <p>RL must arrange with runners time and location to meet for start and finish.</p> <p>For briefing: The RL should communicate the session details to runners prior to meeting (eg through WhatsApp groups) to reduce time between arriving and starting to run.</p> <p>Runners should bring their own food and hydration if required (for their own use only) during the run.</p> <p>After the run, there should be no socialising and everyone should depart straight away</p> | List runs on the club booking portal to ensure maximum numbers are not exceeded and to maintain a list of attendees for track and trace requirements. | Co Chairs | Before runs start | |
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| C. For Intra Club Cross Country Events (not starting or finishing at MSC) | | | | | | | |
| 1 | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | Run Participants and Marshalls | All participants will be required to sign up to event via Website Maximum number of participants 50 There will be no numbers of timing chips | Entry via website booking portal to ensure maximum numbers are not exceeded and to maintain a list of attendees for track and trace requirements. | Co-chairs & COVID Co-ord | Done | |
| 2 | Risk of mixing at mass start | Run Participants and Marshalls | The race will have a staggered start (up to 6 runners start at a time at 2 min intervals). Before the race participant will stay in their cars and socially keep 2 metres apart when they come to start line | Advise Run Participants in Run Briefing to be sent before event | Race Organiser In Run Briefing | Before Run | |
| 3 | Risk of mixing at water stations | Run Participants | No water/food stations on route nor at the start/finish. Runners will be encouraged to | Advise Run Participants In Run Briefing | Race Organiser | Before Run | |

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| | | and Marshalls | bring their own food & water (for their own use, not for sharing) | | In Run Briefing | | |
| 4. | Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person | Run Participants and Marshalls | All Marshalls to carry a mask and pair of gloves – to ensure that essential first aid can be provided in the event of a serious injury which cannot be resolved using self-treatment. | Purchase and provide masks/gloves to all RLs on return to running. | Co-chairs Marshalls | Before Run | |
| 5. | Risk of mixing at finish | Run Participants and Marshalls | There will be no prizes or goody bags After the run, there will be no socialising and participants should depart straight away | Remind Run Participants and Marshalls to depart when they finish | In Run Briefing and Marshall at finish Line | Before Run and at end | |

More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/

APPENDIX 1

Details of Intra Club Cross Country Saturday 15th May 2021

1. There will be 2 "undulating" XC courses with a significant overlap - a 5mi/8km and a 3mi/5km - to make the club event as inclusive for all members as possible
2. The courses will be through woods and underfoot is a mixture of hard paths, chalk paths, open land (grass/leaves and in places light undergrowth covering)
3. On the day of our event the courses will be taped and sign-posted (it won't be an orienteering event) and club points will be on offer
4. We will have a small number of volunteers/marshalls (probably max 5-6) around the course.
5. Start will be a staggered start (up to 6 runners start at a time at 2min intervals).
6. Maximum expected runners will be ~40.
7. Starting waves will be completed in less than an hour (say 9am to 10am) and maybe allow say 90min for the longer the course. So all done with 2.5hrs
8. Registration on the Striders website would be a requirement for track and trace - and members would need to confirm they have read the relevant updated RA.
9. The message to members would have to be along the lines of "turn up, run, go home" - no socialising/mingling before/after running.
10. No water/food stations on route nor at the start/finish. Runners will be encouraged to bring their own food & water (for their own use, not for sharing)
11. There will be no race numbers/chip-timing.
12. There is one road crossing - on way out and way back where we will have "warning runners" signs and a marshall in that position
13. Marshalls will all have gloves, hand sanitiser and mobile phones in case of emergency