



Marlow Striders (MS) Risk Assessment on planned return to regular club activity in line with England Athletics (EA) step 3 guidance issued on 04 Aug 20.

Company name: **Marlow Striders**

Assessment carried out by: **Steven Mills**

Date of next review: **Ongoing**

Date assessment was carried out: **13 Sep 20**

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
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	
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	
Spreading/transmission of COVID-19 through contact with disease on	MS members and Marlow	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	COVID Co-ord & All MS members to	Before 22 Sep 20	

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<p>a surface while using the MSC clubhouse</p>	<p>Sports Club (MSC) users</p>		<p>gel to ensure they can decontaminate any ad-hoc services encountered before/during/after a run.</p>	<p>carry own alcohol gel</p>		
<p>Spreading/transmission of COVID-19 through contact with disease on a surface while using the MSC clubhouse</p>	<p>MS members and Marlow Sports Club (MSC) users</p>	<p>Last two Striders out of the MSC will ensure all high contact surfaces are cleaned with alcohol gel as they exit the building.</p>	<p>Produce a roster which will indicate which MS members (1 Male & 1 Female) will complete the close down actions each Tue evening.</p>	<p>COVID Co-ord to schedule last Striders roster</p>	<p>Before 22 Sep 20</p>	
<p>Spreading/transmission of COVID-19 through contact with disease on a surface while using the MSC clubhouse</p>	<p>MS members and Marlow Sports Club (MSC) users</p>	<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>	<p>Brief all MS members of the facilities available at MSC at the time of return.</p>	<p>Co-chairs</p>	<p>Before 22 Sep 20</p>	

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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 22 Sep 20	
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	
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 22 Sep 20	
Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person	MS members and Marlow Sports Club (MSC) users	Limit MS return to MSC to Tue nights only to begin with and use the bar area for briefings with a maximum of 26 members per club night.	Introduce website booking portal to ensure maximum numbers are not exceeded and to maintain a list of	Co-chairs & COVID Co-ord	Before 22 Sep 20	

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			attendees for track and trace requirements.			
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 Tue evening club run	
Spreading/transmission of COVID-19 through airborne transmission of the disease by an infected person	MS members and Marlow Sports Club (MSC) users	Group sizes will be limited to 12:1 member to RL ratio and combined groups will not be allowed to begin with. Max group size therefore 13. Groups are required to maintain social distancing throughout.	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	Before 22 Sep 20	
Spreading/transmission of COVID-19 through failure to notify and	MS members, members of	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	N/A	COVID Co-ord and All	Ongoing	

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inform the relevant authorities.	the public and Marlow Sports Club (MSC) users	and request that the individual complete the UK Athletics COVID tracking form at: https://www.uka.org.uk/governance/health-safety/covid-19-form/		MS members		
Spreading/transmission of COVID-19 through attendance at the club when feeling unwell	MS members, members of the public	In line with Government advice, if members are symptomatic, living in a household with a possible COVID 19 infection or if they are feeling unwell, they will be instructed to remain at home and follow Government and Public Health England (PHE) guidance.	Brief all MS members and include the pertinent points on the return to running one pager.	COVID Co-ord & Co-chairs	Ongoing	

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