

Risk Assessment: <Insert Activity/Event>

Date:	Assessed by:	Location :	Review :
20 / 9 /20	Christine Jones. NVRr Chair. COVID.19 Coordinator.	Harrogate Hockey Club	20/10/20 or as required due to fluidity of guidelines

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?	Result ant Risk Rating	Action by whom	Target date	Complete
Spread of COVID- 19 virus resulting in the infection of others	<p>Who. Coach and run leaders, runners. Vulnerable groups, elderly, pregnant, those with underlying health conditions, shielded people and those isolating.</p> <p>Any other person who physically comes into contact with club runners running outdoors.</p> <p>How. Attendance at the club, being in contact close enough to others to transmit the virus.</p>	<ul style="list-style-type: none"> • Attendance at the club. • Members not to attend if: • They fall into any of the vulnerable groups. • They have any symptoms of COVID.19 or feel at all unwell. • No more than 6 people in a group. • Do not car share unless from the same household. • Be aware of recent government guidelines regarding exercise outdoors and groups. • Be aware of additional government guidelines regarding the spread of 	Medium If government Guidance adhered to.	<p>Wear face masks if using public transport to attend the club.</p> <p>Carry a face mask and use if it becomes necessary due to proximity with others.</p> <p>Not to loiter outside the club before or after the run.</p> <p>Remain at least 1 metre apart, preferably further.</p> <p>Remind members of this and challenge poor compliance.</p>	Med	All runners in attendance	20/10/20	ongoing

		<p>COVID.19.</p> <ul style="list-style-type: none"> • Runners to remain outdoors during the exercise. • Photo of the group of runners to be taken at the start of the run. To be posted on the NVRr facebook site for ease of contact should someone experience symptoms, test positive or for any other COVID related reporting reason. • If experiencing symptoms following contact with others inform any member of the committee and the others in your group and follow governments guidance on isolating. 						
	Hand Washing.	<ul style="list-style-type: none"> • Hand washing. • Inform runners that there are no toilet or hand washing facilities available • To wash hands before leaving home. • To bring their own hand sanitiser/wipes • Not to use any equipment. • To sanitise hands after touching hard surfaces outdoors. • To limit the number of people touching hard surfaces to reduce spread. • i.e. Gates and barriers. 	Medium	Reminders to all.	Med			

	Running	<ul style="list-style-type: none"> • Refer to original club risk assessment regarding running. All to apply. • Nominate a group leader. • No more than 6 in a group • Remain 1 metre or more apart at all times. • Limit talking amongst runners • Ensure 1 metre or more for other people outdoors. • Adapt the route or pace to maintain 1 metre or more distance from all others if necessary. • Run within capabilities, pace, distance and terrain. • Know the route and how to return to the club should you become separated. 	Med	•	Med		
	Injury or accident.	<ul style="list-style-type: none"> • Individuals to have a contingency plan in the event of an injury or accident, so as not to compromise others and social distancing. • Limit the running distance and pace to risk of injury or accident. • Adapt the route on or off road according to ability, weather and location to reduce risk of injury or accident. 	Med	•	L		



		<ul style="list-style-type: none">• Have a fully charged mobile phone.• Carry a basic first aid kit.• If leaving the group inform the group leader.• Consider carrying a face mask and hand sanitiser.						
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