



# HELM HILL RISK ASSESSMENT



## Covid-19 specific

As we are a club that runs outdoors, the government guidelines say, outdoor activities are low risk but, recommended guidelines must be adhered to, *always*. All risks are subject to change.

Risk	To who	Likelihood H high/M medium/L low	Prevention/reduction of risk
Transmission of virus by; breath	All runners	M	When regrouping, social 2 metre distance to be observed. Wear face covering when in a regroup situation but if possible, only regroup in wider open spaces.
Touch	All runners	M	Use hand sanitiser/wash hands before session and, if any object is touched, ie, gate, fence etc Avoid handshakes and other contact greetings
Close proximity contact	All Runners	H	Avoid large groups, max outdoors 12, urban areas 6 runners incl. leader Use separate training areas as per winter training. All group members to meet at the venue. Disperse as soon as sessions end
Accident and injury	All Runners	M	Due to the terrain we train on there is always a risk of sprains, cuts and bruising. So, during the pandemic, it would be prudent to train on less severe ground and hill slopes. First aiders to follow guidelines given to them if they have to treat any injuries.
Runner(s) feeling unwell	All Runners	H	Runners will be told via usual communication routes not to return to training if they are; shielding. Have a high temperature, or generally feeling "off colour" Coaches will retain the right to send runners home who have any of the above ailments.