

North Shields Polytechnic AC Track Covid-19 Risk Assessment Form

Venue:		Churchill Playing Fields running track		
Address: (Include postcode)		Churchill Playing Fields Hartley Avenue WHITLEY BAY NE26 3NS		
Group:		North Shields Polytechnic AC	Location of first-aider:	
Date: & Time Time:		NSP Club sessions: Tuesday / Thursday 1700 - 2000 Saturday 1115 – 1215 Sunday 1000 - 1200	In club house and on the track	
			Location of Defibrillator:	In club house
			Location of telephone:	In club house /each coach has a mobile phone
Participants:	Number:	Fluctuates week to week depending on attendance	Location of toilets:	
	Age:	Junior and Adult groups	Location of changing rooms:	
	Ability:	Mixed	Location of first-aid kit:	
Number of NSP coaches who will have access to the facility		27 coaches along with numerous volunteers and run leaders	NSP Trustee(s) responsible for the track NSP Chairperson NSP Covid 19 Coordinator	
			Greg Penn 07546160913/penn.greg@gmail.com John Sutcliffe Clare Winter (07970658860 / email clareswift2@icloud.com)	

Risk Assessment Form

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Action(s) to Mitigate/ Remove Risk:	Responsibility	Residual Risk: After resolution	Dates Reviewed
Covid-19 prevention	athletes, coaches, parents of junior athletes	Likelihood: Med Impact: High	<p>-Ensure the coach to junior athlete ratio does not exceed 1:5 in accordance with government, EA and BTF guidance for Junior sessions. This will be regulated by a booking system/rota.</p> <p>-Adult sessions – in accordance with EA guidance a ratio 1:12 coach /leader: runner ratio.</p> <p>-All athletes and coaches to distance from each other in accordance with government, EA and BTF guidance. Sessions will be designed to accommodate this requirement (at least 1m+).</p> <p>-Coaches must ensure they have a log of athletes who have attended each coached session, sufficient to meet track and trace requirements.</p> <p>-During the NSP club session times the track entrance gate (a touch point) will be left in the open position. Signage will remind athletes and visitors of social distancing requirements.</p> <p>-All athletes and coaches to wash / sanitise hands thoroughly before arrival. This will be communicated to coaches and athletes by the club. Sanitiser will be available at the track for all training sessions.</p>	All coaches, trustee team & adult athletes	Likelihood: low Impact: high	In line with Government & EA / BTF guidance

		<p>-All athletes will be asked to ensure minimal personal equipment is brought to track sessions, however where this is unavoidable, they will be required to sanitise equipment they bring to the session which is likely to be handled. Club equipment will not be used to avoid contamination risk. All non track areas (throwing cage, sand pits etc. will remain out of bounds, and subject separate risk assessment in due course.</p> <p>-Hand sanitiser/anti-bacterial wipes are to be made available for use by coaches and athletes during the session.</p> <p>-If athletes should require a water bottle they must only touch and drink from their own bottle.</p> <p>-All athletes to understand the 'aerosol effect' and be aware of strategies they can use to avoid it (i.e. when overtaking). This should extend to turning away from others when heavy breathing after exertion and coughing/sneezing into the elbow. Covid prevention track etiquette to be outlined prior to all sessions at the facility by each coach.</p> <p>-Only coaches /leaders to set out and collect in equipment if required by exception. As far as possible the same coach or leader should handle the same equipment before/after the session, sanitising hands and touch points.</p> <p>-Athletes attending the session will be encouraged to arrive already dressed for the session, if outer garments are removed they must be placed away from the track or other facilities as well as other athlete's belongings.</p>			
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			<p>-All track facilities and club owned equipment, where used in exceptional circumstances, should be cleaned thoroughly using antibacterial wipes after use / between athletes in accordance with EA guidance: https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/</p> <p>-Coaches should try to avoid touching athletes' equipment as far as possible. If a coach handles an athlete's equipment (e.g. starting blocks) they should sanitise their hands afterwards.</p> <p>-Coaches & athletes to sanitise their hands at the end of the session before travelling home.</p> <p>-A gap of at least 1 lane must be left free between training groups in accordance with EA guidance.</p> <p>-No athlete or coach should attend the session if they display any of the symptoms of Covid-19, or indeed if a household / bubble member has symptoms.</p> <p>-If an athlete sustains a minor injury during the session then they should be directed for appropriate self-care (e.g. antiseptic wipe, plaster). The incident should be recorded via the incident reporting procedure in place at the club.</p> <p>-If an athlete sustains a more serious injury that requires immediate intervention then those responding should wear appropriate PPE and assess whether the athlete needs to go home or requires emergency treatment. The incident should be</p>			
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			<p>recorded via the incident reporting procedure in place at the club.</p> <p>-Once a coached session has taken place there must be sufficient time between the next scheduled coached session to allow athletes time to leave and arrive without compromising social distancing / covid security, along with cleaning and sanitising any equipment used. It is proposed that this is initially 30 minutes but with a minimum of 10 minutes. The 30 minutes may reduce in the coming weeks and months as the club gets used to the 'new normal'.</p> <p>-Any parent's or visitors choosing to watch the coached sessions must stand outside of the track area on the other side of the fence to ensure social distancing. Appropriate signage should reinforce this requirement.</p>			
Covid-19 symptoms	Coaches, athletes, parents of junior athletes	Likelihood: low Impact: high	<p>--Should an athlete develop C-19 symptoms during a session they should inform their coach and return home. if it is a junior athlete the coach will isolate the child and contact the parent immediately to arrange collection.</p> <p>-Should a coach working with adult athletes develop C-19 symptoms during a session they should inform their group and leave at the earliest opportunity.</p> <p>-Should a junior athlete coach develop C-19 symptoms they should contact another coach / leader or responsible adult (i.e. trustee or welfare officer) at the club for them to take over responsibility, and then leave at the earliest opportunity. Another coach /</p>	All coaches, trustee team & adult athletes	Likelihood: low Impact: high	As guidance updated

			<p>responsible adult should then contact the parents of the athletes for them to be collected.</p> <p>-Should a coach test positive for C-19 they should inform a NSP Welfare Officer or a Trustee team member as soon as practically possible</p>			
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Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):

Track:



