Irvine Running Club - Addition to Generic Risk Assessment relating to Winter Training Route and Covid 19

Date of assessment: 15th October 2020 Review Date: Covid updates from government and SA

Activity: Male Training - Route C – Kilwinning / Almswell Road Persons affected: Club members running

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| Hazardous situation | Who might be harmed | Existing Control Measures | Severity | Probability | Resultant risk rating | What else can be done to control risk |
| Paved Section along A78 between Nethermains Road and Irvine Road. | Runners : Broken bones, head injury, cut/ scrape, bruising | * Runners should run on the partially lit pavement section adjacent to the road * Run in single file only * Runners should wear bright/ fluorescent colours so that they can be easily seen by other road users. * Runners must not wear headphones. | Harmful | Unlikely | Medium | Not applicable |
| Spread of Covid-19 | Runners, public encountered while running on public paths | Covid Hygiene Guidance already emailed to all members.  Maintain 1+m distance. No spitting. Use hankies or sleeves to blow nose.  Give way to other road/path users to allow social distancing  Booking system introduced to limit number of runners in contact with each other, and to allow contact tracing.  Hand sanitiser used on arrival.  First aid kit available | Harmful | Unlikely | Low risk | Staggered start time.  Remind runners about social distancing, no spitting, and hand hygiene.  Remind runners to give way to members of the public, so as not to cause anxiety or risk  Remind runners not to gather in the car park in large groups and that normal social distancing needed before and after the run.  Mask, gloves and apron added to first aid kit |