



Risk Assessment: COVID 19 Manchester Frontrunners, Saturday Run (Chorlton and Sale routes)

NB. This risk assessment addresses the risks presented by COVID-19 only and should read in conjunction with the existing route risk assessments. Where there is a conflict between the two documents, this document will take precedence.

Date:	Assessed by:	Location:	Document Location	Review next due:
02/08/20	Martin Dunn	Start at Longford Park Athletics Stadium with various routes in Chorlton and Sale water park Route: http://manchesterfrontrunners.org.uk/saturday/	http://manchesterfrontrunners.org.uk/about/documents/	Monthly (2 nd Monday of each month)

Task/activity being assessed?	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?	Resultant risk rating	Action by whom	Target date	Complete
Issuing guidance, promoting awareness of risks	Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/	Athletes, coaches, leaders and members of the public not understanding risk of virus transmission and or/official guidance	Guidance email sent to all athletes, coaches and leaders outlining pertinent points of specific England Athletics guidance and linking to official England Athletics and Government guidance web pages Athletes, coaches and leaders required to acknowledge receipt of guidance and to read guidance as condition of attending sessions	M	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing

	transmission of the virus								
Organising sessions, controlling attendance	Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the virus	Athletes, coaches and leaders gathering in non COVID-19 secure groups	Pre session sign up required (including capturing of name and contacts details) and ratio of leader/coach to athletes to be no greater than 1:12	L	N/A	L	MD	By Friday 19:00 each week	Ongoing
Infection	Spreading/ transmission of Covid-19 through contact with virus on a surface OR Spreading / transmission of COVID-19 through air borne transmission of the virus by an	Athletes, coaches and leaders becoming infected after attending a group run	A COVID-19 Officer has been appointed (Tess Ptonka). Any athlete or coach who become infected after attending a group run should notify the COVID-19 Officer and fill in the UKA notification form here: https://www.uka.org.uk/governance/health-safety/covid-19-form/	L	N/A	L	MD	11/08/20	Yes Ongoing

	infected person								
Hand hygiene	Spreading/ transmission of Covid-19 through contact with virus on a surface	Athletes, coaches and leaders spread virus via hands	Athletes, coaches and leaders told to maintain good hand hygiene and asked to bring alcohol hand gel	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing
Consuming food and drink, using equipment	Spreading/ transmission of Covid-19 through contact with virus on a surface	Athletes, coaches and leaders spread virus via hands and/or body fluids	Athletes, coaches and leaders told not to share drinks bottles, food or any personal equipment (NB. no equipment will be provided by or required by MFR)	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing
Preparing to run, changing	Spreading/ transmission of Covid-19 through contact with virus on a surface	Athletes, coaches and leaders changing in close proximity to others	Athletes, coaches and leaders told to arrive changed and ready to run, no changing facilities are available.	L	Reinforcement of message before sessions	L	MD	11/08/20	Yes Ongoing
Storage of personal possessions	Spreading/ transmission of Covid-19 through contact with	Athletes, coaches and leaders spreading	Athletes, coaches and leaders told not to share car boots to store possessions	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing

	virus on a surface	virus via close contact							
Meeting at the start of the session	Spreading/ transmission of Covid-19 through contact with virus on a surface	Athletes, coaches and leaders spreading virus via close contact	Athletes, coaches and leaders told to meet in open space (i.e. away from bike stands) maintaining 2m distance NB. Meeting place is on grass next to Longford Park tennis courts (Chorlton and Sale routes)	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing
Touching surfaces whilst running	Spreading/ transmission of Covid-19 through contact with virus on a surface	Athletes, coaches and leaders spreading virus by touching objects whilst running	Athletes, coaches and leaders told to avoid touching surfaces whilst running. Specific touchpoints identified are: <ul style="list-style-type: none"> • Railings of bridge over Chorlton Brook (Chorlton and Sale routes) • Railings of bridge over River Mersey next to Jackson's Boat pub (Chorlton and Sale routes) • Gate post on exiting Chorlton Water Park (Chorlton route only) 	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing
Contact with others	Spreading/ transmission of Covid-19 through contact with	Athletes, coaches, leaders and members of the public spreading	Athletes, coaches and leaders told to avoid collisions with other people by staying alert to their surroundings, giving way to members of the public or other runners (where necessary) and maintaining social distance (2m)	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing

	virus on a surface	virus by close contact							
Attending sessions when infected	Spreading / transmission of COVID-19 through air borne transmission of the virus by an infected person	Athletes, coaches and leaders spreading virus when likely to be infected	Athletes, coaches and leaders told not to attend sessions if showing any symptoms of COVID-19, or if they have been in contact with COVID-19, as outlined here: https://www.gov.uk/coronavirus	L	Requirement to confirm in advance of each session during sign up process	L	MD	11/08/20	Yes Ongoing
Running	Spreading / transmission of COVID-19 through air borne transmission of the virus by an infected person	Athletes, coaches, leaders and members of the public spreading virus through close contact	Social distancing (2m) to be observed by athletes, coaches and leaders throughout session Athletes, coaches and leaders told not to meet more than 5 minutes before start of session and to leave immediately after the session ends	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing
Touching objects whilst running	Spreading / transmission of COVID-19 through air borne transmission of the virus	Athletes, coaches, leaders and members of the public spreading	Athletes, coaches and leaders told to be aware of surroundings and give way to members of the public and other runners. Areas where it may be difficult to pass others include: <ul style="list-style-type: none"> • Bridge over Chorlton Brook (Chorlton and Sale routes) 	L	Reinforcement of message before and during sessions	L	MD	11/08/20	Yes Ongoing

	by an infected person	virus through close contact	<ul style="list-style-type: none"> • Bridge over River Mersey next to Jackson's Boat pub (Chorlton and Sale routes) • Path leading from the River Mersey through the golf course (Chorlton route only) 						
Dealing with injuries and first aid	Spreading / transmission of COVID-19 through air borne transmission of the virus by an infected person	Athletes, coaches, leaders and members of the public spreading virus through close contact	All injuries to be assessed from a safe distance. Leaders told to carry mobile phones to call emergency services if needed. Minor injuries (cuts, grazes, non-disabling injuries) to be self-managed. Avoid contact with others unless absolutely necessary.	L	N/A	L	MD	11/08/20	Yes Ongoing