

What are the hazards?	Who might be harmed and how?	What are you already doing?	Risk rating	What else can you do to control risk?	Resultant risk rating	Action by whom	Target date	Complete
Respiration of airborne particles from club members/public	Club members/public breathing in contaminated airborne droplets and developing Covid-19	Limiting the group to six, with all members continuing to observe social distancing protocols (2m) at all times. If more than six attend, they split into clear groups under supervision of a Run Leader with a maximum of six members. The groups will stagger activities and start times. If a club member feels unwell they should remain at home.	H	Provide action plan / guidance for Run Leaders & participating Members via email and website The training session is set up in an area designed so participants are safely distanced and avoiding the public. Use club Facebook for members to book sessions, with attendance to be strictly by invite only from the Run Leader organising the session Members should be conscious of not breaking the 2m rule. Members should refrain from spitting at all times.	M	Ken Beak & Rowland Sillito Run Leaders Run Leaders All participating Members All participating Members		

Contact with contaminated surfaces.	Club members/public risk of infection when touching hand to mouth, eyes & nose.	Limit the number of surfaces touched. Limit the touching of your face.	M	Maintain good respiratory hygiene. Ensure good personal hygiene. Those attending should bring their own drink and hand sanitizer.	L	All participating Members All participating Members All participating Members		
Exposure whilst travelling to and from training.	Club members to be exposed to respiratory particles in a vehicle.	Members should travel to and from the session separately from others not in their household.	M	Where possible members should run/cycle to the session and should avoid public transport.	L	All participating Members		
First Aid/Emergency protocol.	Club members having a requirement for first aid.	Ensure that the Run Leader has a mobile phone. Always ring 999 if required.	M	Minor first aid should be self administered. If help is required then limit the amount of close contact ensuring other group members continue to observe social distancing. Run Leader to have a face mask and latex gloves should close assistance be required.	L	Run Leaders Run Leaders Run Leaders		

				All participants to have supplied emergency contact details		All participating Members		
Lack of Club facilities.	Club members not being able to use toilet facilities.	Ensure all members are informed that only Public toilets are available.	M	Keeping the training session punctual and as short and intense as possible.	L	Run Leaders		

The Run Leaders are Ken Beak, Juliette Chan, Nigel Eldridge, Samantha Fancourt, Joy Furnidge, Bryan Jones, Stephen Lee, Trevor McAlister, Richard Melville, Roger Merry, Holly Newton, Elaine Parry, Natalie Rose, Carolyn Ruth, Keith Ruth, Rowland Sillito, & Jodie Wilmott.