

# Saffron Striders Running Club



## Risk Assessment of: - Group Runs at Carver Airfield with Covid issues

Date	Assessed by	Location	Review date
1 <sup>st</sup> December 2020	Graeme Loudain	Carver Barracks Airfield	March 2021

Standard risk assessments in black. Additional assessments because of Covid in purple

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?	Result ant Risk Rating	Action by whom	Target date	Comple t e
Restricting access to Striders vehicles only	Unauthorised and /or unexpected vehicles could injure a runner or MOD personnel during our visit, or be on site after we leave.	Gate must be monitored after it is opened by a Strider. Only Striders vehicles to be allowed access. (Members of public can park on verge opposite entrance)	L					
Passing on Covid or getting Covid when collecting or returning keys for facility	Key collector, Gatehouse personnel	Keyholder for the event to wear a face mask, sanitise hands and maintain 2m social distancing when collecting and returning keys	L					
Emergency services require entry or exit from site through locked gate	Persons requiring emergency treatment	Keys for entry gate to be held by person who opened the gate, usually Al Cooke. Brief all that if keys are needed they should call him	L					
Cars parked in areas that are not appropriate, causing a hazard when session is taking place	Moving vehicles could injure a runner or MOD personnel.	Drivers to be told where to park as they enter the access gates	L					
Gravel, Bumps, lumps, holes	Runner injury such as sprain, grazing, bleeding or broken limb because of loss of footing.	Briefing before run to look out for hazards on ground. Check at briefing if there are any runners who are not familiar with routes, make sure they know who guide runners are.	L					

Getting lost or becoming separated, possibly having accident	Runner may become anxious, tired or feel or be threatened, particularly if female. Having a fall or injury while on own	Guide runner in each group always wears Hi-Vis bib, carries phone and first aid kit whose role is to look out for all members of group. Brief runners must stay in group. Remind all runners to use ICE (In Case of Emergency) shoe tags.	L					
Health issue (e.g. Asthma attack)	Physical effects on runner of allergy or illness	Briefing before that runners must carry medications if they have known health issue. Remind all runners to carry their ICE (In Case of Emergency) shoe tags. Welfare Officers and Memb Officer have list of all runners and health issues. Ensure Guide Runners are aware of these lists and contact numbers for WO's and MO	L					
Falls when light conditions are poor or dark	Injury to runner by fall	Start sessions sufficiently early that finish of run is in good light conditions. Briefing before run that HI-Vis tops are compulsory at all times of poor light conditions, including those which start in daylight but end near dusk Runners who do not have a Hi Vis may be loaned one by the club We recommend that head or chest torches should be worn. Emails sent to all members to remind them Make clear no runs in poor light without Hi-Vis.	M					
Infection from injured runner while carrying out first aid	Runner carrying out first aid	Issue notes to all runners about first aid procedures Guide runners (and Coaches at coached sessions) carry f aid kit that includes gloves, which should be worn while giving first aid.	L					

Abuse by one runner to another	Stress and anxiety for affected runners	Ensure runners know that abuse should be reported confidentially to Welfare Officers and they know how to contact them. Reports should be made if directly affected by abuse or if it is observed.	L					
Passing on Covid or getting Covid from runners in car	Car occupants	We do not recommend car sharing, unless from same household	L					
Passing or contracting Covid to/from other runners or to/from members of the MoD before a run.	Runners or members of the MoD	Runners to arrive in kit, or get changed in car  No close congregating, maintain minimum 2m distance from each other at meeting point.  Runners to meet on grassed area or by car parking area at Carver  Participants complete pre-activity health questionnaire.  Briefing to take place (Standard format for briefing) before activity start	L					
Passing or contracting Covid to/from other runners during run	Runners	Briefing before run about maintaining 2m distance. Briefing that runners should remind others if they feel less than 2m is being maintained	L					
Passing or contracting Covid to/from other runners or to/from members of the MoD after run	Runners or members of the MoD	Briefing about maintaining 2m distancing after run. No changing at finish point. (Get changed in car)	L					
Spreading Covid through contact with disease on a surface (e.g. Cars, door	Runners and those they come into contact with	Brief runners to avoid touching anything unnecessarily and to avoid going inside buildings. If in building, follow Covid rules of the	L					

handles, gates)		<p>premises.</p> <p>Runners are recommended to carry hand sanitiser and use after touching a surface. Guide Runners will have hand sanitiser</p> <p>Brief runners to wash hands frequently and avoid touching face.</p> <p>Use gloves when setting up Cones Brief runners not to touch cones</p>						
Spreading Covid through contact while carrying out first aid or injury	Runners and those they come into contact with	<p>Issue additional advice to all runners about additional precautions to be taken while carrying out first aid while Covid is an issue. Guide Runners have masks, aprons and gloves in first aid packs and have been told to use when carrying out first aid. No mouth to mouth CPR, include in briefing</p>	M					
Tracing runners who have come into contact with Covid	Runners and those they come into contact with	<p>Leaders to maintain register of all participants as they arrive, by group they were in. Keep for 21 days.</p>	L					
Individuals from Tier 3 or more restrictive tier passing on Covid to Tier 1 or 2	Runners and those they come into contact with	<p>Check membership addresses of all members to ensure none are from tier 3 or more restrictive tiers.</p> <p>Give advance notice by email to all members that those who</p>						

		have travelled from Tier 3 (or more restrictive tiers) should not attend, nor should members of their friends or family whom they have had close contact with.						
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Think about

- The risks - a risk is the chance, high or low, of somebody being harmed by a hazard, and how serious the harm could be.
- How accidents could happen and who might be harmed
- What you will need to do to control the risks and ask if there is anything you should do to make your club activities safer.

Focus on risks that could cause real harm. If there is a genuine risk, see what you can do to minimise that risk and still go ahead – it can often be done. Be sensible and proportionate in your approach to managing risk and unlike the example here, don't go 'over the top'.

**Venue:-**

Carver Barracks Airfield  
 Airfield training site entrance (200m from Debden Barns)  
 Carver Barracks  
 Water Lane  
 Wimbish  
 Saffron Walden

Entry through gates that are locked except for entry and exit of all participants at the start and finish of the event

**Admin office:-**

Carver Barracks  
 Ministry of Defence  
 Administration Office  
 Water Lane  
 Wimbish  
 Saffron Walden  
 CB10 2YA.

Guard room (for key collection and return) telephone contact no. 01223 203617 or 01223 203662 Note DEFIBRILATOR at this location

**Participants**

**Saffron Striders Running Club**

<b>Role</b>	<b>Name</b>	<b>Phone</b>	<b>email</b>
Chairman	Alistair Cooke	07547 507 600	<a href="mailto:chair@saffronstriders.org.uk">chair@saffronstriders.org.uk</a>
Welfare Officer F	Paula Thurston	07885 484 538	<a href="mailto:welfarefemale@saffronstriders.org.uk">welfarefemale@saffronstriders.org.uk</a>
Welfare Officer M	Michael Bradley	07990 570 720	<a href="mailto:welfaremale@saffronstriders.org.uk">welfaremale@saffronstriders.org.uk</a>
Covid 19 Coordinator	Graeme Loudain	07876 446 117	<a href="mailto:hands@saffronstriders.org.uk">hands@saffronstriders.org.uk</a>