

Saffron Striders Running Club



Risk Assessment of: - Beginners Coached Sessions at Carver Airfield with Covid issues

Date	Assessed by	Location	Review date
16 th March 2021	Graeme Loudain	Carver Barracks Airfield	May 2021

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

Plan

Entry to site – One or two registration bays to be set up, just after the first left turning on the site. (To allow for several cars to be queuing inside the airfield, avoiding q's on the main road)

Parking – Striders to be directed to park against green area as previously. Beginners to be directed at registration points to park much further into airfield by the second grass field, using Striders flag as a marker

Gathering – Striders to use first grass field. Beginners to use second grass field

Activities – Beginners to use tarmac area and second grass field. Striders to use tarmac area and first grass field

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 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. Brief all that if keys are needed they should call that person	L					
Q forming on main road as cars enter airfield because of number of cars	Vehicle occupants by collision	Be ready to open 2 registration queues inside airfield to process quickly. Bring registration point well inside the airfield.	L					

waiting to register								
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 by marshall's 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.	Coach to assess ground conditions before start of session. Briefing before activities to look out for hazards on ground. Briefing before activities on correct use of equipment	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.	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. Make clear no runs in poor light without Hi-Vis. Coach to assess light conditions and halt activities if appropriate	M					
Infection from or to injured runner while carrying out first aid	Runner carrying out first aid or first aider	Issue notes to all runners about first aid procedures. Guide runners (and Coaches at coached sessions) carry f aid kit that includes gloves, aprons and mask 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 or adjacent to car	Car occupants	Include in advance email that we do not recommend car sharing, unless from same household Avoid congestion by segregating Striders and Beginners parking	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	Warn runners to arrive in kit, or get changed in car No close congregating, maintain minimum 2m distance from each other at meeting point. Striders to meet on grassed area by car parking area at Carver Beginners to be directed to parking area by Striders flag, past Striders parking. Brief at gate. Participants complete pre-activity health questionnaire. Safety 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 activity about maintaining 2m distance. Briefing that runners should remind others if they feel less than 2m is being maintained Briefing to Beginners that when turning at head of a q always go left (anti clockwise) to avoid other runners	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 handles, gates)	Runners, Coaches and those they come into contact with	Brief runners to avoid touching anything unnecessarily including equipment and to avoid going inside buildings. If in building, follow Covid rules of the premises. Runners are to be advised in advance that it is recommended they carry hand sanitiser and use after touching a surface. Also that Guide Runners will have hand sanitiser	L					
Spreading Covid through contact while carrying out first aid or injury	Runners and those they come into contact with	Issue additional advice to all runners about additional precautions to be taken while carrying out first aid while Covid is an issue. Guide Runners and Coaches to add masks and disposable aprons to existing first aid packs. Before first aid is carried out, masks, gloves and aprons should be worn. No mouth to mouth CPR.	M					
Passing Covid to others while unaware of being infected after leaving the venue	Families, runners	Maintain register of all those who attend each session each week. Keep register for 21 days	L					

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**

Role	Name	Phone	email
Chairman	Alistair Cooke	07547 507 600	chair@saffronstriders.org.uk
Welfare Officer F	Paula Thurston	07885 484 538	welfarefemale@saffronstriders.org.uk
Welfare Officer M and Coach	Michael Bradley	07990 570 720	welfaremale@saffronstriders.org.uk
Covid 19 Coordinator and Coach	Graeme Loudain	07876 446 117	membership@saffronstriders.org.uk
Health and Safety Sub Committee	Several		hands@saffronstriders.org.uk