

BECCLES AND BUNGAY HARRIERS – COVID-19 RISK ASSESSMENT

EARSHAM PLAYING FIELD

TRAINING ON FIELD – April 2021

Activity	Hazard	Current Risk level	What can be done to mitigate	Who is responsible for each action	New risk level
1. Arrival	Parking in car park / road, congregating before training	M	Athletes are asked to arrive 20 minutes before the session and not congregate outside or on the field if arriving early. Observe Covid-19 guidelines.	1.1 Head Coach / Chairman – Guidelines 1.2 Athletes – arrive at given time	L
2. Registration	Queuing to register, exchanging money, volunteer coming into close contact with others. New athletes' details.	H	Athletes to pre-register for all sessions via website (google form); sessions to be paid for online (bi-monthly) so registration is not necessary at the start of the session, a volunteer is not needed. Athlete details will already be held for Track & Trace if needed. Any new athletes must give their contact details in advance of the session and pre-register.	2.1 Head Coach/Chairman - Guidelines 2.1 Head Coach/Chairman - maintain pre-register 2.2 Chairman - maintain insitu attendance register 2.3 Treasurer – co-ordinate payments online via BAC's	L
3. Athletes health	Athletes may come to training injured or ill or have been in recent contact with someone who has Covid-19	H	Any athletes with covid-19 symptoms (or who has been in contact with someone with Covid-19) should not attend training to protect themselves, other athletes and coaches. Places to be made available to other athletes if an athlete should become ill (or be in contact with someone who has Covid-19) or injured to maximise the numbers that can attend.	3.1 Head Coach/Chairman - Guidelines 3.2 Athletes – don't register if ill (or in contact with someone who is ill) or injured. 3.3 Athletes - inform the Head Coach/ Chairman if they are unable to attend a session. 3.4 Athletes – inform Chairman of Covid19 symptoms	L
4. Shielding or vulnerable athletes	Athletes may put themselves or others at risk by attending sessions	M	Any athlete who is shielding or vulnerable should follow the government guidelines relevant to their situation. Any athlete who is concerned about the risk should not attend training at this time.	4.1 Athletes – only attend training if government guidelines allow. 4.2 Athletes – Don't attend if concerned about the risk	L
5. Earsham	Athletes often use toilet,	M	Athletes should bring their own refreshments	5.1 Chairman – Advise on facilities	L

Clubhouse facilities	changing and fill drinks bottles at Earsham Football field		and come ready to train. Athletes to be aware that some facilities may not be available. Outside toilets to be available at Earsham.	5.2 Athletes - come ready to run with own drinks.	
6. Group size	Too many athletes on the field	M	Athletes must pre-register for a session. Typical group size will be no more than 12:1 coach. This may be extended to 15:2 coaches for junior sessions. Other club groups should not congregate on the field if not registered.	6.1 Head Coach / Chairman - guidelines	L
7. Uninvited athletes	Athletes not registered may think they can join sessions	L	All athletes must be pre-registered to attend sessions. Any athletes arriving on the field who are not registered must be reminded of the danger of more than 12 people meeting in a group and unless there are spare spaces in a group (and have satisfied point 3 above) should leave.	7.1 Head Coach / Chairman – distribute register before session for all groups 7.2 Coaches – take register 7.3 Coaches – ask uninvited athletes to leave field 7.4 Athletes – only attend if registered	L
8. Young athletes	Young athletes in the group (particularly those 7-11 years) may not understand or remember the rules and they often play together.	M	Parents of juniors 7-11 to give permission for juniors to attend training sessions. Written permission should be obtained from a parent/guardian. Any junior not following rules will be given a warning, asked to leave the group, not allowed to register for another session depending on the severity of risk.	8.1 Head coach / Chairman - guidelines. 8.2 Head coach / Chairman – obtain permission from a parent when pre-registering a child under 12.	L
9. Change in guidelines	Government guidelines may change, and athletes and coaches are not immediately aware	L	The government may need to increase or decrease restrictions at short notice as lockdown is eased. Athletes may be breaking rules or putting each other in danger	9.1 Chairman/ Head Coach – monitor government and EA rules 9.2 Chairman/Head Coach - inform coaches/athletes of change. 9.3 Coaches – change session or cancel as appropriate.	L
10. Warm up	Usually done as a group prior to the main session	M	Athletes must warm up individually prior to the start of the session. There is always plenty of space on the field to do this.	10.1 Head Coach / coaches - notify athletes of warm up routine. 10.2 Athletes - arrive in time to warm up. 10.3 Athletes - responsible for social distancing during warm up.	L
11. Track Sessions	Starting and finishing together, standing close	M	Athletes need to have clear instructions throughout the session to remind them. Session	11.1 Coaches - design sessions that allow distancing. 11.2 Coaches - instruct athletes about maintaining 2m	L

	to the finish line, encouraging other athletes, overtaking, approaching coaches who are timing all risk breaking 2m rule.		should be designed to limit overtaking, tagging, starting and finishing as a group. Two groups on the same field should not use the same start point.	distancing. 11.3 Athletes - follow coaches instructions. 11.4 Coaches - ensure 50m between separate groups.	
12. Equipment	Poles and cones may be touched by more than one athlete during or after session.	H	Athlete must not touch or move poles or cones. In the event that that they need to touch any equipment it should be cleaned during the session. Wipes to be available for cleaning equipment during and after each session.	12.1 Coaches - have cleansing wipes available. 12.2 Coaches - instruct athletes about touching / cleaning equipment. 12.3 Athletes - clean any equipment they touch during the session. 12.4 Coaches - clean equipment after the session.	L
13. Road run routes	Some road run routes mean athletes need to loop back or congregate in a group whilst waiting for others.	M	Road run routes should not use narrow pavements or lanes where distancing can't be observed. Loops will work better than out and back. Athletes must not run closer than 2m (Side by side or front and back). Under 18s not to attend road sessions.	13.1 Coaches - design routes which allow 2m distancing from other athletes and pedestrians and consider looping. 13.2 Lead coach - consider ability when dividing into groups – so overtaking not necessary. 13.3 Head Coach / Chairman – no U18s on road sessions 13.4 Athletes – follow instructions re looping / grouping.	L
14. Cool down	Athletes often run and walk together in a group to cool down and then stretch as a group	M	Athletes to maintain social distancing during cool down and stretching.	14.1 Coaches - remind athletes about social distancing prior to the cool down. 14.2 Athletes - maintain social distancing during the cool down	L
15. Post training	Athletes often stay to chat and help clear up equipment.	H	Athletes to be asked to disperse quickly at the end of the session and not linger on the field or in car park to chat. Wipes and sanitiser to be available	15.1 Head coach / Chairman – guidelines. 15.2 Coaches – remind athletes to disperse quickly after cool down. 15.3 Coaches – remove and clean equipment – ready for next session. 15.4 Athletes – Leave after cool down is complete.	L