

# Westerlands Cross Country Club SCIO (SC049593)

## COVID Risk Assessment

Prepared by: Alistair Boyer  
Role: Chair  
Date: 1<sup>st</sup> September 2020  
Review Date: 1<sup>st</sup> October 2020

### Links

Scottish Government <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/sports-culture-and-leisure-activities/>

Scottish Athletics <https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Symptoms of COVID-19 <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Travel Corridors <https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/>

Transport and car sharing <https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>

First aid <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

Identification		Assessment							Management	
Hazard	Consequences	Inherent risk			Risk Control measures	Residual risk			Additional control measures	
		Likelihood	Impact	Rating		Likelihood	Impact	Rating		
<b>General risks</b>										
Members may become ill with COVID-19.	Severe illness if infected.	4	4	16	Implement additional controls to control the spread of infection at all events, following latest Scottish Government and Scottish Athletics guidance. Participants should be reminded of the latest recommendations at all events.  Have responsible nominated COVID coordinator to oversee events and liaise with relevant bodies.	3	3	9		
Members may become ill with COVID-19 who have underlying health issues.	Severe illness if infected.	5	5	25	Support these members by continuing to organise virtual training that they can complete on their own in parallel with a return to organised sessions.	1	1	1		
Members unable to wear face masks; or with visual, hearing or mobility impairments.	Difficulty adhering to some guidelines.	4	3	12	Ensure that any organised activities can cope with the additional requirements by members who fall in these categories, by e.g. ensuring events are organised at below absolute maximum capacity.	1	3	3	Clear engagement with members allowing them to request additional controls at events if required.	
Wellbeing and mental health.	Anxiety about safety on return to club activities.	4	3	12	Regular and clear communication by the Club to ensure members are informed about measures taken by the Club to manage risk and comply with current guidelines issued by the Scottish Government and Scottish Athletics.	1	3	3	Clear engagement with members on return to organised activities.  Collect regular feedback and feed results into risk and activity documentation.	

Contact and droplet emission.	Spread of infection.	4	3	12	<p>Hands should be washed regularly and often for at least 20 seconds with soap and water.</p> <p>The mouth should always be covered when coughing or sneezing e.g. due to allergies or hayfever.</p> <p>Members should be reminded to bring hand sanitizer to events in event communication.</p> <p>Run leaders should remind members of hygiene measures.</p>	3	3	9	
Spitting during activities	Risk of spread of disease from spit during exercise.	4	4	16	<p>Require members to step off the path if they need to spit during a run, in the same way they would go to the bathroom.</p>	2	4	8	
Flammable cleaning solutions	Risk of fire and associated injury from alcohol/gel type hand sanitisers.	2	4	8	<p>Members to be reminded that alcohol hand sanitisers are highly flammable.</p> <p>Alcohol hand sanitisers must be kept out of direct sunlight and hot cars.</p>	1	4	4	

Travelling to and from events									
Travelling to sessions by public transport.	Risk of infection if using public transport or there is increased contact with others.	3	4	12	<p>Members rarely use public transport to get to activities due to starting point and lift sharing being preferred.</p> <p>Activities are scheduled to start outside of usual rush hour times to minimise crowding on public transport.</p> <p>Ensure that car-sharing of households, etc. is incorporated in any booking system.</p> <p>Remind users to check latest guidelines on using public transport in event info.</p> <p>Arrange virtual activities with a wide window for completion to avoid people travelling at similar times.</p>	2	3	6	Monitor government guidelines on car sharing and transportation.
Travelling to sessions by car.	Risk of spreading disease between people sharing a car.	3	4	12	Follow latest guidance on group sizes and issue this advice with event information.	2	3	6	Monitor government guidelines on car sharing and transportation.

Event specific risks									
Social interaction pre event.	Risk of spreading disease between people before an event.	3	3	9	Remind members to avoid greetings such as handshaking when meeting within their groups.	1	3	3	
Interaction during event.	Risk of spreading disease between people during an event.	3	4	12	Current guidance does not require lane or distance separation in organised running events.  Remind runners that running in close proximity can increase risk of infection and recommend a 5 m (2 m lateral) gap where possible.	2	4	8	Monitor latest guidance from Scottish Athletics on distancing in running activities.
Social interaction post event.	Risk of spreading disease between people following an event.	3	3	9	Remind members to avoid greetings such as handshaking when leaving within their groups.  Remind members that removing clothing can increase the spread of infection when getting changed.	1	3	3	
Wider spread of disease by running activities.	Risk of spreading disease from people at event to the wider public and running activities becoming a hub for infection.				Use a booking system to coordinate details for track and tracing.  Require the members inform the Club if they become infected within 14 days of attending an event.  Keep the information for 21 days, or whenever is mandated by current guidelines.				Monitor latest guidance from Scottish Athletics on any outbreaks from similar events and adjust guidance and risk assessment accordingly.

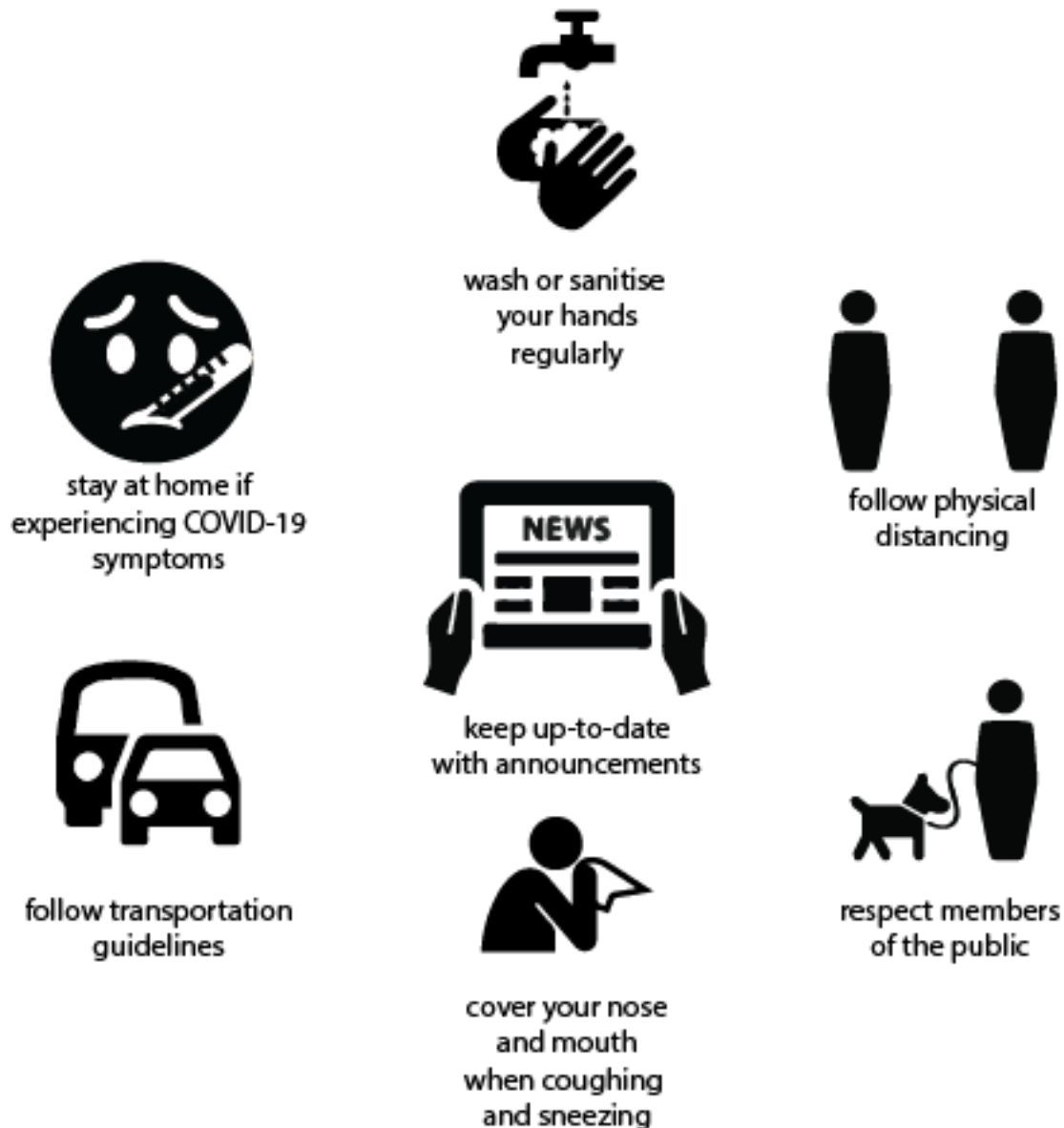
Interaction with the general public									
Spread of infection to the general public	Running activities result in passing of members of the public.	2	4	8	<p>Pass members of the public with at least a 2 m gap and reminded of this in any event information.</p> <p>Plan activities at locations that are less busy – either at the start/end point or along the route.</p> <p>Plan activities outside of peak times.</p>	1	4	4	
Intimidation of the general public.	Members of the public may be intimidated and not be fully aware of the detailed guidelines for organised sport when they see groups of e.g. 15 runners at an event.	3	2	6	Remind members to be courteous and understanding to the general public.	2	2	4	
Equipment and first aid									
In the event of an injury there is increased contact with e.g. bodily fluids.	Spread of infection to others from high risk surfaces, e.g. in case of administering first aid.	4	3	12	<p>Members bring their own safety equipment, waterproof body cover, etc. to events.</p> <p>Any first aid kits should be equipped with additional gloves / PPE.</p> <p>Remind first aiders to keep up-to-date with latest recommendations.</p>	3	3	9	

## Risk Matrix

		Severity				
		1 Very minor / no injury injury	2 Minor injury	3 Moderate injury	4 Major injury	5 Catastrophic
Likelihood	1 – Very unlikely	1	2	3	4	5
	2 – Unlikely	2	4	6	8	10
	3 – Quite likely	3	6	9	12	15
	4 – Likely	4	8	12	16	20
	5 – Very likely	5	10	15	20	25

Score	Action
1-2	Managed by routine procedures
3-6	Managed by routine procedures but monitor activity for developing risk.
8-12	Monitor activity and take steps to reduce risk.
15-16	Stop activity urgently and take action to reduce risk.
20-25	Stop activity immediately and take action to reduce risk.

## Event Guidance



- If you have to self-isolate for any reason: due to symptoms, if awaiting test results, travel, or close contact with similar people; then you can not attend the events. If you have severe underlying health conditions, you should consider the increased risk from attending these events.
- Please remember to wash your hands often and thoroughly (for 20+ seconds) including before and after an event. You should bring your own hand sanitiser to events and remember that alcohol-based hand sanitiser is flammable and care should be taken if storing in direct sunlight. Take care when opening gates and going over styles – only one person should hold a gate open for the whole group where possible.
- Maintain physical distancing of 2 metres with others. Restrictions on physical distancing within organised sport have been lifted, but a 2 metres side-to-side distance and 5 metres front-and-behind distance is recommended where practicable. Please maintain a 2 metre distance before and after each activity. Remember fist-bumps, handshakes, hugs and high-fives should be all saved up for after the pandemic!



- Please keep up-to-date with announcements about guidelines for travel, group size, symptoms and sport – they are subject to rapid change. Events may be cancelled at short notice – please check your email regularly.
- Cover your mouth when sneezing or coughing (e.g. from hayfever). If you need to spit while running, please stop and step off the track to do so.
- Please respect members of the public – they may not understand the rules concerning organised sport and what is allowed – physical distancing of 2 metres must be maintained when passing others. Our events are arranged at quiet evening times and we have deliberately selected events at some of the quieter locations.
- We will operate a booking system to manage numbers and to facilitate track-and-trace. Your data will be held until 21 days after the event and may be shared with 3rd parties for public health purposes.
- Scottish Athletics recommends a 15 person group size for organised sport – please note that this number is individual people and not households or bubbles.
- **Club runs:** we will operate staggered start times for club runs. Please stay within your assigned group at all times during the event including before and afterwards.
- **Reps and training:** Unfortunately, reps sessions are not compatible with staggered start times so we will try to accommodate numbers by operating multiple simultaneous reps sessions, e.g. in the West End and on the South Side.
- **Virtual and other activities:** We will continue to provide virtual activities and training. Remember to respect the five household limit for all activities that are not organised directly by the club booking system