This risk assessment has been done specifically to ensure a safe return to club runs and training during the COVID-19 pandemic and must be regularly reviewed and updated in line with government guidance and/or advice from EA.

This is to be used in conjunction with club plan and current guidelines from government and EA.

Latest update (7th July 2020) EA advises to adhere to 2 metre guidance and maximum of 6 in a group

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| What are the hazards? | Who might harmed and how? | What are we doing already? | What further action is needed? | Action by whom? | Action by when? | Action done. |
| Runners, coaches transmitting COVID  Participant living with someone who is extremely clinically vulnerable  Runners, coaches transmitting COVID | Runners, coaches, members of the public.  Transmission of COVID-19, illness, death.  Vulnerable household members  Transmission of COVID-19, illness, death.  Runners, coaches, members of the public. | Following government and EA guidelines. Runners, coaches advised to stay at home if displaying any signs or symptoms of COVID  Following government and EA guidelines. Runners, coaches advised to stay at home if displaying any signs or symptoms of COVID  Coach, run/ pack leader to choose route to avoid touching gates, traffic controls etc. as far as reasonably practicable. | Advice via website and Fb to all participants to strictly follow guidelines.  Participants advised not to join in with runs until guidelines change.  All participants asked to sanitise their own hands before and after run and to avoid touching things on route. | Committee  Committee  Committee (advise to carry sanitiser in car). Pack leader, all participants. | Before any runs/sessions organised.  Before any runs/sessions organised.  Before and after each run. |  |
| Inadequate social distancing. | Runners, coaches, member of the public.  Transmission of COVID-19, illness, death. | Maximum of 6 runners in any group.  Staggered times to avoid large gatherings.    Run routes and sessions planned to avoid busy areas or busy times. | Clear message sent to all members/participants.  Clear message sent to all members/participants.  Discuss and plan with run/pack leaders. | Committee, run leaders, coaches.  Committee, run leaders, coaches.  Committee, run leaders, coaches. | Before any runs/sessions organised.  Before any runs/sessions organised.  Before any runs/sessions organised. |  |
| Transmission of COVID-19 | Runners, coaches and members of the pubic. | Follow all above guidelines. | Record/log of all participants in each group or session to enable track and trace if required. | Committee to decide then run/pack leader to record each run. | Before any runs/sessions organised. |  |