

## Mallusk Harriers Covid-19 Risk Assessment

We recommend that all coaches / venues complete a Covid-19 specific risk assessment in advance of any training. Updating a post training survey form is required.

Name/Location of facility	Mallusk Harriers Training. Relates to outdoor training only
Head Coach/Name of Risk Assessor	Paul Skillen (Head Coach) / Karen McKee (Club Development Officer)
Date of Risk Assessment Policy	23 June 2020

Coaching staff will use the digital form to sign off sessions risk assessments.

What are the hazards?	Who might be harmed?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by who?	Action by when?	Done
Spread of Covid-19 Coronavirus	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p>Purchase of <b>cleaning and disinfecting equipment</b></p> <p>Purchase of <b>hand sanitiser.</b></p> <p><b>Hand Washing</b> Hand washing facilities in place (with soap and water) Stringent hand washing taking place. Gel sanitisers in any area where washing facilities are not available.</p> <p><b>Cleaning</b> Frequently cleaning and disinfecting equipment and surfaces that are touched regularly</p> <p>Club has appointed a <b>Covid 19 Safety Officer</b> with a medical background.</p> <p>Club has appointed a <b>Covid Coordinator</b> who is liaising with Athletics NI, ensuring Risk Assessments are completed in</p>	Medium	<p>Coaches and athletes will be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels.</p> <p>Also reminded to catch coughs and sneezes in tissues – Follow ‘Catch it, Bin it, Kill it’ and to avoid touching your face, eyes, nose or mouth with unclean hands.</p> <p>Coach will carry out a Covid 19 safety briefing prior to the session.</p> <p>Spitting and nose clearing are banned.</p> <p>Coach will ensure all athletes will sanitise their hands prior to each session and at the end of each session.</p> <p>To help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice.</p>	Low			

		compliance with ANI guidance and current Government instructions.		<p>Athletes will be advised to bring their own sanitiser and hand wipes. As a back up the Club will have a supply of hand sanitiser. This will be used at the start and end of the session.</p> <p>All club equipment is only to be handled by the coach only. Personal equipment is restricted to that athlete only and may not be shared.</p> <p>Thorough cleaning is carried out prior to and after any training session.</p> <p>The Club will be using a booking app for organise participation at each session.. This will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session. It will also ensure that people displaying symptoms or in doubt do not attend.</p> <p>The app will also allow speedy retrieval of attendance that will facilitate track and trace.</p>				
Congestion or inability adequately socially distance when leaving or arriving for the training session	<p>Coach, athlete, member of public within the vicinity</p> <p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p><b>Ensuring that all athletes follow guidelines when arriving and exiting training.</b></p> <p>These included designated arrival zones with social distancing markers.</p> <p>Athletes will be told to leave the vicinity promptly when the training session is over.</p>	Medium	<p>Coaches and Athletes to be given guidelines and instructions prior to arrival at each training session.</p> <p>The Club will be using a booking app. This will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session.</p> <p>Coach will carry out briefing prior to commencement to the beginning of session that will reiterate that upon completion of session athletes should leave without mixing or congregating.</p>	Low			
Possible Contamination of equipment	Coach, athlete	<b>Ensuring that equipment used at each session is controlled and handled by the lead coach.</b>	Low /	Coaches and Athletes to be given guidelines and instructions before arrival at each training session.	Low			

	<p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p>Equipment will be wiped clean and disinfecting of equipment and surfaces that are touched regularly</p>		<p>The booking app will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session.</p> <p>If in any doubt items that may have been touched will be cleaned by Coach.</p>				
<p>Possible contamination from inadequate social distancing in other communal gatherings or from members of the public within the area</p>	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p><b>Ensuring that the training area is marked effectively to allow for passers-by should they be within the location.</b></p> <p>Athletes advised to not go beyond these boundaries.</p>	Low	<p>Coaches and Athletes to be given guidelines and instructions before arrival at each training session.</p> <p>The booking app will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session.</p>	Low			
<p>Congestion during training for athletes.</p>	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p><b>Ensuring that all athletes follow guidelines when training, using appropriate lanes when overtaking.</b></p> <p>These will include social distancing measures for athletes while using the track.</p>	Low	<p>Coaches and Athletes to be given guidelines and instructions before arrival at each training session.</p> <p>Prior to commencement of session the lead Coach will brief all athletes in relation to overtaking fellow athletes and allowing at least 2 metres.</p> <p>Coaches will ensure instructions are strictly adhered to. Non compliant athletes will be removed from the session.</p> <p>The booking app will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session.</p>	Low			

<p>Stress and anxiety of coaches and athletes due to the uncertainty, changes to training arrangements and concerns about contracting COVID-19</p>	<p>Coach, athlete</p>	<p><b>Club will promote wellbeing procedures in place for both coaches and athletes.</b></p> <p>Regular checking in with coaches and athletes to ensure concerns are discussed.</p> <p>Club communications across all members communicating thoroughly and ensuring all measures, controls, and arrangements are in place to maintain safety.</p>	<p>Medium</p>	<p>Coaches and Athletes will be communications from the Welfare Officers regarding all measures, controls and arrangements are in place.</p> <p>Welfare officers will proactively continue to reach out to athletes and coaches to discuss concerns and actioned if needed. The role of the Welfare Officers will continue to be highlighted in club communications.</p> <p>The Club PR Officer will continue to update the club members in relation to the training sessions. While the club will encourage a return to training, no pressure will be put on members not wishing to return</p> <p>Surveys will also be issued to collate information quickly and effectively which will lead to action points that can be also addressed.</p>	<p>Low</p>			
<p>Possible contamination by close contact when providing first aid to care for an athlete</p>	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant members, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation to your activity</p>	<p><b>Disposable gloves are recommended to be worn when providing first aid and this should always be adhered to.</b></p> <p>If first aid is required, this should be limited to 2 people. The use of a visor or facemask is also required. These should be added to first aid kits. Any incidents will be reported to Covid Safety Officer</p> <p>All visors should be washed and disinfected after use. First Aiders will be shown how to put on and safely remove PPE</p> <p>Club will purchase relevant PPE equipment.</p>	<p>High</p>	<p>Coaches and Athletes to be given guidelines and instructions before arrival at each training session.</p> <p>The booking app will have agreement forms, determining these guidelines and instructions that must be agreed to in advance of each session.</p> <p>Club will investigate the availability of first aid training in line with Covid 19 regulations.</p>	<p>Medium</p>			

Signature of attending session coach:	Date:
Comments:	