

## Trawden Athletic Club – Outdoor Training Covid-19 Risk Assessment

<b>Date:</b>	<b>Assessor:</b>	<b>Location:</b>	<b>Review:</b>
23/09/2020	Paul Brown	All outdoor venues	23/09/2020

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?	Resultant Risk Rating
More athletes turn up than allowed by 1:12 coaching ratio	Coach, participants and general public	Prior advice to session and booking system regarding numbers.	L	Request that those who had not booked in for the session train separately and apart from the planned intended training session.	L
Athletes get too close to each other	Athletes and their families/housemates	Provide advice and intended training procedure to athletes beforehand on social distancing requirements.	M	Stagger meeting time or start time for reps, review venue and training procedures, revise if appropriate.	L
Running into members of public	Athletes and public	Prior session advice on safe training.	M	Change time/location of session in future weeks. Use wide open spaces.	L
Athletes injuring themselves and requiring first aid	Athlete	Warn athletes about any hazards.	M	Have supply of core first aid remedies to hand.	L
Travel to/from training	Athlete, coach, general public, guardian	Advise travel in separate household groups, arrive by own individual transport, walk or run to/from activity. Avoid/minimise use of public transport.	M	Carry/use face mask where deemed appropriate.	L
Cross-contamination	Athlete, coach, guardian	Be clear that athletes should not train with Covid symptoms, and where well and training observe social distancing.	M	Keep bags, belongings separate. Only use personal items especially foods and water bottles.	L