

Bedford and County Athletic Club

Risk Assessment: Covid-19

Date:	Assessed by:	Location:	Review:
23 / 07 /20		Bedford International Athletics Stadium, Barkers Lane, Bedford	

What are the Hazards?	Who might be harmed and how?	What are you already doing?	What else can you do to control this risk?	Risk Rating	Action by whom	Target date	Complete
Spread of Covid-19 (Coronavirus)	Athletes/Coaches/ Parents	<p>Social Distancing – follow and promote Public Health Guidelines issued by Government.</p> <p>Keep your 2-metre distance away from each other at all times.</p> <p>Exercise in groups complying with EA and government guidance as outlined in the policy document</p> <p>NB: An athlete's coach counts as 1 person if he/she is present at the track</p>	<p>Use clear signage to provide 2 metre guides (where appropriate) and to display requirement to maintain 2 metre social distance;</p> <p>Track zoned into training areas, numbers per zone as outlined in the policy document.</p> <p>Follow the instructions from the club representative at the gate, zones accessed at specific points.</p> <p>Prohibit spectating (unless strictly necessary due to age or needs of athlete, approved people must remain in designated place).</p> <p>Prohibit any congregation within the site or at the entrance gate</p>	L			
		<p>Avoid touching commonly touched surfaces</p> <p>Avoid touching surfaces commonly touched by others.</p>	<p>Warn people to minimise or avoid touching outdoor surfaces such as fencing by the track (or elsewhere).</p> <p>Warn people to use hand sanitiser as soon as possible after touching any surface and to avoid touching face, eyes,</p>	L			

Bedford and County Athletic Club

			nose or mouth			
		<p>Hand Washing – follow and promote Public Health Guidelines issued by Government. Wash hands thoroughly with soap and water before leaving home and on returning home. Use hand sanitiser at the track</p>	<p>All users to be reminded (by display of a sign) of the need: (a) to use hand sanitiser. (b) to stay away if ill, or if they or members of their household are showing symptoms of COVID-19 or are required to self-isolate. In addition, remind people to catch coughs and sneezes in tissues ('Follow, Catch It, Bin It, Kill It') and to avoid touching face, eyes, nose, or mouth with unclean hands</p>	L		
		<p>Limit use of indoor space. All indoor spaces to remain closed</p>		L		
		<p>Avoid overlap between incoming/outgoing track users. Require that track user(s) and/or their coach leave site strictly by expiry time of booked slot. Communicate that requirement clearly and firmly to all athletes/coaches/parents. Leave suitable gap between end of booked slot and beginning of next slot to avoid overlap between outgoing/incoming track users</p>	<p>Use of horn to indicate 10 minutes to changeover, athletes and coaches should end the training session on the sound of the horn and leave the track.</p>	L		
		<p>Cleaning Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use using appropriate cleaning products and methods.</p>		L		
		<p>Handling equipment Only personal training equipment brought to the track by the coach and/or athlete may be used</p>	<p>Stadium and club equipment will not be made available. Remind coaches that personal equipment needs to be cleaned before and after use by athletes, and at the start and end of a session.</p>	L		
		<p>Throws Cage Throws cage can be used, gates to remain fixed and open in Discus setup</p>	<p>Hammer throwing permitted by right handed throwers only with a maximum throw distance of 65m</p>	L		
		<p>Jumps Pits</p>	<p>The pit to be raked after each</p>	L		

Bedford and County Athletic Club

		Prepared jumps pits can be used, following the guidance for raking and turning the sand.	jump/run through. If the athlete makes contact with the sand with any part of their body apart from the feet/shoe the sand will need to be turned with a shovel and raked before a different athlete can jump. Rakes, brushes and shovels to be used by one person only and cleaned before and after use.			
		Hurdles Club hurdles available, full cleaning required before and after use.	Hurdles to be setup and moved by one person in a session. Hurdles need to be fully cleaned before and after the session. If an athlete touches a hurdle during a run then the hurdle will need to be cleaned before further use.	L		
		Access to First Aid No formal first aid provision. Avoid coming within 2 metres of injured person save where absolutely necessary	Ensure that first aid kit is readily accessible. Identify athletes and coaches with First Aid qualification.	L		
		Clinically vulnerable people Warn coaches, staff and others that, if they have any of the following health conditions, they are clinically vulnerable (meaning they are at higher risk of severe illness from coronavirus) and they are advised to stay at home as much as possible, but, if they do go out, to take particular care to minimise contact with others outside their household. Clinically vulnerable people are those who are: • aged 70 or older (regardless of medical conditions) • under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds): • chronic (long-term) mild to	Display warnings on site and on the website	L		

Bedford and County Athletic Club

		<p>moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis</p> <ul style="list-style-type: none"> • chronic heart disease, such as heart failure • chronic kidney disease • chronic liver disease, such as hepatitis • chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy • diabetes • a weakened immune system as the result of certain conditions, treatments like chemotherapy, or medicines such as steroid tablets • being seriously overweight (a body mass index (BMI) of 40 or above) • pregnant women <p>In addition, warn the further category of people with serious underlying health conditions who are clinically extremely vulnerable (meaning they are at very high risk of severe illness from coronavirus) that they, their family and carers should be aware of the guidance on shielding which provides information on how to protect themselves still further should they wish to.</p>					
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