

Bedford Harriers AC

19th July 2021

Covid 19 Spread prevention guidance

Introduction

Members will be aware that Government restrictions were relaxed on 19th July 2021 transferring the onus to individuals to initiate their own Covid 19 spread prevention measures.

What this means for members

Members will no longer be required to adhere to the regimes of the Action Plan from 2nd April 2021.

The legal requirement for the Club to collect, collate and retain attendance data no longer applies therefore attendance data will no longer be collected/required.

There are no legal restrictions on social distancing or any requirements for test & trace to be carried out.

Members will be able to car share and meet in unlimited numbers before and after sessions.

Member guidance

Bedford Harriers owes a duty of care to all its members and the wider community. In the discharge of this duty members are reminded that to prevent the spread of Covid 19 members should take personal responsibility and

- i) Monitor themselves for any signs of the virus, not take part in training or group sessions if they do have symptoms of the virus, and follow Government/NHS guidance regarding testing and/or isolation
- ii) Maintain social distancing
- iii) Maintain hygiene by frequent hand washing
- iv) Follow guidance and spread prevention measures at venues

Risk Assessment

This Risk Assessment is solely for the benefit and use of Bedford Harriers AC members whilst engaged in published training/coaching sessions.

It should only be read in conjunction with the existing published running risk assessments that are available to view via [Bedford Harriers Risk Assessments](#)

This Risk Assessment does not take precedence over Covid spread prevention measures implemented by third parties, e.g., Bedford International Athletics Stadium, Trinity Arts & Leisure Centre.

Covid-19 Risk Assessment

Calculation of risk				
(L) Likelihood	(S) Severity	Risk value (L x S)	(RR) Risk rating	(AP) Action priority
1 = Improbable	1 = Minor	21-25	Very high	A (high)
2 = Unlikely	2 = <3 day injury	16-20	High	B
3 = Occasional	3 = >3 day injury	11-15	Medium	C
4 = Frequent	4 = Major injury	6-10	Low	D
5 = Likely	5 = Death	1-5	Very low	E (low)

Risk/hazard	Persons at risk	L	S	RV	AP	Action to reduce risk	Person responsible for implementing action
Non-session specific							
Lack of awareness around Covid-19 risk factors and key Government/England Athletics/local guidance for limiting the spread/	Runners/ Members	2	2	4	E	Ensure members are aware of risk factors and communicate via email	Club management committee

transmission of the virus							
Spreading/transmission of Covid-19 through surface contact, e.g., gate catches, stiles	Runners General public	2	2	4	E	Communicate risk of transmission through surface contact to all members via email.	Club management committee
Spreading/transmission of Covid-19 through airborne medium by infected person, e.g., breathing in droplets/aerosol from exhalation, coughing, sneezing, perspiration	Runners General public	2	2	4	E	Communicate risk of airborne transmission by infected person, breathing in droplets from exhalation, coughing, sneezing, perspiration and the like, to all members via email.	Club management committee
Training/coaching session specific							
Spreading/transmission of Covid-19 between group members by airborne transmission	Running group members	2	2	4	E	Runners to maintain responsible social distancing. Verbally remind running group members immediately prior to session start.	Coach
Spreading/transmission of Covid-19 between a group member/s to a member/s of the general public (and vice versa) by airborne transmission	Running group members General public	2	2	4	E	Group to mitigate risk by physical avoidance. Verbally remind running group members immediately prior to session start and instruct whilst session is in progress.	Coach
Spreading/transmission of Covid between group members by infected surface contact	Running group members	2	2	4	E	Group members should use minimal contact to negotiate stiles, kissing gates and the like.	Coach
Spreading/transmission of Covid-19 between a group member/s to a member/s of the general public by infected surface contact	Running group members General public	2	2	4	E	Group members should use minimal contact to negotiate stiles, kissing gates and the like.	Coach
Spreading/transmission of Covid-19 between a group member and coach/group member/medical providers, during medical treatment, by either airborne transmission or surface contact	Running group members Medical providers	2	2	4	E	Those attending the casualty should wear coverings and gloves. Emergency services attending will comply with the H&S requirements of their organisation.	All medical attendees