

Recreational Running

COVID-19 ACTIVITY PLANNING AND RISK ASSESSMENT FOR GROUP RUNS

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COVID-19 RISK ASSESSMENT

SOURCES AND BASIS OF PLAN

This document has been designed to comply with or exceed the requirements for risk assessment for organised outdoor non-contact sports. These have been defined by Scottish Athletics as the authority delegated by the Scottish Government via Sports Scotland.

In preparing the assessment, consideration has been given to the guidance provided in, amongst other documents:

- Scottish Athletics and Jog Scotland Covid Guidance (V6 020421)
- Scottish Athletics and Jog Scotland Covid Framework (V6 020421)
- Scottish Athletics and Jog Scotland Risk Assessment Considerations
- Scottish Athletics and Jog Scotland Covid Coordinator Checklist
- Core COVID-19 Information and Guidance for General (Non-Healthcare) Settings
- COVID-19: Guidance for first responders

This document is intended to ensure compliance with the measures required to minimise the risk of participants in activities such as group runs from spreading or contracting severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and the resultant disease coronavirus disease (COVID-19).

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Recreational Running does not have premises, staff or other employees. Its operations do, however, depend upon the input, participation and goodwill of a number of unpaid volunteers. In that regard, this document assesses the risk to them.

All activities take place outdoors.

Almost all activities take the form of a group run. In this context, the field of play rules apply from the start of the warm-up until the end of the activity.

It is a mandatory requirement that sport facility operators/clubs collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Information should be stored for 21 days and shared when requested to do so by public health officers. A document has been devised which permits the capture of all required information. A sample is included as appendix 1.

GENERAL MEASURES –

1) Planning the activity:

- a) All standard planning, risk assessments, medical planning, etc. should continue to be carried out. Enhanced procedures should take account of additional, COVID-related, factors.
- b) The environment in which the activity takes place should be assessed to ensure that numbers attending are appropriate for complying with the maximum group size, coach:athlete ratio, and maintaining physical distancing.
- c) The environment in which the activity takes place should be assessed to consider other members of the public using the same space.
- d) Each group of participants is considered to be a "bubble", which will exist from the start of warmup until the end of the session. For most athletic sessions, social distancing is suspended. For outdoor running activities where the participants are at least 18 years old, physical distancing should be maintained at all times (2 metres side by side, and 5 metres in single file).
- e) There is a need to determine the maximum number of participants that can be safely accommodated in a group. If the number of participants exceeds this number, the 'guideline' maximum group size or the coach:athlete ratio, be prepared to split the participants into multiple groups.
- f) To ensure that multiple groups can be accommodated, ensure sufficient leaders will be in attendance.
- g) Where there are multiple groups, each group must be kept at a distance from others. There should be no athlete to athlete contact between groups.
- h) Within a group, athletes must not congregate prior to or after the session, and should maintain social distancing precautions.
- i) Participants should be instructed to:
 - i. arrive at the club location at a specific time,
 - ii. arrive in their running kit,
 - iii. sanitise and/or wash their hands prior to, or immediately upon, arrival.
- j) ensure that adequate supplies of sanitiser gel, antiviral wipes/spray, etc. are available

2) Prior to the activity:

- a) Participants must stay at home if they:
 - iv. Have been in contact with someone with COVID-19 in the last 14 days.
 - v. Have been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
 - vi. Have COVID-19 symptoms (self-isolate for 10days) or are feeling unwell.
 - vii. Have been asked to self-isolate as part of the contact tracing measures in place.

- b) Activity leaders should ensure that participants are aware of the conditions in a) above. A "Symptoms Check" should be conducted and recorded prior to the start of any activity. (A copy of the check list is printed on the attendance sheet.)
- c) Participants travelling to an activity should adhere to all advice and guidelines issued by the Scottish Government and the sporting authorities.
- d) Participants travelling by private transport should do so alone or with other members of their own household or an extended household of which they are a member.
- e) Participants using public transport should follow the relevant advice from the Scottish Government, Transport Scotland and other agencies.
- a) Participants should be reminded to adhere to good hygiene practices prior to, during, and after training as participants may be asymptomatic.
- f) Participants should adhere to all restrictions that may be placed on a public space by the owner of that space.
- g) Participants should arrive not more than 5 minutes before the scheduled start of the activity.
- h) Participants must not congregate with other participants outside their bubble.
- i) Participants MUST maintain physical distancing outside of the "field of play".
- j) Participants should be briefed on how they should run together in a way that respects physical distancing, and which does not cause unnecessary risk or anxiety to members of the public.

2) During the activity:

- a) Participants should stay within their bubble for the duration of the activity.
- a) Although physical distancing can be suspended within a bubble for the duration of the activity, participants should maintain a minimum physical distancing of 2m. There should be 5m separation wherever possible.
- b) If someone becomes unwell with symptoms of COVID-19:
 - I. If the affected person has mild symptoms they should go home as soon as they notice symptoms and follow the guidance for households with possible coronavirus infection.
 - II. Where possible they should minimise contact with others, e.g. use a private vehicle to go home.
 - III. If it is not possible to use private transport, then they should be advised to return home quickly and directly and, if possible, wear a face covering in line with Scottish Government guidance.
 - IV. If using public transport, they should try to keep away from other people and catch coughs and sneezes in a tissue. If they don't have any tissues available, they should cough and sneeze into the crook of the elbow.
 - V. . If they are so unwell that they require an ambulance, phone 999 and let the call handler know you are concerned about COVID-19. Whilst you wait for advice or an ambulance to

arrive, try to find somewhere safe for the unwell person to sit which is at least 2 metres away from other people.

- c) Group Leaders will carry a first aid kit, which includes Personal Protective Equipment appropriate for use during COVID-19 precautions. For interventions during periods when COVID-19 precautions are required, the protocol contained in the section "First Responders" should be followed.
- d) Participants should adhere to all restrictions that may be placed on a public space by the owner of that space.

3) After the activity:

- a) Participants should adhere to all restrictions that may be placed on a public space by the owner of that space.
- b) All equipment should be cleaned with suitable antiviral wipes/spray. Suitable supplies will be available for use.
- c) Participants must not congregate with other participants outside their bubble.
- a) If there has been contact with a case of COVID-19, all participants should follow the Scottish Government guidance for contacts of cases of COVID-19 when advised to do so. Individuals identified as a contact of a case of COVID-19 should follow advice on self-isolation.

ACTIVITY LEADERS –

Activity leaders should conduct a pre-activity check/protocol which ensures that all items included in "Prior to the Activity" before the activity (and for which they have responsibility) have been carried out.

The leaders of any activity should be seen to adhere to best practise in all appropriate hygiene and distancing measures. They should promote the same practise among participants and take responsibility for pointing out deficiencies to individuals or the group. They should recognise that, in many cases, a failure to, for example, maintain proper distancing, will not be a conscious decision. Thus, when raising issues, it should be done in a way that is received in a positive, non-judgemental manner.

Where a first aid pack is to be taken on the activity, the leader should check that it contains the items of Personal Protective Equipment (PPE) described in the section "First Responders".

At the end of the activity, the first aid pack (if used) should be either cleaned or passed to the coordinator for cleaning.

FIRST RESPONDERS –

The definition of "first responders" includes "members of voluntary organisations who, as part of their normal roles, provide immediate assistance requiring close contact until further medical assistance arrives".

Within Recreational Running, the provision of immediate assistance should only be provided by individuals who have had appropriate training, either by Recreational Running or another organisation (e.g. an employer).

The role of run leader does not include such provision. Participants will normally be asked to self-treat.

Where the participant is unable to treat themselves, immediate assistance will normally be provided by the leader or a participant on the "Good Samaritan" principle.

Where a run leader has a competency in first aid AND the activity is of a nature that has led to a first aid pack being carried, the pack includes Personal Protective Equipment (PPE) including (but not limited to):

- a) wrap-around safety glasses
- b) disposable gloves
- c) alcohol-based hand sanitiser
- d) alcohol-based wipes
- e) resuscitation face shield
- f) zip-seal plastic bags

The pack also includes instructions on the use of the pack contents.

In all cases where an intervention is made:

- a) Ask others who are not involved in providing assistance to stay at least 2 metres away from the individual.
- b) Clean your hands thoroughly with alcohol sanitiser before putting on and after taking off PPE.
- c) In all circumstances where some form of PPE is used, the safe removal of the PPE is a critical consideration to avoid self-contamination.
- d) After use, PPE, any other items used, plus all waste items that have been in contact with the individual (e.g. used tissues and disposable cleaning cloths) must be placed in one of the zip-seal bags, and the bag sealed. This should then be placed in the second bag and sealed. These bags should be stored for 72 hours before being put out for collection. Other general waste can be disposed of as normal.
- e) Where relevant, all surfaces that a symptomatic individual has come into contact with must be cleaned and disinfected.
- f) At the end of the activity, the first aid pack should be either cleaned or passed to the coordinator for cleaning.
- g) The responder's clothing should be washed in accordance with the manufacturer's instructions. Use the warmest water setting and dry items completely. Dirty laundry that has been in contact with an unwell person should be laundered separately where possible. Do not shake dirty laundry, as this

minimises the possibility of dispersing virus through the air. Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above. If you do not have access to a washing machine in your setting, ensure dirty laundry is kept bagged at home for 72 hours before taking to the launderette. After handling dirty laundry ensure hand hygiene is carried out.

EVENTUALITIES:

<p>Where a distance of 2 metres with a casualty cannot be maintained:</p>	<p>Conduct a risk assessment and adopt appropriate precautions for infection control.</p> <p>A face mask should be worn by both the responder and the participant. Disposable gloves should be worn if physical contact is likely to be made with potentially contaminated areas or items. Where eye protection is considered appropriate, wrap-around safety glasses should also be used.</p> <p>Gloves, masks and safety glasses are provided in the COVID-19 pack.</p>
<p>Requirement to perform cardiopulmonary resuscitation (CPR):</p>	<p>Conduct a risk assessment and adopt appropriate precautions for infection control.</p> <p>In adults, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only. Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after non-asphyxial arrest (cardiac arrest not due to lack of oxygen).</p> <p>If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use a resuscitation face shield where available. A shield is provided in the COVID-19 pack.</p> <p>Should you have given mouth-to-mouth ventilation there are no additional actions to be taken other than to monitor yourself for symptoms of possible COVID-19 over the following 14 days.</p>

Appendix 1: Record of Participation (continuation sheets are available)



RECORD OF ATTENDANCE AT ACTIVITY

Please send a copy (scan/photo) to info@recreational-running.com.

This information MUST be retained for 21 days and destroyed at the end of that period.

DATE OF ACTIVITY: ___/___/2021

LOCATION: _____ **LEADER:**

START TIME: ___:___ **END TIME:** ___:___

(If a participant leaves the activity before the end time, the time they left must be recorded.)

"Symptoms Check" (should be read out):

1. Has anyone been in contact with someone with COVID-19 in the last 14 days.
2. Has anyone been overseas to a country on the quarantine list or exposed to someone with COVID-19 in the last 14 days.
3. Has anyone had COVID-19 symptoms within the last 10 days and been advised to self-isolate?
4. Is anyone otherwise feeling unwell.

Symptoms Check carried out

"Covid Precautions" (should be read out):

1. Keep 2 metres away from the person beside you
2. Keep 5 metres away from the person in front of you
3. Sanitise then leave promptly at the end of the run
4. Clean your kit when you get home
5. If you become unwell after the run, contact your GP/NHS 24 then inform the run leader, who will contact Test & Protect.

Precautions read out

