Irvine Running Club - Addition to Generic Risk Assessment relating to Winter Training Routes and Covid 19

Date of assessment: 15th October 2020 Review Date: Covid updates from government and SA

Activity: Male Training - Route B – Dreghorn / Bus Route Persons affected: Club members running

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| Hazardous situation |  | Existing Control Measures | Severity | Probability | Resultant risk rating | What else can be done to control risk |
| Poorly Lit Underpasses at South Newmoor Industrial Estate and access to Corsehill Mount Road | Runners : Broken bones, head injury, cut/ scrape, bruising | * Runners should take care and run slower or walk at these points
* Runners should wear bright/ fluorescent colours so that they can be easily seen by other road users.
* Head torches shall be worn if running on road surfaces or in badly lit areas at night
* Runners must not wear headphones.
 | Harmful | Unlikely | Medium  | Not applicable |
| Spread of Covid-19  | Runners, public encountered while running on public paths | Covid Hygiene Guidance already emailed to all members.Maintain 1+m distance. No spitting. Use hankies or sleeves to blow nose.Give way to other road/path users to allow social distancingBooking system introduced to limit number of runners in contact with each other, and to allow contact tracing.Hand sanitiser used on arrival.First aid kit available | Harmful | Unlikely | Low risk | Staggered start time.Remind runners about social distancing, no spitting, and hand hygiene.Remind runners to give way to members of the public, so as not to cause anxiety or riskRemind runners not to gather in the car park in large groups and that normal social distancing needed before and after the run.Mask, gloves and apron added to first aid kit |