

## RISK ASSESSMENT FOR LEED CITY ATHLETICS CLUB.

### Specific area Infield risk assessment

Section	Risk	Method statement and operating guidelines How we will operate to minimize the risk of spreading Covid-19	Action req'd	By who/ when
Infield	<p>Javelin throws, discus and Hammer Throws at the same time as groups using infield for warm up</p> <p>Risk of serious injury or death if hit with throws equipment</p>	<p>Create a no mans land between 70m from the front edge of the javelin and throws circle and 30m from the pole vault run up. This will create a 40 meter 'no mans land' offering a cushion of protection and keeping the group using infield for warm up safe.</p> <p>Actual distance from throws circle will be at least 100m</p> <p>Distance of 70m based on longest throw the club has had on record plus 20 m.</p> <p>Groups can use up to the 30m line from the pole vault from warm up and drills safely.</p> <p>Instruct all coaches and athletes using the warm up zone not to enter no mans land for safety purposes. Inform all coaches of its purpose and instruct them to explain this to their athletes even if they never use the infield.</p> <p>Coach to ensure athletes NEVER walk across the infield to access different parts of the stadium.</p>	<p>Ask JCCS to mark lines on club nights.</p> <p>If JCCs won't put lines out, the coaches will need to create these lines with tape tied to cones or similar .</p> <p>Coaches have already been reminded that athletes , coaches an spectators, do not cross the infield.</p>	<p>Carol to email JCCs</p>

## Off Site Endurance Runners (RA based on running in Parks)

Topic /Question	Risk	Answers/considerations	Considerations/ action req'd	By who/ when/ Done
<p><b>Endurance Off Site</b></p> <p>Athletes arrival and registration</p>	<p>Issues social distancing with members of the public.</p> <p>People turning up too early</p> <p>People turning up unannounced (not booked in)</p> <p>May have Covid-19 and risk infecting others.</p> <p><b>Who is at risk:</b>  <b>Athletes</b>  <b>Parents</b>  <b>Coaches</b></p>	<ul style="list-style-type: none"> <li>• Athletes to arrive ensure they arrive in separate cars.</li> <li>• Athletes to go to a pre arranged meeting point e.g. Park Carpark.</li> <li>• Athlete and Parent will be asked if they are experiencing any symptoms of Covid-19 if yes or are showing suspected signs of Covid-19 they will not be allowed to train. Sent home and advised to follow government guidelines regarding seeking medical advice and Covid testing. A note should be recorded on the register about the situation.</li> <li>• Must leave a contact number and name at registration for Track and Trace purposes.</li> <li>• Coaches, leaders and athletes running or training in a public space must adhere to the latest social distancing guidance.</li> <li>• Communication to athletes on invitation to cover Covid symptoms.</li> <li>• Athletes to leave their belongings in the car where possible. If not possible, leave them at the designated area meeting point</li> </ul>	<p>Coach to direct the athletes and police the social distancing.</p> <p>Communication to athletes must state all rules.</p>	<p>Committee to circulate the intended invitation for athletes to committee</p>

<p><b>Endurance Off Site</b></p> <p>Locate coach</p>	<p>Not enough space to social distance when walking to training zone.</p> <p>Athletes huddling together whilst waiting for session to start.</p> <p>No markers to indicate 2m for belongings/rest area etc.</p> <p><b>Who is at risk:</b>  <b>Athletes</b>  <b>Parents</b>  <b>Coaches</b></p>	<ul style="list-style-type: none"> <li>• Coloured markers such as wipe clean cones or floor spots set 2m apart to indicate where athlete should wait for their start.</li> <li>• Coach de-briefs the athletes whilst on their markers, on what to expect from session, how to behave re: social distancing, cleaning hands, not to touch any surfaces such as gates fences etc., not to touch face.</li> <li>• Ensure all athletes have registered and left contact details.</li> <li>• Coach ensures all know the route.</li> </ul>	<p>Create de-brief check list for each coach, distribute at the meeting.</p>	
<p><b>Endurance Off Site</b></p> <p>Coach</p>		<ul style="list-style-type: none"> <li>• Coach must not make physical contact with athletes.</li> <li>• Supervises social distancing before during and after training.</li> <li>• Ensure all athletes know the route</li> <li>• Keeps themselves up to date with govt guidelines regarding group sizes allowed to train.</li> </ul>		

<p><b>Endurance off Site</b></p> <p>After training concludes:</p>	<p>Athletes huddling together after training has finished to chat.</p> <p>Athletes taking the virus with them on their hands</p> <p><b>Who is at risk:</b>  <b>Athletes</b>  <b>Parents</b>  <b>Coaches</b></p>	<ul style="list-style-type: none"> <li>• Athletes clean hands using hand sanitizer</li> <li>• Athletes own belongings kept in own cars wherever possible.</li> <li>• Athletes to keep 2 meters apart whilst de-briefing from session</li> <li>• Coach cleans hands before leaving</li> <li>• Athletes to leave venue promptly keeping away from each other and members of the public.</li> </ul>	<p>Cleaning equipment such as wipes and sprays in the entrance to the store and a bin bag to put cleaning rubbish only in. Not for empty bottles etc.</p> <p>Coach to have own hand sanitizer provided by the club.</p> <p>Markers secured on the floor outside of the store. JCCS to provide.</p>	<p>LCAC to provide</p> <p>JCCS to provide</p>
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<p><b>Track/Jumps /Throws</b></p> <p>During the training session.</p>	<p>Athletes wanting to change groups after registration.</p> <p>Athletes getting too close during their running activity</p> <p>Athletes picking up someone else's throwing equipment</p> <p>Athletes not social distancing from each other and or coach</p> <p>Athletes huddling during water breaks.</p> <p>Athletes not cleaning hands regular especially when throwing and jumping</p> <p>Athletes not cleaning hands after sneezing or coughing</p> <p>Inappropriate behaviour causing undue stress to the coach and or other athletes .</p> <p><b>Who is at risk:</b> <b>Athletes</b> <b>Coaches</b></p>	<p>Coach instructs athletes at the start on how to behave and the consequences if the rules are not adhered to.</p> <p>If coach /other athletes are unhappy about an individuals behaviour, coach will follow the procedure for dealing with poor behaviour. If conduct continues athlete will be asked to leave, sent to the designated isolation area still in sight of the coach and the group and parent instructed to collect.</p> <p>Coach will supervise social distancing between athletes during the session.</p> <p>Coach must not make physical contact with the athletes or touch any of their equipment or belongings.</p> <p>Coach reminds group to use hand sanitizer after coughs and sneezes and to turn away form the group when coughing or sneezing.</p> <p><b>Track Sprint and Track Endurance:</b> Coach staggers the Start times to ensure athletes don't catch up with each other.</p> <p>Designated spaces for athletes to rest after a run until it is safe to return to the start. Social distancing maintained on the walk back to start.</p> <p>Athletes will wait their turn on their designated marker.</p> <p><b>Track Sprint:</b> Athletes will not share staving blocks, rollers etc.</p> <p><b>Throws:</b> Athlete to retrieve and clean own throwing equip after each throw and clean hands.</p> <p><b>Long jump:</b> Athletes to social distance between turns. Do not touch the tape measure. Sanitize hands after touching markers and touching the sand. Do not share rollers.</p> <p><b>Hurdles:</b> Athletes to sanitize hands after touch hurdles with hands. Athletes to wait on their designated markers between turns. Hurdles to be disinfected between athletes.</p>	<p>Cleaning equipment at the Throw, Long jump, High jump, Pole Vault and Hurdles stations with a bin bag just for cleaning rubbish not general rubbish.</p> <p>(JCCS may not put pole vault or high jump bed out for use.)</p>	<p>LCAC to provide cleaning materials.</p>
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