

# COVID Risk Assessment

## Introduction

As we participate in organised sport it is important to take appropriate measures to reduce the increased during the COVID-19 pandemic.

## Document Information

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## Links

Scottish Government <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/sports-culture-and-leisure-activities/>

Scottish Athletics <https://www.scottishathletics.org.uk/clubs/club-support/coronavirus/>

Symptoms of COVID-19 <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Travel Corridors <https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/>

Transport and car sharing <https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/#section-63888>

First aid <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

| Identification  |   | Assessment    |        |        |   | Management    |        |        |   |
|---|---|---------------|--------|--------|---|---------------|--------|--------|---|
| Hazard  | Consequences                                  | Inherent risk |        |        | Risk Control measures   | Residual risk |        |        | Additional control measures   |
|   |   | Likelihood    | Impact | Rating |   | Likelihood    | Impact | Rating |   |
| General risks   |   |               |        |        |   |               |        |        |   |
| Members may become ill with COVID-19.                                   | Severe illness if infected.                   | 4             | 4      | 16     | Implement additional controls to control the spread of infection at all events, following latest Scottish Government and Scottish Athletics guidance. Participants should be reminded of the latest recommendations at all events.<br><br>Have responsible nominated COVID coordinator to oversee events and liaise with relevant bodies. | 3             | 3      | 9      |   |
| Members may become ill with COVID-19 who have underlying health issues. | Severe illness if infected.                   | 5             | 5      | 25     | Organise virtual events that can be completed by these individuals.   | 3             | 3      | 9      |   |
| Wellbeing and mental health.  | Anxiety about safety on return to activities. | 4             | 3      | 12     | Regular and clear communication to ensure participants are informed about measures taken to manage risk and comply with current guidelines issued by the Scottish Government and Scottish Athletics.  | 1             | 3      | 3      | Clear engagement with members on return to organised activities.<br><br>Collect regular feedback and feed results into risk and activity documentation. |

|                               |   |   |   |    |  |   |   |   |  |
|-------------------------------|---|---|---|----|--|---|---|---|--|
| Contact and droplet emission. | Spread of infection.  | 4 | 3 | 12 | <p>Hands should be washed regularly and often for at least 20 seconds with soap and water.</p> <p>The mouth should always be covered when coughing or sneezing e.g. due to allergies or hayfever.</p> <p>Participants should be reminded to bring hand sanitizer to events in event communication.</p> | 3 | 3 | 9 |  |
| Spitting during activities    | Risk of spread of disease from spit during exercise.                      | 4 | 4 | 16 | Require participants to step off the path if they need to spit during a run, in the same way they would go to the bathroom.  | 2 | 4 | 8 |  |
| Flammable cleaning solutions  | Risk of fire and associated injury from alcohol/gel type hand sanitisers. | 2 | 4 | 8  | <p>Members to be reminded that alcohol hand sanitisers are highly flammable.</p> <p>Alcohol hand sanitisers must be kept out of direct sunlight and hot cars.</p>  | 1 | 4 | 4 |  |

| Travelling to and from events               |  |   |   |    |   |   |   |   |  |
|---|--|---|---|----|---|---|---|---|--|
| Travelling to sessions by public transport. | Risk of infection if using public transport or there is increased contact with others. | 3 | 4 | 12 | <p>Participants rarely use public transport to get to activities due to starting point and lift sharing being preferred.</p> <p>Remind users to check latest guidelines on using public transport in event info.</p> <p>Arrange activities with a wide window for completion to avoid people travelling at similar times.</p> | 2 | 3 | 6 | Monitor government guidelines on car sharing and transportation.                     |
| Travelling to sessions by car.              | Risk of spreading disease between people sharing a car.                                | 3 | 4 | 12 | Follow latest guidance on group sizes and issue this advice with event information.   | 2 | 3 | 6 | Monitor government guidelines on car sharing and transportation.                     |
| Event specific risks                        |  |   |   |    |   |   |   |   |  |
| Interaction during event.                   | Risk of spreading disease between people during an event.                              | 3 | 4 | 12 | <p>Follow latest guidance on group sizes and issue this advice with event information.</p> <p>Remind runners to maintain physical distance of 2 m.</p>  | 2 | 4 | 8 | Monitor latest guidance from Scottish Athletics on distancing in running activities. |

| Interaction with the general public   |   |   |   |    |  |   |   |   |  |
|---|---|---|---|----|--|---|---|---|--|
| Spread of infection to the general public                                     | Running activities result in passing of members of the public.  | 2 | 4 | 8  | <p>Pass members of the public with at least a 2 m gap and reminded of this in any event information.</p> <p>Plan activities at locations that are less busy – either at the start/end point or along the route.</p> <p>Plan activities outside of peak times.</p>  | 1 | 4 | 4 |  |
| Intimidation of the general public.   | Members of the public may be intimidated and not be fully aware of the detailed guidelines for organised sport when they see groups of runners at an event. | 3 | 2 | 6  | Remind members to be courteous and understanding to the general public.  | 2 | 2 | 4 |  |
| Equipment and first aid   |   |   |   |    |  |   |   |   |  |
| In the event of an injury there is increased contact with e.g. bodily fluids. | Spread of infection to others from high risk surfaces, e.g. in case of administering first aid.   | 4 | 3 | 12 | <p>Members bring their own safety equipment, waterproof body cover, etc. to events.</p> <p>Any first aid kits should be equipped with additional gloves / PPE.</p> <p>Rescue breaths (mouth-to-mouth) should not be performed – use chest compression only.</p> <p>Remind first aiders to keep up-to-date with latest recommendations.</p> | 3 | 3 | 9 |  |
| Reduced safety cover  | Risk of injury and inability to contact emergency services for assistance   | 3 | 3 | 9  | <p>Require participants to notify someone of their participation in the event and upon their safe return.</p> <p>Require mobile phones to be carried on the course.</p>  | 2 | 3 | 6 |  |

## Risk Matrix

|            |                   | Severity                                 |                   |                         |                   |                   |
|------------|-------------------|--|-------------------|-------------------------|-------------------|-------------------|
|            |                   | 1<br>Very minor /<br>no injury<br>injury | 2<br>Minor injury | 3<br>Moderate<br>injury | 4<br>Major injury | 5<br>Catastrophic |
| Likelihood | 1 – Very unlikely | 1  | 2                 | 3                       | 4                 | 5                 |
|            | 2 – Unlikely      | 2  | 4                 | 6                       | 8                 | 10                |
|            | 3 – Quite likely  | 3  | 6                 | 9                       | 12                | 15                |
|            | 4 – Likely        | 4  | 8                 | 12                      | 16                | 20                |
|            | 5 – Very likely   | 5  | 10                | 15                      | 20                | 25                |

| Score | Action  |
|-------|---|
| 1-2   | Managed by routine procedures   |
| 3-6   | Managed by routine procedures but monitor activity for developing risk. |
| 8-12  | Monitor activity and take steps to reduce risk.                         |
| 15-16 | Stop activity urgently and take action to reduce risk.                  |
| 20-25 | Stop activity immediately and take action to reduce risk.               |

## Event Guidance



wash or sanitise  
your hands  
regularly



stay at home if  
experiencing COVID-19  
symptoms



follow physical  
distancing



keep up-to-date  
with announcements



follow transportation  
guidelines



cover your nose  
and mouth  
when coughing  
and sneezing



respect members  
of the public

- If a participant must self-isolate for any reason: due to symptoms, if awaiting test results, travel, or close contact with similar people; then they must not attempt the courses. If participants have severe underlying health conditions, they should consider the increased risk from attending these events.
- Participants should remember to wash their hands often and thoroughly (for 20+ seconds) including before and after an event and should bring hand sanitiser to events. N.B. Alcohol-based hand sanitiser is flammable and care should be taken if storing in direct sunlight. Care should be taken when opening gates and going over styles.
- Maintain physical distancing of 2 metres with others.
- The mouth and nose must be covered when sneezing or coughing (e.g. from hayfever). If a participant needs to spit or clear their nose/throat while running, they should step off the track to do so.
- The general public has priority on any route and, where possible, participants should choose less-busy times to complete the routes. A participant should be prepared to abandon an attempt if a route is too busy.
- Keep up-to-date with announcements about guidelines for travel, group size, symptoms and sport – they are subject to rapid change. Please check your email regularly. Currently (3rd September 2020), participants are able to complete courses in small groups according to limitations on gathering of households outside.