**Gateshead Harriers & AC – Endurance Foundation Group**

**Coaches – Tom Brown, Syd Robson, Gordon Bell, Alex Hughes, Stacey Armstrong supported by Richie Robbins (Coaching Assistant)**

**Risk factors to be checked at beginning, during and end of sessions (updated 23 June 2020 in line with EA guidance for return to training )**

*This is not an exhaustive list. It is intended to supplement safety guidance for athletics coaches and the club’s welfare policies. If in doubt err on the side of caution*

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| **Risk area** | **Action /guidance** |
| **1. General** | |
| Numbers | * Count athletes at beginning of session then check during session and at end |
| Clothing | * Dark nights – athletes asked to wear white or fluorescent tops – coaches should wear similar * Athletes are asked to bring extra clothing to put on after session |
| New members | * Check background (age, training history) introduce to group and advise of any safety requirements (eg track discipline) * Advise parents/ carers of training arrangements |
| Coach:athlete numbers | * Ideally at least two coaches, particularly if training away from stadium. If only one coach is available, use a location within easy reach of stadium. |
| Weather | * The group trains in all weather conditions – adapt to avoid dangers of ice, surface water etc |
| Welfare | * All coaches and assistants to understand club welfare policies and safeguarding practices * At least one coach to carry a phone * Understand location of first aid facilities * Check at outset for injuries including updates on existing injuries * Tell athletes to go to toilet before sessions – if they have to go during sessions, confirm arrangements for returning to the group |
| Medical conditions | * Check new member details or with parents / carers regarding possible medical conditions and associated requirements eg use of inhalers * Adapt activities appropriately |
| Disability | * Inclusive approach – athletes to be accommodated in group session wherever possible * Adapt activities where required and possible * Conduct separate risk assessment, and seek advice, if required, in liaison with parents/carers |
| **2. Road safety** | |
| Road crossing | * Cross as group, or in groups, if possible using crossings; if not possible cross at safe location with good sight lines |
| Running routes | * Use footpaths wherever possible; only use roads such as dead ends * Beware of cyclists when using cycle paths * Check routes are visible and lit, if required * Check routes are clear of debris, avoid potholes and beware of sudden obstacles (when a bus stops) * Check it is safe to run around parked vehicles * Fit in with other training groups * Be courteous to others! |
| **3. Use of warm up track and pitches** | |
| Surfaces | * Check that they are clear of debris |
| Pitches | * Only use if they are not being used for football * Do not encroach on pitches when they are being used |
| **4. Use of stadium** | |
| Track | * Check track is open and properly lit * Ensure athletes understand when it is safe to use the track * Check track is clear when starting efforts or organising relays, paarlaufs etc * Ensure athletes keep to lanes as instructed * Ensure athletes do not encroach on track in rest periods * Do not encroach on other coaching areas – discuss with coaches if necessary * Do not move hurdles etc that might be in use * Do not use steps if slippery |
| Jumps and throws areas | * Only use when not being used for jumps or throws * Follow technical safety guidance for these events eg landing technique * Check that athletes stay clear of throws area when in use |
| Indoors | * Upstairs hallways – check that they are clear * Do not allow athletes to roam throughout the building |
| **5. Use of the “Bowl”** | |
| Surface | * Check ground conditions, overgrowing brambles, nettles etc * Check surface is safe for exercises * Check for horses – loose or tethered! |
| **6. Athlete Welfare** | |
| Evident tiredness, fatigue, illness | * Observe athletes throughout session – intervene with those experiencing difficulty / distress * Adapt session accordingly; if appropriate, stop session for that athlete. * Discus with parents / carers if problem persists |
| Injuries | * Observe athletes throughout session – intervene with those experiencing difficulty / distress * Adapt session accordingly; if appropriate, stop session for that athlete. * Discus with parents / carers if problem persists |
| Lack of confidence | * Adapt expectations or activity according to athlete’s capacity, encouraging them to progress but not overloading them |
| Behaviour | * Sessions should be enjoyable for all athletes but safety and welfare concerns are paramount * Disruptive behaviour cannot be tolerated – if it continues, parents/ carers should be informed * If a serious talk is required, try to avoid speaking to athlete(s) in front of group |

**Covid 19 Risk Assessment 23 June 2020 (Hazards as identified in UKA template)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hazards | Who it could affect | Current  action | Risk  Rating | Further  action | Resultant  Risk | By  whom | Target Date | Complete |
| Generic  Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease | Athletes, coaches, parents / carers, bystanders | Training restricted to groups of 6  Parents / carers have been advised by email (appended) of EA guidance and specific requirements for group training    Records of attendance to be maintained for track and trace purposes | Low | Reinforcement of message before and during sessions and by email  Reminder to be issued to parents to stay in vicinity  Coaches to have contact details | Low | GB  GB  GB  GB | 22/06/20  22/06/20  23/06/20  23/06/20 | Yes  Yes  Yes  Yes  ongoing |
| Generic  Spreading/ transmission of Covid-19 through contact with disease on a surface | Athletes, coaches, parents / carers, bystanders | Athletes to be told not to share drinks bottles  Athletes to carry own clothes and drinks bottles | Low | Remind athletes at beginning and during sessions | Low | GB  TB  SA  AH  RR | 22/06/20 | Yes  ongoing |
| Generic  Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person | Athletes, coaches, parents / carers, bystanders | Distancing requirements to be followed  No social mixing with other groups before or afterwards  Athletes to leave straight after sessions  Parents / carers to remain in vicinity but at a distance  Coaches to carry masks in case close attention to an athlete required | Low | Remind athletes at beginning and during sessions | Low | GB  TB  SA  AH  RR | 23/06/20 | Yes  ongoing |
| Running in open spaces  Spreading / transmission of COVID-19 through contact with disease on a surface | Athletes, coaches, parents / carers, bystanders | No equipment to be used at this stage | Low | Review if equipment used | Low | GB  TB  SA  AH  RR | 22/06/20 | Yes, ongoing |
| Running in open spaces  Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person | Athletes, coaches, parents / carers, bystanders | Shuttles / relays / drills to be organised to meet distancing requirements  Distancing requirements apply when passing members of public | Low | Remind athletes before and during sessions | Low | GB  TB  SA  AH  RR | 23/06/20 | Yes, ongoing |

Email to parents / carers 22/06/20

“Reminders

* Go straight to your training group
* 2m social distancing must be adhered to at all times
* Bring own sanitiser / hand wash
* Carry your own bottles, clothes etc
* Do not mix with other groups while training
* Disperse straight after finish of training
* No toilet facilities available
* Do not use stadium car park – park on Stadium Road
* Parents / carers must stay in vicinity in case of emergencies
* Parents / carers watching training must stay at a distance

Do not attend training if you feel unwell, anybody feeling unwell during training should go home immediately.”