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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hazards | Who it could affect | Current action | RiskRating | Furtheraction | ResultantRisk | By whom | Target Date | Complete |
| GenericLack 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 6Parents / carers have been advised by email (appended) of EA guidance and specific requirements for group trainingRecords of attendance to be maintained for track and trace purposes | Low | Reinforcement of message before and during sessions and by emailReminder to be issued to parents to stay in vicinityCoaches to have contact details | Low | GBGBGBGB | 22/06/2022/06/2023/06/2023/06/20 | YesYesYesYesongoing |
| GenericSpreading/ 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 | GBTBSAAHRR | 22/06/20 | Yesongoing |
| GenericSpreading / transmission of COVID-19 through air borne transmission of the disease by an infected person | Athletes, coaches, parents / carers, bystanders | Distancing requirements to be followedNo social mixing with other groups before or afterwardsAthletes to leave straight after sessionsParents / carers to remain in vicinity but at a distanceCoaches to carry masks in case close attention to an athlete required | Low | Remind athletes at beginning and during sessions | Low | GBTBSAAHRR | 23/06/20 | Yesongoing |
| Running in open spacesSpreading / 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 | GBTBSAAHRR | 22/06/20 | Yes, ongoing |
| Running in open spacesSpreading / 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 requirementsDistancing requirements apply when passing members of public | Low | Remind athletes before and during sessions | Low | GBTBSAAHRR | 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.”