**Manx Harriers Covid-19 Risk Assessment**

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| **Name of facility - Isle of man National Sports Centre, Douglas and sessions in local parks** |  |
| **Coach/Name of Risk Assessor: Andy fox** |  |
| **Date of Risk Assessment: Wednesday 22nd June 2020** |  |

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| **What are the hazards?**  | **Who might be harmed?**  | **Controls Required**  | **Additional Controls**  | **Action by who?**  | **Action by when?**  | **Done**  |
| Spread of Covid-19 Coronavirus Use of NSC TrackUse of Areas away from NSC Track - area of grass - park, football pitches etc | Coach, athlete Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions. Anyone else who physically comes in contact with other people in relation on to your activity Coach, Athlete or members of the public passing by | **Hand Washing** Handwashing facilities at track but for use if use the toilet.Toilets available and changing rooms for use. No showers. See hand washing information shared by IOM Govt. Athlete and coach to have Gel sanitisers at the track or any area where training is taking place and where washing facilities not readily available. **Cleaning** Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area, button to leave running track using appropriate cleaning products and methods and any equipment. All events and coaching available.Any number of athletes and coaches allowed in the competition area.Usual H&S measures to apply.Follow all above measures regarding hand cleaning and sanitizing etc. Keep Socially Distant from members of the public we advise allow at least 1 meter.Group sessions not to take place on open roads at this stage. NSC Roadway can be used while closed. | Coaches and athletes to be reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. Also reminded to catch coughs and sneezes in tissues – Follow ‘Catch it, Binit, Kill it’ and to avoid touching face, eyes, nose or mouth with unclean hands. To help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice. Ensure safe use of equipment and cleaning of disks or shots and hands on a regular basis.No social distancing measures required but remind athletes to take care and allow space between each other advise 1 meter where possible.Throwers must ensure their equipment is cleaned regularly at the track.Coach and jumpers to ensure pits are raked rigorouslyA register of athletes attending training must be kept.Coach to produce and keep a register for each session to aid contact tracing if required.Athletes and coaches must have tissues, hand sanitizer and sterilizing wipes with them at all times. Hand washing and sanitizing must take place regularly and tissues used to catch sneezes and coughs and then to be binned.No social distancing measures required but remind athletes to take care and allow space between each other advise 1 meter where possible.Aim to avoid accidents and pressure on NHSCoach keep a register for each session to aid contact tracing if required. | Club and Coaches via website facebook and email.All information made clear to athletes by coaches and also via website and other social media platforms.Athletes and coach to take action required. | Monday 15th June 2020Amended overtime as Restrictions alter in ever changing contextRewritten for 22nd June.Saturday 30th May 2020Amended overtime as Restrictions alter in ever changing contextRewritten 12th June 2020.Rewritten for 22nd June. | Wednesday 27th May 2020Amended 29th May 2020.Amended Sunday 31st May 2020.Document rewritten 12th June 2020.Rewritten for 22nd JuneACFWednesday 27th May 2020Document rewritten 12th June 2020ACFCoaching Committee to see 29th May 2020Amended 29th May 2020.Amended 31st May 2020.Amended 22nd June 2020 |

This risk assessment is not exhaustive but covers the main areas required.

Check all IOM Govt. guidance and that of IOM Athletics.