

## Manx Harriers Covid-19 Risk Assessment

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 27<sup>th</sup> May 2020

What are the hazards?	Who might be harmed?	Controls Required	Additional Controls	Action by who?	Action by when?	Done
<p>Spread of Covid-19 Coronavirus</p> <p>Use of NSC Track</p>	<p>Coach, athlete</p> <p>Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions.</p> <p>Anyone else who physically comes in contact with other people in relation on to your activity</p>	<p><b>Hand Washing</b></p> <p>Handwashing facilities at track but for use if use the toilet.</p> <p>See hand washing information shared by IOM Govt.</p> <p>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.</p> <p><b>Cleaning</b></p> <p>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.</p> <p>Running and walking training allowed on track.</p>	<p>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, Bin it, Kill it’ and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>To help reduce the spread of coronavirus (Covid-19) reminding everyone of the public health advice.</p> <p>Ensure any use of equipment is restricted to one athlete while being used and that thorough cleaning is carried out prior to and after any training session.</p> <p>Running in lanes 1 and 2 does not allow social distancing. Athletes must at least be in lanes 1, 3 &amp; 6 and if overtaking must ensure at least 2 lanes between both athletes in the case.</p>	<p>Club and Coaches via website facebook and email.</p>	<p>Saturday 30<sup>th</sup> May 2020</p> <p>Amended overtime as Restrictions alter in ever changing context</p>	<p>Wednesday 27<sup>th</sup> May 2020</p> <p>Amended 29<sup>th</sup> May 2020.</p> <p>Amended Sunday 31<sup>st</sup> May 2020.</p> <p>ACF</p>

		<p>Throwing is available but athletes must use their own equipment.</p> <p>Coach can be in the competition area.</p> <p>Up to 9 athletes and one coach are able to use the track or throwing areas</p>	<p>Throwers must ensure their equipment is cleaned regularly at the track.</p> <p>Coach must ensure athletes have signed up in advance for the session and are aware that they must adhere to social distancing through the session - before and after as well.</p> <p>Coach to produce a register for each session.</p>			
Use of Areas away from NSC Track - area of grass - park, football pitches etc	Coach, Athlete or members of the public passing by	<p>Follow all above measures regarding hand cleaning and sanitizing etc.</p> <p>Keep Socially Distant from members of the public</p> <p>Group sessions not to take place on open roads at this stage. NSC Roadway can be used while closed.</p>	<p>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.</p> <p>Allow more than 2m distance from public at all times</p> <p>Aim to avoid accidents and pressure on NHS</p> <p>Coach to produce register for each session to ensure numbers are within agreed limits and aid contact tracing if required.</p>	<p>All information made clear to athletes by coaches and also via website and other social media platforms.</p> <p>Athletes and coach</p>	<p>Saturday 30<sup>th</sup> May 2020</p> <p>Amended overtime as Restrictions alter in ever changing context</p>	<p>Wednesday 27<sup>th</sup> May 2020</p> <p>ACF</p> <p>Coaching Committee to see 29<sup>th</sup> May 2020</p> <p>Amended 29<sup>th</sup> May 2020.</p> <p>Amended 31<sup>st</sup> May 2020.</p>

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

Check all IOM Govt. guidance and that of IOM Athletics. In addition advice can be read from UKA and England Athletics but be aware this is not aimed at groups of up to 10 at present but groups of 6.