

## Risk Assessment for weekly Mynydd Du Club Runs

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Approved by club committee – 12<sup>th</sup> July 2020

### Background

Mynydd Du typically hold a club run starting at 7pm on Wednesday evenings throughout the year. The run is “led” by an individual member of Mynydd Du, referred to in this document at the “leader”. The leader is responsible for showing the other runners a nice route. Responsibility for safety of the group is shared equally amongst all runners. Routes typically cross challenging hill terrain in South Wales and the nearby English borderland. Routes are typically between 5 and 10 miles in length and take between 90 minutes and 3 hours to complete.

Each runner is expected to bring and carry sufficient kit (clothing, waterproofs, etc.) to protect themselves for the duration of the run and, if necessary, to assist in the rescue of an injured fellow runner.

For a large part of 2020 club runs have not been held due to the COVID19 pandemic and resulting legal restrictions, specifically the prohibition of gatherings. From 11<sup>th</sup> July 2020 the newly laid Health Protection (Coronavirus Restrictions) (No. 2) (Wales) Regulations 2020 come into force. Section 15 of these regulations allows (with specific stipulations) a gathering of up to 30 people to take part in organised outdoor activities. The stipulations include:

- The activity is organised by a club or similar body.
- A risk assessment has been undertaken.
- For the purposes of minimising the risk of exposure to coronavirus we must take all reasonable measures to ensure that a distance of 2 metres is maintained between any persons (except between two members of the same household).
- For the purposes of minimising the risk of exposure to coronavirus we must take any other reasonable measures, for example measures which limit close face to face interaction and maintain hygiene.
- Have regard to guidance issued by the Welsh Ministers about those measures.

The following risk assessment has been produced to ensure compliance with the above stipulations.

### Risk Assessment

<b>Risk</b>	<b>Control Measures</b>	<b>Residual Risk Acceptable?</b>
Transmission of COVID19 during before and after a normal club run	No runner showing a symptom of COVID19 (fever, new persistent cough, loss of smell) shall attend club run.  As legally required in accordance with the Health Protection (Coronavirus Restrictions) (No. 2) (Wales) Regulations 2020 all runners (except those within the same household) must	Yes

	<p>maintain a distance of at least two metres from each other at all times.</p> <p>Should a runner develop symptoms of COVID19 or test positive for COVID19 within two weeks of participating in a club run they must inform the club immediately. The club will then take appropriate actions dependent on regulations/guidance at that time. With this in mind the club will keep a list of all club run attendees.</p>	
<p>Transmission of COVID19 should a runner be injured or fall ill and require assistance</p>	<p>Should a runner require physical assistance due to injury or illness it will be necessary for the two-metre rule to be breached.</p> <p>In this case the number of runners breaching the two-metre rule must be kept to a minimum.</p> <p>Additionally, consideration should be given to which runners should breach the two-metre rule. Where practical those runners at statistically lower risk of suffering from COVID19 (younger runners without known underlying health conditions) should assist instead of elderly runners or those with known underlying health conditions.</p> <p>Where practical face coverings should be worn by both the injured runner and the assisting runners.</p>	<p>Yes</p>
<p>Slips, trips and falls</p>	<p>Slips, trips and, to a lesser degree, falls are common in fell running. It is expected that runners will have a reasonable level of off-road running capability and strength. The club run is not normally suitable for complete novices.</p> <p>Runners will wear appropriate running shoes which suit them and the conditions underfoot.</p> <p>Should a runner be injured it is the responsibility of all runners to do their utmost to assist them to reach a safe place and medical care (if required), whilst also looking after their own and the other runners' safety. Keeping the injured runner warm is typically of importance. In serious situations it may be necessary to call the emergency services for assistance.</p>	<p>Yes</p>

<p>Disorientation – becoming lost from the group</p>	<p>All runners should take responsibility for knowing their own whereabouts. It is recommended that they bring and use items such as maps, a compass, and possibly electronic navigation aids.</p> <p>Runners should principally take responsibility for maintaining sight contact with the runner immediately behind them.</p> <p>In the event of becoming completely detached from the group runners should attempt to find their way to the start/finish of the run. In the worst event, in the majority of South Wales walking generally downhill, taking care not to fall off any cliffs, is likely to bring you to a road within a few miles. In such situations runners must ensure to let the remainder of the group know that they have returned safely. This will reduce the likelihood of emergency services being called out un-necessarily.</p>	<p>Yes</p>
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