

BLACKBURN COUCH TO 5K



COVID-19 RISK ASSESSMENT

MARCH 2021

Club Runs - Coronavirus Risk Assessment and Important Information for Run Leaders

The Blackburn Couch to 5K Covid-19 Officer is Rick Wilson (photo right).

The Blackburn Couch to 5K arrangements comply with the guidance issued by the UK Government as well as guidance issued by England Athletics. These arrangements could change at any time.

We will do our best to inform everyone of any changes.

If in any doubt, ask.

**BLACKBURN
COUCH
TO 5K** 



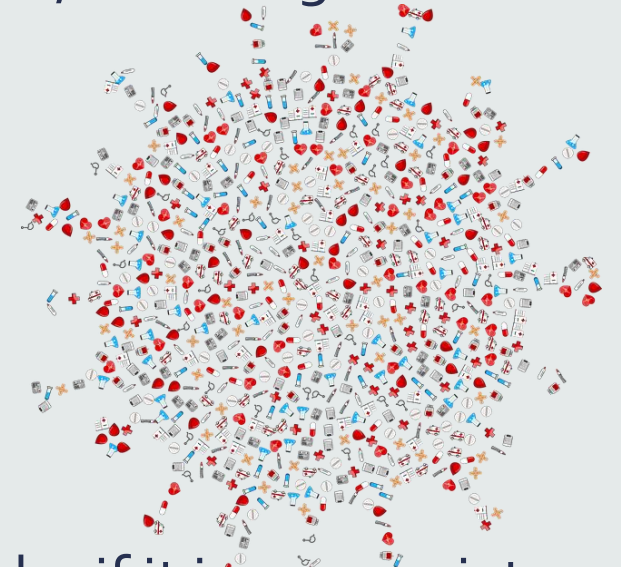
Who can run?

Anyone who has Coronavirus symptoms must stay at home, following government guidance for arranging a test and isolating.

Symptoms;

- A new or continuous cough
- High temperature
- Loss or change to sense of smell or taste

Those who are more susceptible to the virus should consider if it is appropriate for them to attend sessions; we recommend those classed as 'Clinically extremely vulnerable' do not attend.



Pre-registration

- Participants, Run/Walk Leaders and Volunteers must register their attendance at EVERY session at www.mycouchto5k.co.uk/check-in
 - This ensures we have contact details for the runners in case the NHS Test and Trace services require this.
- Groups must be led by Run Leaders who have read this information pack.



Route Planning

- Running routes should try and avoid busy public spaces where possible and long narrow stretches of busy pathways/trails where passing people at 2m distancing is difficult.
- The route you plan may be affected by events outside of your control. If you are in any doubt temporarily stop the activity and put a dynamic plan into place.
 - An example may be that the path ahead is congested and you cant go forward or back. You may be able to hold your group, socially distanced, on a side road until the congestion clears



Social Distancing

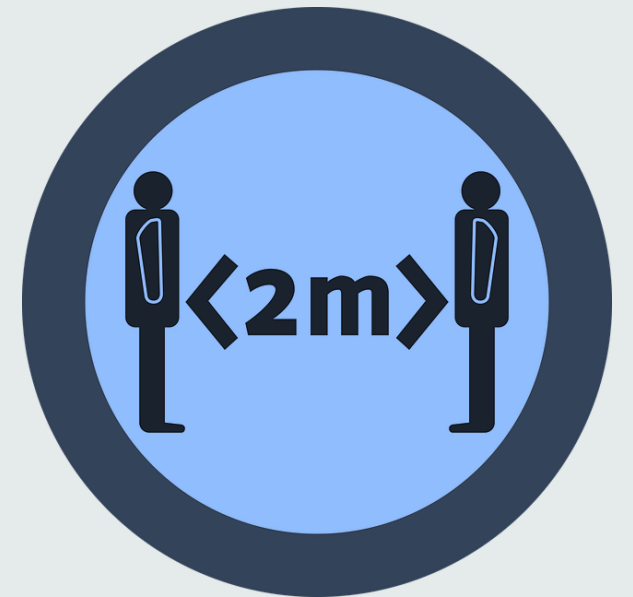
Social Distancing to be maintained from others not from your household; 2m (6ft) as much as possible:

Coaches/Run Leaders | Runners | Public

This may mean:

Running in single file | Changing the route | Waiting for pedestrians to pass | Re-grouping in open spaces |
Busy public spaces avoided

Where 2m is not possible; minimise time and avoid face to face positioning



Hygiene

Hygiene to be maintained;

- Organisers to make hand sanitiser available at sessions
- Runners to hand wash/hand sanitise at start and end of run session – advised to bring their own for during the session
- No sharing other items (water bottles, suntan lotion)
- Avoid face touching
- A cloth face covering can be worn, but this is not a requirement



Conventional Safety

Normal Safety and Safeguarding is still important;

- Run Leaders to carry a phone
- Runners to run within their ability
- Consider the weather e.g. icy/wet = slips, hot = dehydration/overheat, sun = burn
- Emergency contact numbers held by Blackburn Couch to 5K



Thank you.

We appreciate the effort Run Leaders make.

We aim to provide safe running opportunities for all, as well as being considerate to our community.

If you have further questions, please ask.

