



COVID-19 Policy & Action Plan

24/09/2020
Revision 2

The COVID-19 Coordinator for Bristol Trail Runners is **Joe Wenman**. You can contact him directly and privately using the email address info@joewenman.com or phone number 07792063597 with any questions or concerns. The information we outline below is designed in line with updated government guidance to minimise the COVID-19 transmission risk whilst taking part in recreational team sport and enable participants to make an informed decision about their own risk. These mitigations allow for group sport to take place whilst maintaining appropriate compliance with social distancing and permitted group sizes.

- If you take part in Bristol Trail Runners club runs, your details may be passed onto the NHS Test and Trace service should a participant take a COVID-19 test with a positive result. This is a legal requirement. Please do not attend if you do not agree to this.
- Any member or participant who has attended a session and subsequently tested positive for COVID-19 must follow the NHS guidance on providing Test & Trace information.
- All running leaders and participants must undergo a self-assessment for any COVID-19 symptoms prior to attending any club events. No-one should leave home to participate if they, or someone they live with, has symptoms of COVID-19 currently recognised as a high temperature, a new continuous cough or a loss of, or change to their sense of smell or taste. Should an individual have demonstrated any such symptoms, they must follow [NHS and PHE guidance on self-isolation](#).
- If participants have an underlying health condition or any other reason that makes them vulnerable to COVID-19, they should seek advice from a GP doctor before attending.
- Leaders and members must do what they can outside of club hours to avoid risk associated behaviour and must comply with public health restrictions for the safety of themselves and all Bristol Trail Runners participants.
- Leaders and members are encouraged to follow best practice for travel to events including minimising use of public transport and limiting car sharing. Walk or cycle if you can. People from a household can travel together in a vehicle.
- We will not be leading warm ups or cool downs at Bristol Trail Runners events to avoid a large group congregation. Please arrive warmed up and ready to run, and cool down after you leave the group. It is very important to warm up and cool down, so make sure you have time to do this.
- Leaders and members must carry their own mandatory equipment. The mandatory equipment to carry is water and food (if applicable), a head torch, appropriate clothing, a charged mobile phone, hand sanitizer and a face mask (to wear if social distancing is not possible). These items are compulsory and not optional. For the safety of all participants, if you do not carry these items, you may be asked to leave the event by a run leader.

- All participants must practice good hygiene by washing/sanitising hands regularly. Participants not following this guidance may be asked to stop attending by a run leader.
- At the end of a club run, all leaders and members must leave and not congregate at the venue. It is advised to wash your hands and gear as soon as you can. Use your hand sanitiser if you do not have hand washing facilities immediately available.
- If a participant becomes injured, their wellbeing will be treated as priority. First aid qualified leaders or members can see to the injured person or call for help while comforting the injured person. Make this as safe as possible by washing your hands thoroughly and regularly and packing a face mask.
- Club runs will only take place in outdoor environments such as parks, trails, fells and other outdoor spaces.
- Bristol Trail Runners Club Runs will be open to 5-20 runners depending on the environment and ability to socially distance. All routes are checked by run leaders prior to the event taking place.
- Participants must socially distance and remain at a 2m clearance from participants, leaders and members of the public at all times.
- You must be over the age of eighteen to join and run with Bristol Trail Runners.

PTO for risk assessment

COVID-19 Risk Assessment

Bristol Trail Runners

22/09/2020

Revision 2

Assessment carried out by Joe Wenman (Club Chair) info@joewenman.com.

Hazards	Who it affects	Settings	Considerations for mitigations
Getting or spreading coronavirus by not washing hands or not washing them adequately	Members, coaches, run leaders.	All club meets	All participants must practice good hand hygiene as well as carrying a face covering and hand sanitiser in case it is needed.
Contracting or spreading the virus by not socially distancing	Members, coaches, run leaders.	All club meets	All participants must socially distance by two metres at least. Run leaders have the right to dismiss a person as they see fit should the participant not follow these rules after numerous warnings.
Injury of a person meaning social distancing cannot be maintained	Members, coaches, run leaders.	All club meets	All participants must practice good hand hygiene as well as carrying a face covering and hand sanitiser in case it is needed. Participants wellbeing while injured will be prioritised but managed as safely as possible.
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread of the disease	Members, coaches, run leaders, members of the public	All club meets	Guidance for members is available in the COVID19 Policy. Members of the public are to be avoided at a safe distance of at least 2m.
Spreading/ transmission of Covid-19 through contact with disease on a surface	Members, coaches, run leaders, members of the public	All club meets	All participants must carry hand sanitiser and it is recommended to use it after the participant needs to touch a surface such as a gate.
Spreading / transmission of COVID-19 through air borne transmission of the disease by an infected person	Members, coaches, run leaders, members of the public	All club meets	Social distancing – Implementation of new protocols for numbers of people attending at the same time. No more than 5-20 people at any event. Hygiene – runners must carry own hand wash and face mask.

Any concerns with this policy and risk assessment are to be addressed with Joe Wenman at the private email address info@joewenman.com.

Disclaimer: Please note that the subject matter covered in this document is based on guidance from the government, UK Athletics and Sport England. It is an action plan set by Bristol Trail Runners to reduce risk and make running safe, and does not in any way override government guidance and law which may be updated daily. You are responsible for following government guidance, law, and for your own health.