

# Risk Assessment Rationale

Although we all now accustomed Covid-19 and the risk of infection, the underlying risks remain present; people can get (re)infected.

Current Covid-19 vaccination protects the individual from disease (breathlessness, fever, headache etc.) if infected but as this is a novel vaccine it is not clear how long immunity lasts now. People who have been infected by Covid-19 have been shown to have antibodies for 8 months or more, but it is unclear how long this persists.

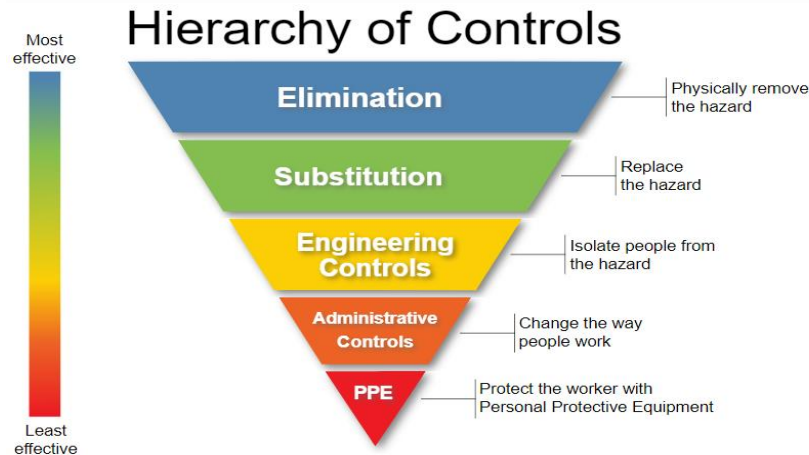
There is limited evidence to state that the vaccine prevents infection (i.e. being a carrier of the infection and infecting others). The Oxford AstraZeneca Vaccine found, in an early trial, that it prevented infection in 49.3% of a subset of participants who had only received an initial half first dose of vaccine. In a trial, the Moderna vaccine demonstrated a drop of two thirds in asymptomatic infections in those who had the first dose of vaccine. Pfizer are to begin studies to see if their vaccine reduces infection, not just disease. What this early data indicates is that people can still be infected but be asymptomatic and as such infect other people. Some suggest that people will need an annual booster vaccine for continued immunity. There is still the potential for new variants (Kent, Brazil, South Africa) that may not be covered by the current batch of vaccines. This means that we cannot relax our guard and must maintain an infection control minded approach to club activities.

Risk assessment for Covid-19 is based upon the Hierarchy of Control (of infection) shown in the diagram below and on current guidance from relevant bodies (Govt, EA, FRA, MR). The priority is elimination of the risk (of infection) which is seen as the most effective measure. Therefore, there are measures to remove the risk of infection contamination in the first instance which was to cancel activities where infection rate are rising. Although the infection risk remains, there are measures we can continue to implement to other aspects of the hierarchy. Substitution is, as we have seen, the self-training or virtual activities people can undertake whilst in lockdown episodes and can continue to do so alone outdoors.

When the club begins its group activities, the focus is upon managing the following aspects of activities;

- Individual and group behaviour,
- The environment within our control and involves engineering controls,
- Administrative controls
- Personal Protective Equipment (PPE).

In relation to PPE; we do not want to rely on the use of PPE, it is a last resort and to be used only where direct contact is required such as in the event of an injury or accident. Therefore, it would be advisable that all athletes carry kit in addition to what the club (FRA minimal safety) suggests i.e. a “buff” or similar, gloves (any kind) and hand sanitiser in case people are first on the scene or victims. Engineering and administrative controls will include advising activities such as changing the way club members interact and perform activities which will require information, education and positive reinforcement instructions from the club on social media, activities and events.



In relation to outdoor activities the following qualitative relative risk diagram will show the relative risk of droplet infection. This assumes people are static

Type and level of group activity	Low occupancy			High occupancy		
	Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated	Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated
<b>Wearing face coverings, contact for short time</b>						
Silent	Low	Low	Low	Low	Low	Medium
Speaking	Low	Low	Low	Low	Low	Medium
Shouting, singing	Low	Low	Medium	Medium	Medium	High
<b>Wearing face coverings, contact for prolonged time</b>						
Silent	Low	Low	Medium	Low	Medium	High
Speaking	Low	*	Medium	*	Medium	High
Shouting, singing	Low	Medium	High	Medium	High	High
<b>No face coverings, contact for short time</b>						
Silent	Low	Low	Medium	Medium	Medium	High
Speaking	Low	Medium	Medium	Medium	High	High
Shouting, singing	Medium	Medium	High	High	High	High
<b>No face coverings, contact for prolonged time</b>						
Silent	Low	Medium	High	Medium	High	High
Speaking	Medium	Medium	High	High	High	High
Shouting, singing	Medium	High	High	High	High	High

**Risk of transmission**  
 Low ■ Medium ■ High ■

\* Borderline case that is highly dependent on quantitative definitions of distancing, number of individuals, and time of exposure

Risk of SARS-CoV-2 transmission from asymptomatic people in different settings and for different occupation times, venting, and crowding levels (ignoring variation in susceptibility and viral shedding rates). Face covering refers to those for the general population and not high grade respirators. The grades are indicative of qualitative relative risk and do not represent a quantitative measure. Other factors not presented in these tables may also need to be taken into account when considering transmission risk, including viral load of an infected person and people's susceptibility to infection. Coughing or sneezing, even if these are due to irritation or allergies while asymptomatic, would exacerbate risk of exposure across an indoor space, regardless of ventilation

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In one review of available but limited studies it found that the risk for being infected in the outdoors is less than 10%. You are 18.7 times more likely to be infected indoors. In general, factors such as duration and frequency of personal contact, lack of personal protective equipment, and occasional indoor gathering during a largely outdoor experience were associated with outdoor reports of infection <https://doi.org/10.1093/infdis/jiaa742>.

In a preprint article about wind speed it was noted that outdoor transmission of COVID-19 may occur by noting that the risk of transmission of COVID-19 in the summer was highest on days when wind was reduced.

Note: This was in relation to groups socializing outdoor and not runners <https://doi.org/10.1101/2021.02.05.21251179>

# Risk Assessment: Coronavirus Covid-19 Infection Transmission

Date:	Assessed by	Location	Review
23/03/2021	Mark Bevan	Hamsterley Forest Visitor's Centre Car Park	

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
<b>Infection by Coronavirus CV-19</b>	Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions	<p>Only commence club activities when safe to do so following the guidance of UK Government, England Athletics, Fell Running Association and Forestry England.</p> <p>Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages of club policy and personal responsibilities</p> <p>All attendees at DFR activities to register prior to attendance</p> <p>Self-Assessed Symptom Checker must be undertaken.</p> <p>Anyone who has symptoms must not attend DFR activities and comply with government guidance, test track and isolation as appropriate.</p> <p>Anyone who develops symptoms after attending a DFR activity must follow government guidance and inform DFR as soon as practicable.</p> <p>All activity attendees must carry an item of clothing (e.g. a "buff") as an emergency mouth cover, gloves, and hand sanitizer.</p> <p>Dispose of all tissues, paper etc into waste bins or take them home to dispose of them</p>	<b>H</b>	<ul style="list-style-type: none"> <li>• Provide links to government guidance</li> <li>• <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a></li> <li>• <a href="https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</a></li> <li>• Review DFR policy</li> <li>• Report any incidents and investigate</li> <li>• All attendees must report any symptoms or infections within 72 hours of attending</li> </ul>	<b>L</b>			

		<p>Do not spit. If you must clear your mouth, step away from training areas. Preferably use tissues and deposit tissues in a rubbish bin.</p> <p>If you have to clear your nose step away from individuals and the activity area.</p> <p>If you cough or sneeze, cover your mouth and nose with a tissue or your upper sleeve. Avoid touching your face, eyes, nose and mouth.</p> <p>Sanitise hands after any of the above activities</p> <p>Sanitise hands before and after handling equipment</p>					
<b>Travel to and from the venue</b>	Athletes, coaches Sharing transport	<p><b>Car sharing</b> You should try not to share a vehicle with those outside your household or support bubble. If you need to do this, try to:</p> <ul style="list-style-type: none"> <li>• share the transport with the same people each time</li> <li>• keep to small groups of people at any one time</li> <li>• open windows for ventilation</li> <li>• travel side by side or behind other people, rather than facing them, where seating arrangements allow</li> <li>• Consider seating arrangements to maximise distance between people in the vehicle</li> <li>• Clean your car between journeys using standard cleaning products - make sure you clean door handles and other areas that people may touch</li> <li>• The driver and passengers must <a href="#">wear a face covering</a></li> </ul>	<b>H</b>	<ul style="list-style-type: none"> <li>• Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages. <a href="https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers-private-cars-and-other-vehicles">https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers-private-cars-and-other-vehicles</a></li> </ul>	<b>M</b>		

<p><b>Car Parking</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p> <p>Close proximity for parking</p> <p>Ticket machine use</p>	<p>Park in the designated car park Park with at least half a car's breadth between vehicles. Exit the vehicle when other people are not nearby Do not congregate around cars. Sanitize hands after exiting the car Avoid using the ticket machine where possible by pre-payment. If use is necessary use contactless payment if possible. Sanitize hands before and after use</p>	<p><b>M</b></p>	<ul style="list-style-type: none"> <li>Inform all athletes, coaches, and new attendees of the CV-19 policy on the club website, and social media pages.</li> </ul>	<p><b>L</b></p>			
<p><b>Use of public toilet facilities</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p>	<p>Follow Hamsterley Forest Guidance for the use of facilities. One person at a time to use the toilet facilities Avoid using handles with hands where possible Wash hands Sanitize hands before and after use of the toilet facility. Avoid waiting too close to the facility doors whilst waiting-socially distance</p>	<p><b>H</b></p>	<ul style="list-style-type: none"> <li>Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages.</li> <li>Coaches to remind athletes about use of facilities, hand sanitizing hands and social distancing at each session</li> </ul>	<p><b>L</b></p>			
<p><b>Stiles, fences, gates</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p>	<p>Organise activities that avoid use of stiles, gates and fences wherever possible</p> <p>A nominated lead runner may act as gate opener and closer to limit direct contact</p> <p>If stiles, gates or fences are used athletes must sanitize hands before and after use. Only one person at a time to use the stile, gate or fence. Do not congregate close to the stile, gate or fence. Maintain social distancing.</p>	<p><b>M</b></p>	<ul style="list-style-type: none"> <li>Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages.</li> <li>Coaches to remind athletes about hand sanitizing hands and social distancing.</li> </ul>	<p><b>L</b></p>			

<p><b>Narrow paths</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p> <p>Close proximity to other people</p>	<p>Organise activities that avoid narrow paths. Where narrow paths are used, they are unidirectional only. Where members of the public are present, practice social distancing, give way, and do not put them at risk.</p>	<p><b>M</b></p>	<ul style="list-style-type: none"> <li>• Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages.</li> <li>• Coaches to remind athletes about social distancing.</li> </ul>	<p><b>L</b></p>			
<p><b>Exercise Activities</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p> <p>Close proximity, accidental collision</p>	<p>Organise activities that enable social distancing. Avoid close bidirectional activities. Try to avoid areas where there may be more public access or activity. Maintain social distancing, no close congregation. Provide a plan of activities with instructions prior to activities on social media and website.</p>	<p><b>H</b></p>	<ul style="list-style-type: none"> <li>• Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages.</li> <li>• Coaches to remind athletes about social distancing.</li> </ul>	<p><b>L</b></p>			
<p><b>Equipment</b></p>	<p>Athletes, coaches. By contamination</p>	<p>All equipment is to be cleaned before and after each activity Only designated coaches to handle activity equipment Hands to be sanitised before and after use of equipment</p> <p>Athletes advised not to share equipment such as head torches, running sacs, drinks etc.</p>	<p><b>H</b></p>	<ul style="list-style-type: none"> <li>• Inform all athletes, coaches and new attendees of the CV-19 policy on the club website, and social media pages.</li> </ul>	<p><b>L</b></p>			
<p><b>Injury or Accident</b></p>	<p>Athletes, coaches. Other users including vulnerable groups: elderly, pregnant women, people with underlying conditions</p> <p>By contamination</p>	<p>Carry a phone for emergency contact Perform a needs assessment of the situation First aiders should keep themselves safe Wear gloves Do not touch open wounds, body fluids with bare hands Wear a mask if close or direct contact is required. The victim is to wear a mask or cloth covering of mouth and nose during close contact. Wear eye protection if available Sanitize hands before and after touching</p>	<p><b>H</b></p>	<ul style="list-style-type: none"> <li>• <a href="https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/">https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/</a></li> <li>• <a href="https://www.sja.org.uk/get-advice/first-aid-">https://www.sja.org.uk/get-advice/first-aid-</a></li> </ul>	<p><b>L</b></p>			

		Dispose of any plastic, bandages, paper appropriately. Clean any equipment before and after use Do not perform mouth-to-mouth ventilation First aiders should self-monitor for Covid-19 symptoms		<a href="#">advice/covid-19-advice-for-first-aiders/</a>				
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