Marsden racers Covid 19 risk assessment

We have identified what we the committee feel are the main risks with restarting our running and cycling groups and what we are doing about these to keep us all as safe as we can.

Please can anyone attending any of our sessions please read the following and please do not attend if you are displaying any symptoms of covid 19 however minor or feeling unwell at all. Or if any of your household are isolating due to covid 19.

Thanks MRUK committee

**Risk** = Respiration of airbourne particles from members/the public

**Who is at risk and how** = Members /the public. By breathing in these particles potential to be infected by Covid 19

**What are we doing about this** = Limiting groups to maximum of 12 and using a booking system.

Observing social distancing at all times and if more than 12 will split group.

Run/cycle either different routes or stagger start times

**Risk** = Contact with contaminated surfaces ( eg gates, stiles)

**Who is at risk and how** = Members/the public. Infection risk when touching hands,eyes,nose and mouth.

**What are we doing about** this = Limiting the number of surfaces touched ( ie planning routes with not too many gates or stiles. Try to have one person opening and closing gates. Limit face touching.

**Risk** = Parking and meeting at venue

**Who is at risk and how** = All members. Not being within 2 metres distance

**What are we doing about this** = Walk, run or cycle to venue if possible. Meet at designated spot. Park sensibly away from other cars. Leave the venue in a timely manner after session over. Observe 2 metre rule at all times.

**Risk** = first aid/emergency

**Who is at risk and how** = Anyone needing minor or major first aid

**What are we doing about this** = Ensuring at least one person in each group carries a mobile phone. If first aid needed is very minor – self administer. If first aid is required one person will be responsible to limit the amount of contact, they will carry minor first aid kit and mask and gloves.