

COVID-19 Risk Assessment: MHAC return to training at Macclesfield Athletics Track

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| Date: | Assessed by: | Location : | Review : |
| V1: 2 July 2020 V2: 7 August 2020 V3: 29 March 2021 | Barbara Murray, Bob Lynch, Emma Beveridge | Macclesfield Athletics Track, Perimeter Trail & LC Field | Next review: 17 May 2021 |

| Potential Hazards | Who is at risk? | Controls Required | Any further actions / venue specific risk | Risk rating after measures |
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| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Social Distancing</p> <ul style="list-style-type: none"> • Follow and promote the current public health guidelines issued by the government • Keep a minimum of 2 meters away from each other at all times • As there are no washing facilities athletes/coaches are encouraged to bring hand sanitiser and regularly clean hands • England Athletics and Government guidelines permit a maximum of 1 coach to 12 athletes in a COVID secure setting. This is not possible for all events and most coaches will coach 6-8 athletes or less than 12. Group sizes of more than 1:8 will be at the coaches discretion and with the COVID coordinators approval • Coaches will keep a record of who attends each of their sessions. If possible groups should be made up of the same athletes • Athletes to bring own water in named bottles which must not be shared • If an athlete who has attended a training session subsequently contracts Covid-19, it is essential that they/their parents inform the coach of the last session attended. Anyone who contracts Covid-19 must follow government guidelines and must not return to training until they are cleared to do so. Anyone testing positive for COVID-19 must also complete the UK Athletics COVID form | <ul style="list-style-type: none"> • Use clear signs and/or coned areas to provide 2 metre guidance • groups will be briefed prior to training • spectating is discouraged. Where a parent of a younger athlete has to be present, they must remain 2 m away from each other on the grass areas outside of the track • in line with EA guidance a brief pre-activity health questionnaire will be completed by all athletes with contact details that can be shared upon request with the NHS track and trace initiative and coaches in line with the membership form data protection statement • the maximum number of athletes permitted per group will be 10, but only where 2m social distancing can be maintained. Other groups will remain at a lower ratio • congregation within or around the entrance/exit /club house is prohibited • additional club official or LC staff member to provide direction to members of the public not to come on to the track area and maintain social | Low |

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| | | | <p>distancing</p> <ul style="list-style-type: none"> • Use of clear signs to advise public that training is also taking place on perimeter trail and external field area | |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Safe use of the track</p> <ul style="list-style-type: none"> • to enable safe socially distant use of the track the club will divide the outdoor track into zones to allow groups to train at the same time, but independently and maintaining social distancing. If Shot put area is to be used, user must co-ordinate with Zone A coach to ensure 2 m distancing. • access will be via coaches who will book in named athletes. All athletes must be fully paid up members of MHAC and EA • coaches will be responsible for organising sessions • the track judge and timekeeper stands must not be touched or used by the athletes | <p>5 separate zones of the T&F facility will be available for training:</p> <ul style="list-style-type: none"> • Zone A: home straight lanes 1-5 • Zone B: javelin run up and infield • Zone C: back straight lanes 3-8 • Zone D: throws cage area and infield • Zone E: LJ pit nearest club house • At specific times by agreement with co-ordinator circuits of the track may be used: Lanes 1-3 and Lanes 5-8 by separate groups <p>In addition:</p> <ul style="list-style-type: none"> • Zone F: grassed area adjacent to overflow car park or Perimeter Trail | Low |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Limited Use of Storage containers and no access to buildings</p> <ul style="list-style-type: none"> • access will be limited to the outdoor track and infield areas, including the throws cage, 1 LJ, HJ, PV, plus the perimeter trail and LC field • there will be limited access to toilets only (no access to other clubhouse areas) • coaches may need to access green cabinets for equipment. All surfaces should be cleaned before and after touching | <ul style="list-style-type: none"> • most of the clubhouse will be closed (except to LC staff and Covid coordinator). There will be limited access to toilets in the club house • only one coach should access a cabinet at a time and use of equipment kept to a minimum. Public and athletes are prohibited from these areas • athletes to be informed of the limited access to toilets | Low |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Athlete Overlap</p> <ul style="list-style-type: none"> • Avoid overlap of incoming and outgoing athletes with a 10 min change over buffer • All athletes must leave the area immediately on completion of their session • communicate this requirement to all athletes and coaches | <ul style="list-style-type: none"> • Most sessions will start on each hour but only be 50 mins long with a 10min gap for changeover so there will be no passing of athletes at entrance to track. Some sessions will run for 1.5 hours starting at 6.30 on Tues and Thurs, but with no overlap of groups | Low |
| Spread of COVID-19 | Athletes, Coaches, parents, | <p>Cleaning</p> <ul style="list-style-type: none"> • All objects and surfaces that are touched regularly, in particular areas | <ul style="list-style-type: none"> • Gates to be left open to minimise touching of surfaces | Low |

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| | staff and anyone who visits the track | of high use should be frequently cleaned | <ul style="list-style-type: none"> The club will provide coaches with appropriate cleaning materials, gloves and hand sanitiser The coaches will be expected to clean all relevant surfaces between sessions | |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Handling equipment</p> <ul style="list-style-type: none"> EA direction must be followed regarding use of all equipment and event locations eg If PV or HJ are used these must be cleaned before and after each group of athletes eg LJ to be turned and raked before each group session and raked between individual athlete use Throwing is permissible in the infield with athletes using their own equipment or if facility equipment is used it should be used by only one athlete and cleaned before and after use before being returned to the green cabinets | <ul style="list-style-type: none"> prohibited equipment should be marked as closed by the facility coaches are responsible for ensuring facility equipment is cleaned properly before and after each session in line with EA specification equipment, eg javelin should only be used by the same athlete during the session and not shared. The club or facility will provide suitable cleaning materials specific cleaning fluids will be available for HJ and PV mats to prevent damage | Low |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Access to first aid</p> <ul style="list-style-type: none"> Coaches should have access to the usual first aid equipment kept at the track, but now stored in one of the cabinets if first aid is administered social distancing should be adhered to as much as possible and preferably using gloves and face covering | <ul style="list-style-type: none"> the first aid equipment will be stored in one of the cabinets and coaches will be informed of the location LC staff must leave cabinet keys with club contact if they leave the site LC staff member will be first point of contact for first aid | Low |
| Spread of COVID-19 | Athletes, Coaches, parents, staff and anyone who visits the track | <p>Clinically vulnerable</p> <p>All coaches and athletes (U18s via parents) should be warned that if they have certain health conditions they are clinically vulnerable and potentially at risk of severe illness from Coronavirus. Link: government guidance for clinically vulnerable people</p> | <ul style="list-style-type: none"> Notify coaches, athletes and parents that anyone in the vulnerable categories should not train or coach at the track unless government restrictions change. | |

Reviewed and agreed by:
 Barbara Murray (T&F Manager)
 Bob Lynch (Covid Co-ordinator for T&F and Welfare Officer)
 Emma Beveridge (Club Chairperson and Club Covid Co-ordinator)