

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

Date:	Assessed by:	Location :	Review :
02 / 07 /20	Barbara Murray, Emma Beveridge, Bob Lynch	Macclesfield Athletics Track, Perimeter Trail & LC Field	1 August 2020

Potential Hazards	Who is at risk?	Controls Required	Any further actions / venue specific risk	Risk rating after measures
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 Exercise with a maximum of 5 other people. Try to ensure you have the same training partners. an athlete's coach counts as one person if he/she is present at the track Coaches will keep a record of who attends each of their sessions. Athletes must not change groups 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. 	<ul style="list-style-type: none"> Use clear signs and/or coned areas to provide 2 metre guidance and reminder not to exercise in groups larger than 6 groups will be briefed prior to training parents should leave the site or stay in their cars spectating prohibited congregation within or around the entrance/exit 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 distancing Use of clear signs to advise public that training is also taking place on perimeter trail and external field area 	Low

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 area into 5 zones with up to 4 zones in use initially to allow 4 groups to train at the same time, but independently and maintaining social distancing. If this is effective then all 5 zones can be used (shot put area cannot be used at same time as Zone A) 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 	<ul style="list-style-type: none"> 5 separate zones of the T&F facility will be available for training (initially with only 4 in use at one time): 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 <p>the zones will be marked out by signs and cones</p> <ul style="list-style-type: none"> Endurance group and Seniors will use 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 and 1 LJ, plus the perimeter trail and LC field there will be no access to toilets coaches may need to access green cabinets for equipment. All surfaces should be cleaned before and after touching cabinets to be kept locked at all times and club contact to have keys if LC staff leave the site 	<ul style="list-style-type: none"> the clubhouse and toilets will be closed 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 there will be no 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"> 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 	Low
Spread of COVID-19	Athletes, Coaches, parents, staff and anyone who visits the track	<p>Cleaning</p> <ul style="list-style-type: none"> All objects and surfaces that are touched regularly, in particular areas of high use should be frequently cleaned 	<ul style="list-style-type: none"> Gates to be left open to minimise touching of surfaces The club will provide coaches with appropriate cleaning materials, gloves and hand sanitiser The coaches will be expected to clean all 	Low

			relevant surfaces between sessions	
Spread of COVID-19	Athletes, Coaches, parents, staff and anyone who visits the track	Handling equipment <ul style="list-style-type: none"> no PV or HJ will be permitted throwing may be 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 the session 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 	Low
Spread of COVID-19	Athletes, Coaches, parents, staff and anyone who visits the track	Access to first aid <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 	Low
Spread of COVID-19	Athletes, Coaches, parents, staff and anyone who visits the track	Clinically vulnerable 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	<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. 	

Reviewed and agreed by:
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