

Risk Assessment: Red Balloons Group Sessions Covid-19 v1

Date:	Assessed by:	Location:	Review:
		Outdoor group sessions	

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
Respiration of airborne particles from Red Balloons members / public.	Red Balloons members / public breathing in contaminated airborne droplets and developing Covid-19	<p>Using Government guidelines and best practice to ensure the safety of its members and others who may be affected, so far as is reasonably practicable by:</p> <ul style="list-style-type: none"> Group numbers will be in accordance with Government guidance and updated as required, with all members continuing to observe social distancing protocols (2m) at all times. Reiterate the need to self-Isolate or use track and trace if they have been in contact or have COVID 19. A maximum of six members (including the group leader) should attend the session. If a member feels unwell and has any of the symptoms of Covid-19 they should remain at home. 	H/M	<ul style="list-style-type: none"> Ask if anybody is or has a family member displaying the symptoms. The route for the session should be designed beforehand and the use of "quiet" routes should be used where possible to reduce unnecessary interactions with other members of the public. Limit the time at the start and end of the run where the group (max 6) congregate and socialise. Members should be conscious of not breaking the 2m distancing rule whilst running. Members should refrain from spitting at all times. Social etiquette to be followed when passing / encountering the public 	M/L			

Contact with contaminated surfaces.	Members / public risk of infection when touching hands to mouth, eyes & nose.	<ul style="list-style-type: none"> Limit the number of surfaces touched. If gates need opening have one person open and hold the gate for the whole group. Limit the touching of your face. 	M	<ul style="list-style-type: none"> Maintain good respiratory hygiene i.e. coughing into arm/ clothing. Ensure good personal hygiene at all times. Use of hand sanitiser / gloves and washing hands once able to do so. Members advised to carry their own mask and sanitizing agent. 	L			
Exposure whilst travelling to and from sessions.	Member's potential to be exposed to respiratory particles in a vehicle.	<ul style="list-style-type: none"> Members should travel to and from the session separately from others who are not part of their household 	M	<ul style="list-style-type: none"> Where possible members should run/walk or cycle to the session. Members should arrive ready for the session. Members advised to refrain from meeting in groups after sessions 	L			
After the session has finished.	Any person(s) who may be in close proximity to the participant.	<ul style="list-style-type: none"> System prior to COVID 19 was to congregate together at the gate to the grounds. 		<ul style="list-style-type: none"> Members must refrain from personal contact and maintain social distancing rules. Members must refrain from spitting, clearing nasal passages etc. In accordance with Government guidelines ensure hands are washed or sanitised. 	L			
Track, Test, Trace.	Members, Groups diagnosed with CO Vid 19.	<ul style="list-style-type: none"> Protocol required. 		<ul style="list-style-type: none"> Group leader will register all runners taking part. Records kept for 21 days then destroyed. 	M/L			

First aid / Emergency protocol.	Members having a requirement for either minor or major first aid.	<ul style="list-style-type: none"> • Ensure that at least one member of the group has a mobile phone in case of an emergency. • Always ring 999 if required. 	H/M	<ul style="list-style-type: none"> • If minor first aid is required, this should be self- administered by the injured party where possible. • If help is required, then limit the amount of close contact and touching to a minimum. • Ensure the other group members continue to observe social distancing. • Group leader or A N Other will carry a mobile, three face masks, three pair of latex / nitrile gloves and sanitizing provision. 	L			
Personal Hygiene	Members			All personnel who use the facilities have a duty placed on them to protect themselves and through their acts others that may be affected.				