

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

What are the hazards?	Who might be harmed	Controls Required	Additional Controls
Spread of Covid-19 Coronavirus	<ul style="list-style-type: none"> • Leaders • participants • Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions • Members of the public on paths/ in congregation areas 	<p><u>Hand Washing</u></p> <ul style="list-style-type: none"> • Stringent hand washing taking place. • See hand washing guidance. • https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ • Gel sanitisers in any area where washing facilities not readily available <p>Attendees should carry hand sanitizer in their cars for before and after training.</p>	<p>Participants and leaders to be reminded on a regular basis to wash their hands for 20 seconds with water and soap prior to attending. Also reminded to catch coughs and sneezes in tissues – Follow Catch it, Bin it, Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. Participants and leaders will be required to bring their own tissues</p> <p>To help reduce the spread of coronavirus (COVID-19) reminding everyone of the public health advice - https://www.publichealth.hscni.net/news/covid-19-coronavirus</p>

		<p>Social Distancing Social Distancing -Reducing the number of persons in any area to comply with the 2-metre (6.5 foot) gap recommended by the Public Health Agency https://www.publichealth.hscni.net/news/covid-19-coronavirus https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</p> <p>ensuring that runners are 2 meters apart at all times, and allow for members of the public to pass at a distance of 2 meters. This is due to the increased risk of droplet transmission during physical exercise even in an outdoor environment</p> <p>Redesigning processes to ensure social distancing in place.</p> <p>.</p> <p><u>Symptoms of Covid-19</u> If anyone becomes unwell with a new continuous cough or a high temperature then they are not to participate.</p> <p><u>Attending</u> Persons should not share vehicles unless part of the same bubble</p>	<p>Participants to be reminded prior to every session of the importance of social distancing both in the workplace and outside of it. Leaders must ensure this is adhered to.</p> <p>Participants must sign up and be registered prior to training to ensure group size is appropriate to allow for social distancing. The committee has agreed to a maximum of 6 participants per group.</p> <p>Leaders will be required to assess routes for path width (to allow for 2 meter social distancing), congestion at the time of the activity, as well as general condition of the path. This ensures social distancing can be met as well as protecting inexperienced runners from injury.</p>
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