CRAVEN MOUNTAINEERING CLUB

COVID-19 Risk Assessment for a single day Mountain Biking ride.

Identified Hazard	Who might be at risk	Measures to reduce or eliminate risk
General COVID-19 related hazards	Club members Prospective members General public Guests	● Choice of venue – avoid busy locations and times. ● Participants should only attend rides where the route is believed to be within their ability so as to minimise the possibility of an incident and involving the emergency services. ● The number of participants should be limited to that appropriate to the ride. ● Remind participants they must adhere to government guidelines for COVID-19 in place at the time of the meet, including rules on car sharing. ● The meet coordinator shall ensure that the contact details of all participants are recorded. These details should be securely retained for 21 days and any participant who develops symptoms of, or tests positive for, coronavirus less than 10 days after the meet shall inform the meet organiser and NHS test and trace services. The other participants shall be notified by the meet organiser and they should self-isolate or be tested if they have been in contact with the infected person. ● No person shall attend or take part in the ride if: 1. they are displaying at least one of the symptoms of coronavirus: a high temperature, a continuous cough or a change in their senses of taste or smell. 2. they have tested positive for coronavirus in the previous 10 days. 3. they are self-isolating following contact with a coronavirus infected person. 4. they are in quarantine having returned from overseas.

Identified Hazard	Identified Hazard	Identified Hazard	Who might be at risk	Measures to reduce or eliminate risk
Spread of infection via aerosol transmission	Club members Prospective members General public Guests	● Participants shall avoid coughing and sneezing close to other participants. ● Participants shall, where possible, maintain a distance of 2m from other participants and members of the public. ● Face masks should be worn if the 2m spacing is not possible.		
Spread of infection via person-to-person contact	Club members Prospective members General public Guests	● Participants should avoid touching one another but if this does occur then hands should be sanitized – particularly for flesh-to-flesh contact. ● Participants should bring their own hand sanitise and/or antibacterial wipes. ● Participants should include face masks and disposable gloves in their first aid kits. First Aid should be self-applied if possible. Other First-Aiders should sanitize hands. More serious injuries should be left to trained personnel.		
Spread of infection via contact with surfaces	Club members Prospective members General public Guests	● Participants should sanitize hands as frequently as possible and certainly before taking refreshment. ● Participants should carry a rubbish bag to dispose of any used first aid kit or PPE. ● Minimise handling of touch points such as gates and stiles.		

Notes:-