



COVID 19 Risk Assessment for “Slightly Soggy Summer Handicap” GP Event – Ackworth Road Runners

Assessment carried out by: Stephen Berry
Date Assessment carried out: 5th September 2020

Date of next Review: When EA guidance changes
Reason for Review: EA guidance changes

This Risk Assessment relates to the safe execution of the “Slightly Soggy Summer Handicap” GP event on September 15th starting and finishing at Ackworth Cricket Club. It has been developed in accordance with the following guidelines and recommendations:

- EA Documents
- UK Government Documents

All individuals who have entered the event must be familiar with these documents and agree to the recommendations. The following Risk Assessment must also be adhered to and implemented at all times.

Activity	Risk Identified	Who is at Risk	Existing Control Measures	Additional Controls Required	Action Required	By Whom	Done
“Slightly Soggy Summer Handicap” GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	<p>Social Distancing</p> <ul style="list-style-type: none"> • Social distancing must be maintained at all times: During the run itself • When meeting at the Cricket Club or waiting to enter the Cricket Club • When encountering members of the public on the route. <ul style="list-style-type: none"> • No parking at the Cricket Club. Runners must park elsewhere and walk to the start at your allotted time. • Runners must not enter the Cricket Club more than 5 minutes before their allotted start time. • Once runners have finished, they must leave the cricket club as soon as possible to avoid other runners. A marshal will control this. 	N	N	<p>Club officials, competitors</p> <p>Club officials, competitors</p> <p>Club officials, competitors</p> <p>Club officials, competitors</p>	



<p>“Slightly Soggy Summer Handicap” GP event</p>	<p>Spreading / Catching COVID-19</p>	<p>Marshals, other volunteers, competitors</p>	<p>Bookings</p> <ul style="list-style-type: none"> All runners must book online in advance. No other entrants will be permitted to take part Runners must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus. 	<p>N</p>	<p>N</p>	<p>ARR</p> <p>Club members</p>	
<p>“Slightly Soggy Summer Handicap” GP event</p>	<p>Spreading / Catching COVID-19</p>	<p>Marshals, other volunteers, competitors</p>	<p>Hand washing / Hygiene</p> <ul style="list-style-type: none"> Hand sanitisation will be provided, however where possible members should bring their own sanitisation products. There are no water stations provided on the course or at the finish line. Runners must provide their own water. No sharing of equipment or drinks bottles etc. Runners must provide their own equipment (including drinks bottles). 	<p>N</p>	<p>N</p>	<p>Club officials, competitors</p> <p>Members</p>	
<p>“Slightly Soggy Summer Handicap” GP event</p>	<p>Spreading / Catching COVID-19</p>	<p>Marshals, other volunteers, competitors</p>	<p>Cleaning / Sanitising</p> <ul style="list-style-type: none"> All wipes etc should be disposed of in the bins provided. 	<p>N</p>	<p>N</p>	<p>Club officials, competitors</p>	
<p>“Slightly Soggy Summer Handicap” GP event</p>	<p>Spreading / Catching COVID-19</p>	<p>Marshals, other volunteers, competitors</p>	<p>Risk Assessment and First Aid</p> <ul style="list-style-type: none"> All runners will be sent this document prior to attending. Club Representative to conduct full health and safety assessment each day. Club Representative to ensure all health and safety and first aid guidelines are followed. 			<p>ARR</p>	



			<ul style="list-style-type: none"> Marshals with mobile phones will be on the course. A designated club member will be present to ensure compliance with all necessary measures. First aid kit will be provided by Ackworth RR. First aid will be provided if required in line with the guidance in this document: 				
“Slightly Soggy Summer Handicap” GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Facilities <ul style="list-style-type: none"> Toilets available in the pavilion. Keys will be limited to designated club personnel only. 	N	N	ARR ARR	



Ackworth Road Runners “Slightly Soggy Summer Handicap” GP Event 15th September

- Only club members may take part who must pre-book.
- Runners must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus.
- Social distancing must be maintained at all times.
 - During the run itself
 - When meeting at the Cricket Club or waiting to enter the Cricket Club
 - When encountering members of the public on the route.
- First aid kit will be available
- The start and finish of the course will be the Cricket Club.
- Start times will be from 18:00 – 18:45. Competitors will be allocated a 2.5 minute start time band with no more 6 runners in each start time band to ensure group size limits and social distancing.
- Runners must not enter the Cricket Club more than 5 minutes before their allocated start time.
- No parking at the Cricket Club. Runners must park elsewhere and walk to the start at your allotted time.
- The race timing clock will be used to record your start time. We will not be using race numbers therefore you must note your clock finish time and pass this onto the Timing Recorder (who may not know your name). This system will enable us to keep support numbers to a minimum.
- Once runners have finished, they must observe social distancing. A marshal will control this.
- The course will have signage and marshals with mobile phones.



Health & Safety Executive Guidance for First Aiders Where COVID-19 is a Factor

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – preserve life, prevent worsening, promote recovery.

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- Ask for help. If a portable defibrillator is available, ask for it
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- If available, use:
 - a fluid-repellent surgical mask
 - disposable gloves
 - eye protection
 - apron or other suitable covering
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths

Prevent worsening, promote recovery: all other injuries or illnesses

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible

After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible