



COVID 19 and Event Risk Assessment for 10k “Namer of The Clouds” GP Event June 13th 2021 – Ackworth Road Runners

Assessment carried out by: Stephen Berry
Date Assessment carried out: 9th May 2021

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

This Risk Assessment relates to the safe execution of the “Namer of The Clouds” 10k GP event on June 13th 2021 starting and finishing at Frickley Country Park. 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.

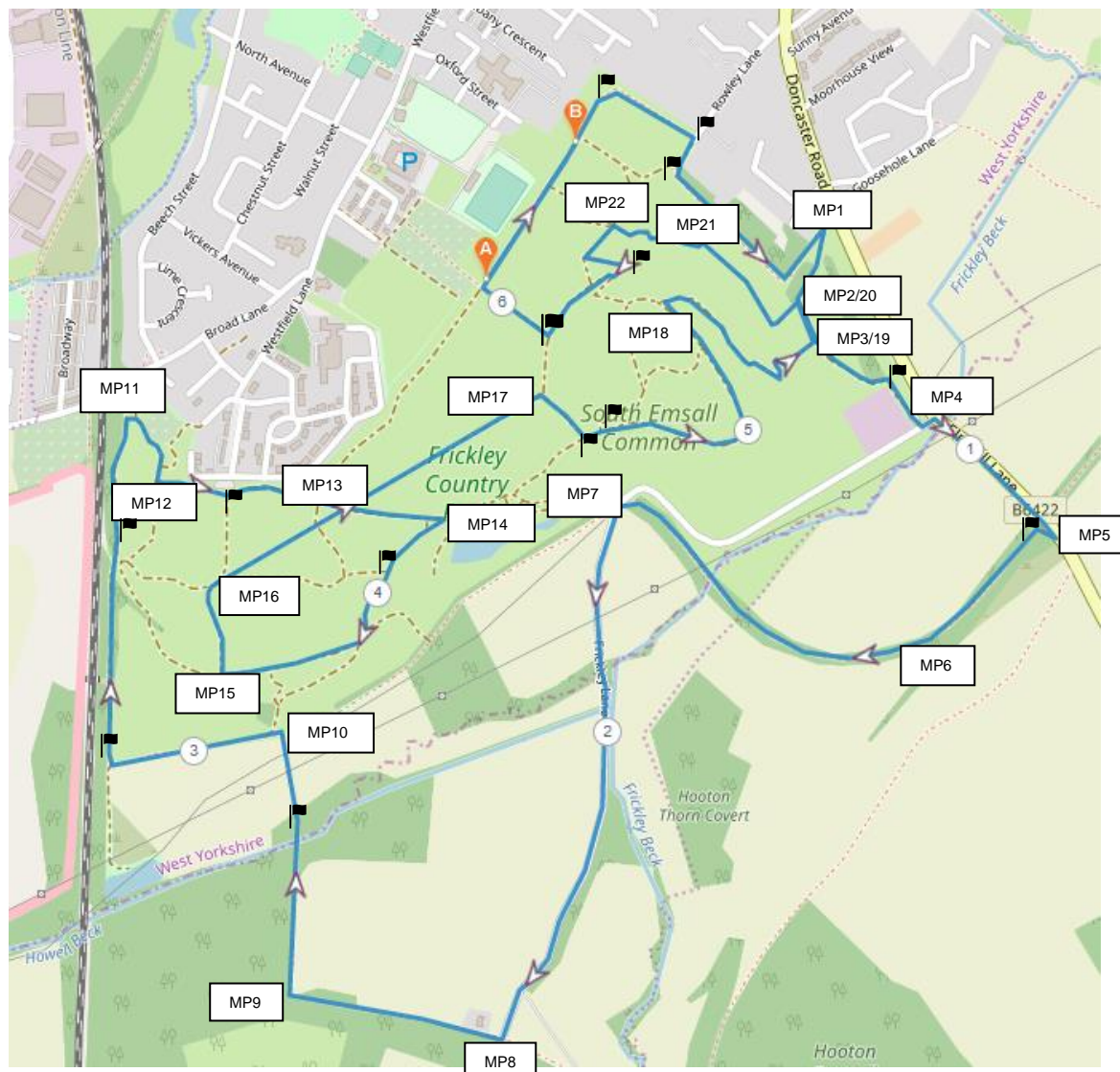
Activity	Hazard Identified	Who is at Risk	Existing Control Measures	Additional Controls Required	Action Required	By Whom	Done
“Frickley 10k” GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Social Distancing <ul style="list-style-type: none">• Social distancing must be maintained at all times:<ul style="list-style-type: none">• During the run itself• When meeting at Frickley Athletic FC car park or waiting to enter the start area.• When encountering members of the public on the route.• Once runners have finished, they must leave Frickley Country Park as soon as possible to avoid other runners. A marshal will control this.	N	N	Club officials, competitors Club officials, competitors	

"Frickley 10k" GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Bookings <ul style="list-style-type: none"> All runners must book online in advance. No other entrants will be permitted to take part Runners and volunteers (marshals etc) must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus. 	N	N	ARR Club members	
"Frickley 10k" GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Hand washing / Hygiene <ul style="list-style-type: none"> Hand sanitisation will be provided, however where possible members should bring their own sanitisation products. Face coverings to be worn at registration and in the start area – to be disposed of in the bags provided. 	N	N	Club officials, competitors	
"Frickley 10k" GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Cleaning / Sanitising <ul style="list-style-type: none"> All wipes etc should be disposed of in the bins provided. 	N	N	Club officials, competitors	

"Frickley 10k" GP event	Injury	Marshals, other volunteers, competitors	Risk Assessment and First Aid <ul style="list-style-type: none"> • Club Representative to ensure all health and safety and first aid guidelines are followed. • Marshals with mobile phones will be on the course (See marshal plan in this document). • A designated club member will be present to ensure compliance with all necessary measures. • First aid will be provided by Yorkshire Rose 1st Aid in line with the guidance in this document: 	N	N	ARR	
"Frickley 10k" GP event	Spreading / Catching COVID-19	Marshals, other volunteers, competitors	Facilities <ul style="list-style-type: none"> • Toilets will be available in the Frickley Athletic FC pavilion. • Bottled water will be provided at an on course water station and the finish line. 	N	N	ARR	



- MP1 - Dog Poo Bin
- MP2*** - **Bottom of ZigZag Hill**
- MP3 - Stone at Bottom of ZigZag Hill
- MP4 - Exit from Car Park
- MP5 - Elmsall Lane
- MP6 - The Triangle
- MP7 - Bridleway Path
- MP8 - The Cottage
- MP9 - 5 Bar Metal Gate
- MP10 - Troll Bridge
- MP11 - Broad Lane Gate
- MP12 - Back in Frickley Country Park
- MP13 - Ken's Corner/Crossroads
- MP14 - The Mound
- MP15 - Miner's Bench
- MP16 - Obelisk 1
- MP17 - Obelisk 2
- MP18 - Down ZigZag Hill
- MP19 - Large Stone
- MP20*** - **Up Mel's Hill**
- MP21 - Top of Mel's Hill
- MP22 - Cinder Path





Ackworth Road Runners “Namer of The Clouds” 10k GP Event June 13th 2021

- 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 Frickley Athletic FC or waiting to enter start area.
 - When encountering members of the public on the route.
- First aid will be provided through Yorkshire Rose 1st Aid
- The start and finish of the course will be Frickley Country Park designated A and B on the map.
- Start time will be 0900.
- The race timing clock will be used to record your start time.
- 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

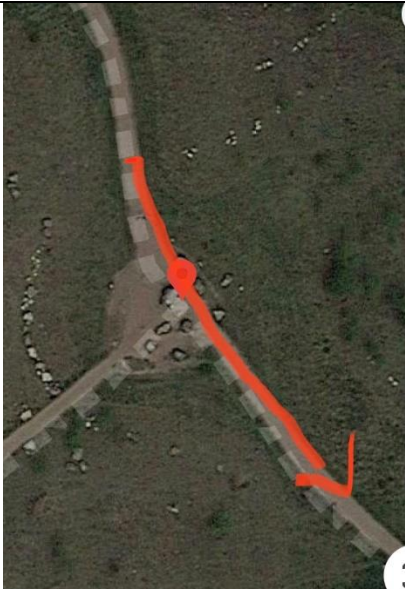

After delivering any first aid



- 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



Marshal Plan



Marshal Point	Flag Marker	Description	Marshal Name	Photo
	F1	1 st right turn after the start	NA	
	F2	Right turn by Rowley Lane	NA	
	F3	Path by Electricians – follow the wall	NA	


MP1		Dog Poo Bin – direct runners up the hill to the right		
MP2		Left Turn along bottom of Zig Zag Hill	Same as MP20	



MP3		Straight on past large stone at bottom of Zig Zag Hill		
	F4	Bottom of hill turning right towards the car park	NA	

MP4		Exit from car park – direct runners along grass verge		
MP5		Turn right up the mud banking before the South Elmsall sign.		



	F5	Runners to bear left	NA	
MP6		Bear right at the Triangle		


MP7		Left onto Bridleway path		
MP8		Right at the cottage		

MP9		5 bar metal gate		
	F6	Run route sign across muddy field	NA	
MP10		Troll bridge – left turn		



	F7	Bear right alongside the railway	NA	
	F8	Past the park entrance	NA	



MP11		Right turn at top of Broad Lane into FCP		
MP12		Left turn in FCP		

	F9	Water Station Car Park – parkrun turn	NA	
MP13		Ken's corner/crossroads – direct runners over the tarmac path	13	

MP14		The Mound		
	F10	After the Mound	NA	

MP15		Right turn at the miner's bench		
MP16		Obelisk 1		

MP17		Right turn at Obelisk 2		
	F11	Mid Bastard Hill	NA	

	F12	Post Bastard Hill	NA	
MP18		Right turn down Zig Zag Hill		

MP19		Left turn at large stone		
MP20		Left turn up Mel's Hill	Same as MP2	

MP21		Top of Mel's Hill – turn left		
	F13	Top of football pitches – bear right		

MP22		Bear right onto cinder path		
	F14	Right turn to the bottom then turn right again – they'll see the finish		