



Event Risk Assessment for Half Marathon “Namer of The Clouds” GP Event September 29th 2021 – Ackworth Road Runners

Assessment carried out by: Stephen Berry
Date Assessment carried out: 13th September 2021

Date of next Review: 18th September 2021

This Risk Assessment relates to the safe execution of the “Namer of The Clouds” Half Marathon GP event on September 19th 2021 starting and finishing at Frickley Country Park and must be adhered to and implemented at all times.

Activity	Hazard	Who is at Risk	Control Measures	Additional Controls Required	Action Required	By Whom	Risk Rating following control measures
Running	Injuries/ Medical Conditions	Marshals, other volunteers, competitors	<ul style="list-style-type: none">All runners will be given access to this document prior to attending.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 provided separately).First aid will be provided by Yorkshire Rose 1st AidMedical conditions to be advised to organisers. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk.	N	N	Club officials, competitors	Low
Running	Condition of course on the day	Marshals, other volunteers, competitors	<ul style="list-style-type: none">Course inspections pre event.	N	N	Club officials	Low

Running	Uneven Ground	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Remind runners to wear appropriate footwear. Marshals in place to warn runners where required. 	N	N	Club officials	Low
Running	Risk of Falling/Slipping on steep or slippery surface	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Runners to be sent course description in advance. Marshals in place to warn runners where required. 	N	N	Club officials	Low
Running	Collision with moving vehicles in Clayton village.	Marshals, competitors, road users	<ul style="list-style-type: none"> Marshal in attendance "Caution Runners" signs deployed 	N	N	Club officials	Low
Running	Dogs	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Runners to take care when running near dogs particularly when they are off leads and owners are not present. Slow to a walk if necessary. Avoid turning your back on the dog. Seek assistance from dog owner if appropriate. 	N	N	Club officials	Low

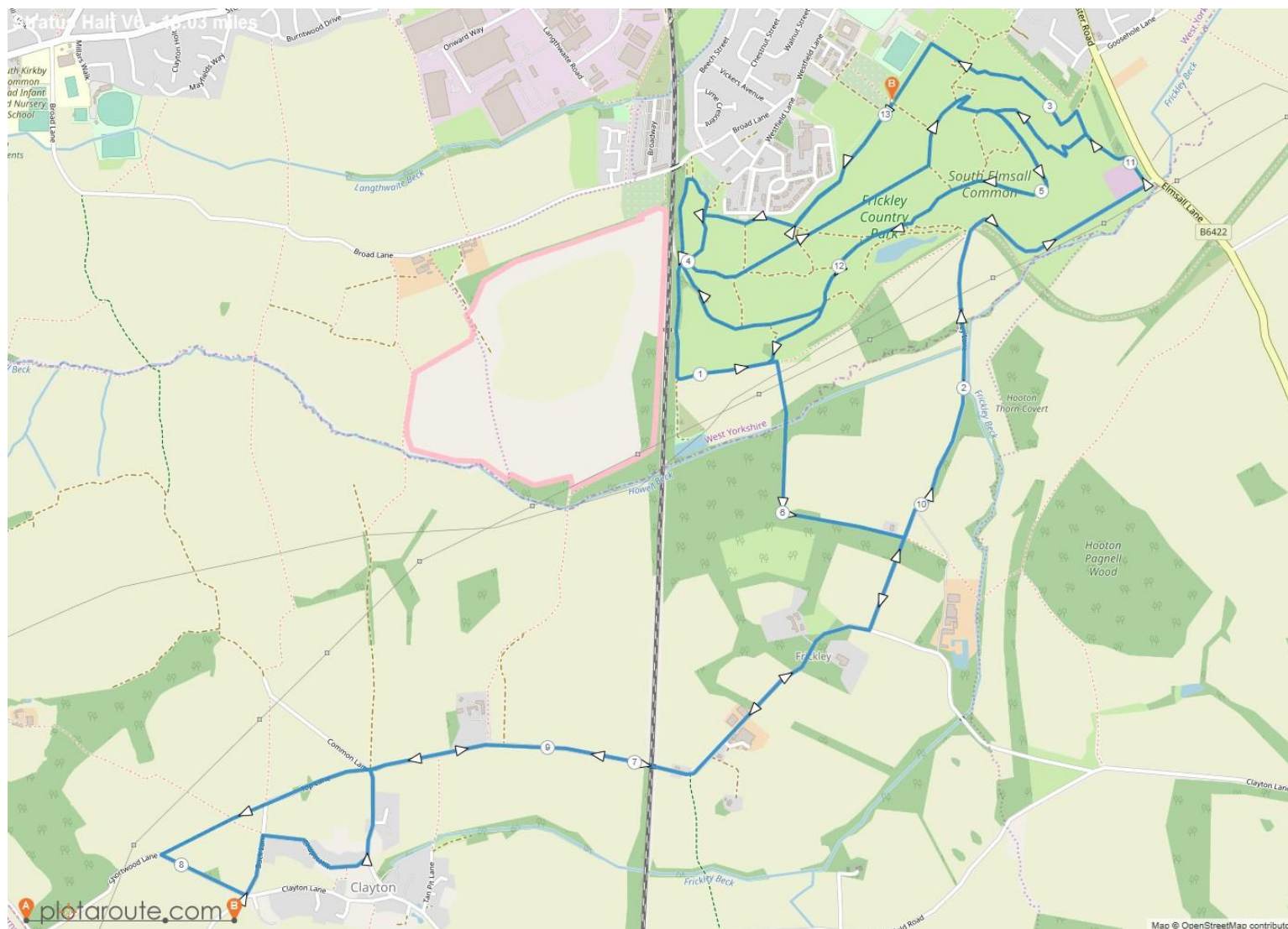
Running	Hot and Cold Weather	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> 4 water stations are provided on the course Advise runners to wear kit appropriate to conditions. If conditions are extreme run to be postponed/cancelled at discretion of organisers. Remind runners to use high factor sun cream. Runners encouraged to warm up thoroughly in cold weather and wear clothing appropriate to the conditions. Care should be taken to avoid patches of ice. Runs will be cancelled by organisers if conditions are considered dangerous. 	N	N	Club officials	Low
Running	Medical Conditions	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> To be advised to organisers. Any appropriate medication to be carried on the run. The decision whether or not to run is left to the discretion of the individual but they run at their own risk. 	N	N	Competitors	Low
Social Distancing	COVID-19	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Social distancing should be maintained: <ul style="list-style-type: none"> When meeting at Frickley Athletic FC car park or waiting to enter the start area. When encountering members of the public on the route. 	N	N	Club officials, competitors	Low
Bookings	COVID-19	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Runners and volunteers (marshals etc) must be in good health - they should not attend if they or a member of their household have tested positive for or show symptoms of coronavirus. 	N	N	Club officials, competitors	Low

Hand washing / Hygiene	COVID-19	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Runners should bring their own sanitisation products. 	N	N	Club officials, competitors	Low
Cleaning / Sanitising	COVID-19	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> All wipes etc should be disposed of in the bins provided. 	N	N	Club officials, competitors	Low
Provision of Facilities	Welfare	Marshals, other volunteers, competitors	<ul style="list-style-type: none"> Toilets available in the Frickley Athletic FC pavilion. 	N	N	ARR	Low

Ackworth Road Runners “Namer of The Clouds” Half Marathon GP Event September 19th 2021

- Runners must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus.
- Social distancing should be maintained at all times.
 - 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 should observe social distancing.
- The course will have signage and marshals with mobile phones.

Course Route





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.