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| **What are the hazards?** | **Who might be harmed and how?** | **What are you already doing?** | **Risk rating** | **What else can you do to control risk?** | **Action taken by** | **Date** |
| Communication of risks to runners | All participants | Risk assessment in place | M | Risk assessment to be available to all participants before date of race, all participants made aware of risk assessments | Event Organisers | 24/09/21 |
| Transmission of COVID-19 | All participants and members of public | Advising participants to plan their routes to avoid unnecessary close contact | M | Runners to read latest government guidelines for their area, to ensure fully aware of any changes | All participants | 24/09/21 |
| Accident and injury during virtual race | All participants | Emergency contact details to be held by someone who can be contacted during race | M | Let emergency contact know when and where they will be taking part and expected time of completion/return | All participants | 24/09/21 |
| Slips and trips | All participants | Ensure suitable footwear for the type of surface, roads can be slippery when wet, some roads may be icy | M | Recce your route before the day, check weather conditions on the day | All participants | 24/09/21 |
| Restrictions of fancy dress | All participants | Ensure fancy dress costume does not restrict movement, vision or ability to safely participate | M | Avoid restrictive clothing, masks that impair vision to safely travel, heavy costumes, or unsuitable footwear | All participants | 24/09/21 |
| First Aid | All participants | There will be no first aid available | M | Consider carrying a small fist aid kit, let emergency contact know when and where you are taking part, contact someone who can assist, only race within your own abilities | All participants | 24/09/21 |
| Emergencies | All participants | No emergency support will be available from organiser | M | Ensure someone in group has NOK details in case of emergency | All participants | 24/09/21 |
| Meeting in public areas | All participants | Ensure restrictions of meeting place are checked, do not start race in a busy area | M | Runners to read latest government guidelines for their area, to ensure fully aware of any changes | All participants | 24/09/21 |
| Group running | All participants | Government guidelines to be followed at all times | M | Runners to read latest government guidelines for their area, to ensure fully aware of any changes | All participants | 24/09/21 |
| Hydration and food | All participants | Participants should plan for distance and weather, and carry suitable hydration and food | M | Participants should carry their own hydration/food | All participants | 24/09/21 |
| Poor lighting | All participants | Plan route in well lit areas, avoid dark routes, run during the day where possible  | H | Consider high visibility clothing, plan route before dark, carry a torch if risk of darkness | All participants | 24/09/21 |
| Being struck by road users | All participants | Keep to pedestrian routes only | M | Stay on pedestrian routes, pavements pathways, if it is unsafe, wait on verge or kerb before continuing, listen out for traffic, only cross roads at pedestrian crossings, consider high visibility clothing | All participants | 24/09/21 |
| Hygiene, virus transmission | All participants | Good hygiene practice before attending runs, government guidelines to be followed at all times | M | Wash hands and use hand sanitiser before participating, check latest government guidelines | All participants | 24/09/21 |