

EVENT NAME	FRA Template Covid-safe Risk Assessment	PERSON RESPONSIBLE	
LOCATION		ASSESSED BY	
EVENT DATE		DATE ASSESSED	
HAZARDOUS ACTIVITY or RISK	CONTROL MEASURE	RESULTANT RATING (L/M/H)	ACTION NEEDED
Lack of awareness of Covid 19 transmission, minimising the spread	To detail on pre-race briefing via email in advance, they must not attend if; - they are showing any signs of Covid-19 symptoms: a high temperature, a new, continuous cough, a loss or change to your sense of smell or taste. - they have been in contact with anyone showing any signs of Covid-19 symptoms in the past 14 days, - they have travelled within the last 14 days to an international location where self-isolation is required following your visit.	LOW	Detail to all participants prior to race
Pre-Race Briefing usually held at the start line congregation	All details for participants shall be included in email prior to the event	LOW	Detail to all participants prior to race
Spreading of Covid-19 Physical Contact at Registration and Start	All entries prior to the day; no cash exchanged on race day Marshal providing race number will have sanitised and wear a facecovering. No physical hand-to-hand contact when passing race bib number and pins. Competitors will be called up to the start line and must remain 2m apart where possible, or at least 1m if face coverings are worn. Participants will be released onto course by starting marshal in a contactless manner Entire event taking place outdoors	LOW	Detail to all participants prior to race Adequate Marshal Plan in place
Start & Finish Location for Registration and Enquiries	Start and finish location will be within confined area, off road to avoid obstructions and danger to runners. Start and Finish to be separated if there will be overlap between starters and finishers Participants required to wear facecovering when attending registration Participants required to arrive no earlier than 15minutes prior to start time. No possessions may be left at Race Control	LOW	Detail to all participants prior to race
Parking	Participants recommended to travel to the event by car and refrain from car sharing unless suitable within Government guidelines Parking will be highlighted to runners prior to race day.	LOW	Detail to all participants prior to race
Toilets and/or Changing Facilities (Male and Female)	Participants are advised there are no toilet welfare or changing facilities for the race. Given local nature of the race, participants will be advised to use home facilities prior to setting off. OR Participants are advised toilets are provided along with hand sanitiser which must be used outside the toilets before and after use. Face coverings must be worn at all times if queuing and 2m distance maintained	LOW	Detail to all participants prior to race

Starting procedure and protocol for Covid-19 safety on course	<p>Participants advised to sanitise hands before approaching the start line.</p> <p>Up to 30 participants will be called to the start line and must remain 2m apart where possible, or at least 1m if face coverings are worn. Participants will be released onto course by starting marshal in a contactless manner</p> <p>Participants advised there to be absolutely no clearing of nasal or respiratory secretions whilst waiting or running. If absolutely necessary, it must be done at least 10m away from anyone else on course.</p> <p>Participants advised not to run in slipstream of other participants</p>	LOW	Detail to all participants prior to race Adequate Marshal Plan in place
Fomite Transmission on course and in a medical emergency	<p>Participants should be advised of risk of fomite transmission from touching of gates, stiles, ladders, etc on course.</p> <p>All gates where possible to be left ajar and marshalled to avoid livestock passing through.</p> <p>If in the event of medical emergency, participants should initially check on injured party from a safe distance of 2m and notify a marshal accordingly.</p> <p>Participants should carry hand sanitiser and face covering as part of kit for these eventualities and in a medical emergency concerning themselves as a patient for their safety</p>	LOW	Detail to all participants prior to race
Crowd congregation at the finish area	<p>Timing of participant crossing finish line shall be contactless. No further requirements from participant.</p> <p>Participants will be advised to clear this area quickly on finishing and no waiting around</p> <p>Participants are encouraged to return back to their cars to avoid crowding or any issues with socially distancing. With low entrant numbers and phased starts/finishes, there will not be a large number of people gathering.</p> <p>Results will be available via an online webpage with link provided in advance to avoid congregation of participants.</p> <p>Participants will be advised there will be no prizegiving. As results and positions will alter throughout the event, the winners will not be known until the event is completed; participants will be informed of prizes after the event</p> <p>Members of the public discouraged from attending</p> <p>No refreshments will be served and participants must take their own rubbish home</p>	LOW	Detail to all participants prior to race
Welfare of Marshals	<p>Marshals located on course and in contact with Race Control</p> <p>Marshals to carry hand gel and face covering</p> <p>Marshals to remain a minimum of 1m from participants at all times and where less than 2m from participants, marshals to wear face covering</p> <p>Marshals to be provided with medical mask, disposable apron and gloves in case of emergency. This will be prepared 72hours prior to the day.</p> <p>Any used PPE will be collected in refuse bag and disposed on in a local clinical waste facility.</p>	LOW	Adequate Marshal Plan in place