**Risk Assessment – Hardmoors 110/160 21st – 23rd August 2020.**

**Updated 27/07/2020**

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| **What are the hazards?** | **Who might****be harmed and how** | **Evaluate the risks.****What are you already doing?** | **What further action is necessary?** | A**ction****By****Whom?** | **Action By When?** | **Complete Y/N****(Date)** |
| **Trip Hazards on Trails**  | Participants travel over rough uneven ground and could trip  | The course is entirely over public footpaths and public rights of way. There is the possibility that participants may injure themselves, especially by tripping, however all participants are aware of the risk.  | Action: Race paramedic to be in attendance with mobile ambulance which can be used to treat and take care of competitors as well as extracting them from the course where necessary. | FA | Race Day |  |
| **Bad Weather****(Cold/wet)** | Participants and MarshalsPossibility of hypothermia | A compulsory kit is required for completing the course. Hat and GlovesWaterproof Jacket with taped seamsMinimum of 1 litre water/sports drink Headtorch/TorchSpare BatteriesCleveland Way Map or OS MapsWhistleSurvival Bag (bag, not just blanket)Mobile phone with Race Directors number stored in phone (07758 137931)Emergency food supply (chocolate/energy bar) | Due to social distancing requirements this will not be checked by the organisers, but is the responsibility of the entrant.Entry is dependent on participants accepting they are carrying the required kit.  | PA/MA | Race Day |  |
| **Members of the Public on the course** | Participants and Members of the public could collide on narrow trails  | Participants will be sharing footpaths with members of the public. In general members of the public will stand aside to let runners though. However, this is not a right and should not be assumed. When passing a member of the public, runners will be reminded in the pre-race brief to do so safely and courteously | Participants must respect other users of the course and adhere to the distance rules when passing members of the public. In addition, runners should always ensure social distancing separation is maintained. No overtaking on narrow tracks is allowed, the slower runner will be expected to stand aside to let quicker runners through as soon as they are safely able to.  | PA | Race Day |  |
| **Livestock** | Participants could come into contact with livestock that could become aggressive if with young | Some fields may contain livestock. Where possible the Race Director will advise landowners/farmers of the event so that they can move the livestock if they wish. However, some may remain.  | Participants will be advised in the pre-race brief which will be sent to them the week prior to the event and repeated on the day. If livestock is encountered especially cows with calves who could be protective, they should proceed with caution at their own risk and any dogs must be kept under close control. | RD/PA | Race Day |  |
| **Road Crossings** | Participants could be hit by traffic travelling in both directions with limited vision at some points | This is at 17.00 on Fri 21st for the 160 and 8am for the 110 on Sat 22nd Aug.At all major road crossings there is a risk of traffic | 160 Participants will be started in the car park. Signs will be placed in the road to warn drivers of the race and Marshals will temporarily stop traffic.110 participants will start on a large area of grass where no traffic goes.Risk rating: low. Action: Marshalls in place to stop the runner from crossingRisk Rating: Low | RD MA | Race Day |  |
| **Checkpoints/Hydration/ Nutrition** | Participants could become dehydrated or exhausted | Checkpoints will offer food and drink to supplement participants own provisions. This to avoid participant failing to have enough fuel to complete a 10-hour event. To account for COVID: there will be individually wrapped energy bars and individual bottles of water which participants help themselves to so as to avoid cross contamination | Marshals will always maintain social distancing. Participants will be advised of the locations of the checkpoints in the race brief. Participants will be advised not to stop longer than necessary and to maintain social distancing requirements  | MA/PA | Race Day  |  |
| **Participants falling behind due to illness or lack of fitness** | If unaccounted for participants could become ill with exhaustion or more prone to injury  | All participants are issued with a race number and this number is recorded at each checkpoint. Due to COVID -19 situation this number will be emailed to participants for them to print out and bring to the race.If a participant has to retire, they are required to do so only at a manned checkpoint where their race number is retained by the marshall and the information is communicated to race HQ. The participant is then transported by a marshall to the race finish.If transported to the finish by the First Aider or in a marshall’s vehicle, disposable masks to be worn.There is a team of sweepers who travel on foot behind the participants to ensure everyone is accounted for and if anyone is injured, the sweeper can assist or call for assistance.Time cutoffs are in place at each checkpoint to ensure participants can complete the course in a reasonable time. Failure to meet these times will result in the participant being withdrawn.After the last participant and sweeper has passed through the checkpoint, the race numbers will be cross referenced to ensure all people are accounted for and any information regarding withdrawals relayed to the next checkpoint, either directly or via Race HQ.Participants are told that they have to respect the decision of all race marshalls and if a marshal decides that a participant is not fit or able enough to continue, they must retire for their own safety. | On race day all participants will be fully briefed on the measures in place.Emphasis will be placed on the decisions of the marshals or sweepers on a participant’s fitness to carry on must be respected and complied with.Following these is a condition of taking part in the race.Failure to follow these and all other measures in place will result in a participant’s disqualification. | ALL | Race Day |  |
| **Additional measures to reduce risk of Covid-19 infection** | If Social Distancing requirements are not maintained there is a possibility of the virus spreading especially from those who are asymptomatic who may not realise they are infected  | **Participants**All participants will receive emails to inform of the COVID precautions. There will be an online declaration that they will tick to say that they agree with the stipulations and also that they are symptom free. The race brief will be conducted online rather than at the start of the race.Participants are advised if possible, to take temperature prior to leaving home and if this is raised or if they have any of the symptoms of COVID-19 to **NOT** attendRun marshall to take temperature of participant when they arrive. If temperature is high: (38 degrees or above) the person will be asked to NOT run and to return to their car Hand sanitiser to be provided at start/finish and all checkpoints.Any queues for toilets to be at 2m distance All participants will be instructed not to arrive at the Car Park (at Sutton Bank for the 160 and at Filey Brigg for the 110) more than 30 minutes before their allocated start time (which they will have been informed of in an email during the week prior to the race). They will be asked to observe social distancing requirements to ensure any risk of exposure is as low as reasonably practicable.They will not need to collect race numbers or safety pins and will not need to sign a declaration that they have the mandatory kit as all this will have been done online.There will be a one way system around the car parking field, marked with tape.Participants will follow the one way system from their car to the start area , maintaining a 2m gap from other people.Marshalls to assist in guiding them.Marshalls will wear protective masks and disposable gloves for when guiding runners.They will need to tell the start marshall that they are there, place their bag on a table and stand back whilst a tracker is fitted to their pack. They will then go to the start point via a one way system and then can be marked as started.Marshalls will use anti-bacterial spray and wipes in between handling each pack/tracker.Participants will be set off at intervals of 3 minutes and in groups of six.Participants will be asked not to run with a gap of less than 2m between them.Fastest runners will set off first so as to avoid overtaking**Finish Venue at Helmsley**This to be in front of the Helmlsey Outdoor Pool on the grassy area.As they finish, runners will get their time recorded and they are then asked to return to their cars and go home rather than gathering for a meal.There will be a gazebo in which there will be a table from where runners will be asked to pick up their own paper bag which will contain medal and t shirt. There will be a one way system in operation to avoid people coming into close contact.There will be no finish food or drinks, in order to minimise cross infection.There will be no massage facilities or shop.There will be 7 car parking spaces for marshalls and race directors to use. Others will be asked to park in the town car parks. Support vehicles will be asked to come to the car park when they know their runner is about to finish (as determined from the tracking system) and pick them up and then go rather than staying at the finish area.In order to support Track and Trace, runners will be asked to inform us if they develop symptoms of the virus after the race. **Marshalls**Pre -race brief for marshalls will be conducted by a Zoom call rather than face to face.At the start marshalls will be provided with masks and gloves and anti-bacterial spray and wipes.These to be used whilst attaching trackers to packs and marking participants as started.At checkpoints marshalls will wear masks and disposable gloves when placing individually wrapped items of food onto table. Marshalls will place individual bottles of water on tables and runners will help themselves to these, placing empty bottles in bin bags. Half used bottles will not be used for another runner.Marshalls will wipe down surfaces using anti bacterial spray where runners have touched At finish marshalls will use masks to mark runners as having finished.Participants will remove their own tracker (reminded by marshalls) and place tracker in bucket of anti-bacterial fluid to avoid cross contamination.There will be a self serve system for runners to collect paper bag which will contain t shirt and medal, so marshalls will not be doing this task.Marshalls will be asked to take part in Track and Trace. | If all instructions are followed, then the risk of transmission will be as low as reasonably practicable and do not require any further action.This Risk Assessment will be reviewed weekly until race day or if there is any change to Government guidance and Social Distancing requirements |  |  |  |

**Key**

**PA = Participant**

**FA = First Aider**

**MA = Marshals**

**RD = Race Director**

**SO = Safety Officer**

**SW = Sweepers**