

Catch the Train trail race 2020 – Covid-19 Risk assessment

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.

England Athletics advice (as of 17th July 2020) states that activity should be within a covid secure environment, or be limited to groups of no more than 6. This will be achieved by communicating with competitors to inform them that they have pre-allocated arrival and start times. Each 3 minute slot will consist of 5 competitors.

A marshall will be situated at the entrance to the registration/start area, who will ask competitors for their name, and check them on their list of competitors. If a competitor has arrived more than 10 minutes before their allocated start time they will be asked to return later. If a competitor arrives less than 10 minutes before their allocated start time they will be allowed to enter a large field, which will be used as a waiting area until they are called. The field is large enough to enable social distancing, and signage will be in place. If a competitor arrives after their allocated slot they will not be allowed to start the race and will be deferred to next years race.

Once called to the start area, the competitor is provided with a contactless timing chip, which they self scan when they start and finish the race.

What are the hazards?	Who might be harmed?	Settings (physical settings & activities)	Considerations for mitigations
Lack of awareness around Covid-19 risk factors and key government/ England Athletics/ local guidance for limiting the spread/ transmission of the disease	Members of the public, Marshalls, Competitors	All settings/ activities	Email and Social media communications with all competitors prior to the event detailing the covid-19 protocols and measures that have been implemented. Ask competitors to digitally sign an online disclaimer to confirm they have read and understood the protocols and measures, and that they will adhere to them. Telephone communication/guidance for marshalls to help with compliance On site signage to re-enforce key messages and protocols
Spreading/	Marshalls,	Registration/Start area	Signage

transmission of Covid-19	Competitors, Organisers		<p>Social distancing – implementation of staggered arrival and start times, only allowing a maximum of 4 competitors to start the race at a time.</p> <p>Social distancing – site entry protocols to limit the number of people who enter the start area to 4 people at any one time. Queuing system to enter the start area, marking 2m gaps between competitors. The length of the queue will be minimised by the communication of staggered arrival/start times.</p> <p>Contactless timing system will be used to register when a competitor starts the race. Timing chips will be washed in sanitising fluid on the morning of the event, and will be distributed by a marshall wearing gloves and a face mask.</p> <p>Payment procedures. No entries on the day, all entries are paid in advance online</p> <p>Hygiene – hand sanitiser in place on entry points</p>
		Route	<p>All routes are free from obstacles that need to be touched i.e. gates/stiles, except for a section within the Longshaw Estate. Marshalls will be placed at each gate, to hold the</p>

			gate open until the tail runner has passed through.
		Finishing area	<p>Signage</p> <p>Contactless timing system will be used to register when a competitor has finished. Competitors will be asked to place their timing chips in a bin, which will be removed at the end of the event and sanitised.</p> <p>Finishers will be asked to move away from the finish area as soon as they have finished towards a large field where there is adequate space for social distancing.</p>
		First aid and dealing with minor injuries	<p>Specialist first aid company (UK Event Medical Services) to provide first aid for the event</p> <p>Only designated first aid team to have access to first aid resources. All marshalls and organisers will have a mobile contact number to call in the event of an injury</p> <p>First aid team all have PPE equipment</p>