

## Amberaid 30 COVID-19 Risk Assessment

Through measures initiated by the government and related guidance prepared by England Athletics Limited (17<sup>th</sup> July 2020), we aim to clarify that our both our event venue and route is Covid Secure. This is in order to be able to proceed with running the event with an unlimited numbers of participants. However, In this instance we have purposely limited the event to 50 participants (actual number participating is 29).

We have set out rules in the race application details on SI Entries and they are reiterated below. We are also carrying out the most up to date risk assessment on the route itself and this is in a separate risk assessment.

COVID-19 Officer - Jamie Glazebrook

- All entrants have signed up for the race through SI Entries. All runners should make sure that their contact details on SI Entries are up to date, for track and trace purposes, as well as health and safety precautions.
- As indicated on the race entry, we request that participants who have symptoms of COVID-19 do not travel to the race. Likewise if they have recently been in contact with anyone believed to have COVID-19.
- Part of the mandatory kit list – All runners are required to bring their own hand sanitising gel. This will be carried throughout the run. All checkpoints will also have hand gel. Runners are also instructed to be wearing face masks / buffs at the start. These can be removed once you have started running.
- Runners will be started in pods of 4. Each pod will be started 2 minutes apart. Do not gather in the start area unless you are in the pod about to start.
- Ensure you maintain 1m+ distance between each runner and members of the public at all times. (If you are not wearing a face mask it should be 2m distance).
- Should any runner require first aid, staffed Check Points will have PPE and first aid equipment at hand.

What are the hazards?	Who might be harmed?	Settings (physical settings & activities)	Considerations for mitigations
Lack of awareness considering limiting the spread or transmission of COVID 19	Members of the public, Marshalls Competitors	All settings	Email communications with all competitors prior to the event detailing the covid-19 measures that have been implemented.
Transmission of Covid-19	Marshalls Competitors, Farm staff and site visitors.	Registration/Start area	Social distancing – implementation of staggered start times, only allowing a maximum of 4 competitors to start the race at a time.

			<p>Queuing system to enter the start area, marking 2m gaps between competitors. The length of the queue will be minimised by keeping later starters by their cars.</p> <p>Tally cards are new for the morning of the event, and will be distributed by a marshall wearing gloves and a face mask.</p> <p>No entries on the day, all entries are paid in advance online with a closing date 3 days before the event.</p>
Transmission of Covid-19	Members of the public Marshalls Competitors	Route	<p>The route is generally quiet and rural with the exception of Crich Quarry (tramline area) and Cromford Canal. Runners have been told to respect other users and implement social distancing considerations.</p> <p>There are obstacles that may need to be touched (gates/stiles) but each runner has been instructed to carry their own personal supply of hand sanitiser.</p> <p>Checkpoint - these are non contact, the marshalls will be wearing face masks and gloves and will sanitise their gloves frequently. Equipment and surfaces will also be sprayed with sanitiser between runners.</p> <p>If approaching a checkpoint with other runner/s please maintain social distance of 2m as the marshalls can only deal with 1 runner at a</p>

			<p>time.</p> <p>Self Clip points. Each self clip also has a bottle of hand sanitiser attached. All runners instructed to use it before departing.</p>
Transmission of Covid-19	<p>Farm staff and visitors.</p> <p>Marshalls</p> <p>Competitors</p>	Finishing area	<p>A marshall will register when a competitor has finished. Competitors will be asked to place their tally cards in a box.</p> <p>Runners will be asked to move away from the finish area as soon as they have finished and return to their cars where there is adequate space for social distancing.</p>
Transmission of Covid-19	<p>First Aider</p> <p>Competitor</p>	First aid	<p>First aiders - each have PPE and first aid kit.</p>