

29/06/2021



RISK ASSESSMENT						SAFETY PLAN		
						4. How will you put the assessment into action? Remember to prioritise. Deal with those hazards that are high risk and have serious consequences first		
1. What are the harzards?	2. Who might be harmed & how?	Risk Rating H/M/L	3a. What are you already doing (i.e. pre-event controls)	3b. What further action is required (event day controls)	Resultant Risk Rating H/M/L	Action by who	Action by when	Date completed
COVID-19	Athletes	M	Social Distancing at start, finish and during race	Social Distancing Signage - Race HQ and start	L	DB	15/07/2021	
Droplet and touch transmission (All Outdoors)			Online only entries - no on the day entires	Seeded start with signage to ensure participants are 2m apart at start. Finish funnel Layout expanded 5 times on large grass area		DB	15/07/2021	
			Athletes Code of Conduct emailed to all athletes in advance of event	Athletes asked not to congregate at race HQ pre and post race			15/07/2021	
			Number pick up from race HQ - no safety pins provided - made clear in advance communication	Continual Announcements encouraging social distancing		TB	15/07/2021	
			Participants to carry face masks at all times and during race in case of injury	Post Finish Dispersal over dam and through car park		TB	15/07/2021	
			No Baggage Drop	Sanitizer availability at race HQ/Start/Finish		MB	15/07/2021	
			Finish Area moved to large grass area	Cleaning Barriers, Stiles, gates and Toilets		MB	15/07/2021	
			No awards ceremony. Prises can be picked up off table in open space	Reducing face to face contact by sending race briefing by email, codes of conduct all registration and information		DB	15/07/2021	
			Participant T-shirts to be picked up off table				15/07/2021	
			No water provided. Athletes to be self sufficient for water during race and afterwards ans informed in advance	Athletes to carry own water, emergency bottles available		DB	15/07/2021	
			Athletes to utilise own transport.	Finisher T-shirts collected on self help basis - T-shirts in labelled size piles.		MB	15/07/2021	
			Athletes not to bring spectators.	Issuing PPE to volunteers, also spare face masks avaialble to participants		MB	15/07/2021	
				Pre start safety brief minimised. All info sent before race by email.		DB	15/07/2021	
			All the above to be sent to athletes	Post race symptoms Track & Trace - contact details collected		SH	15/07/2021	
5. Review Date	15/07/2021							

DB David Baugh
TB Tony Benton

MB Menai Baugh
 IJ Ian Jones
 KB Katy Baugh
 SH Stacey Hughes

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COVID-19	Volunteers	M	Social Distancing Volunteer Code of Conduct Emailing instructions and roles Collecting names and contact numbers Volunteers to utilise own transport. Volunteers not to bring spectators. Volunteer Code of Conduct emailed in advance	Social Distancing Signage Equipment collection point and instructions Sanitizer availability and wipes for barriers, gate and stiles Cleaning toilets, barriers regularly Reducing face to face contact by all briefed over email and use of phone. Volunteers to carry own water, some sealed plastic bottles for emergency at marshal points Issuing PPE to staff and volunteers at race HQ pickup Encouragement at distance only. If necessary wear mask. Post race symptoms Track & Trace	L	DB	15/07/2021	
	Officials					MB	15/07/2021	
	Droplet and touch transmission (All Outdoors)					MB	15/07/2021	
	Shouting Encouragement					MB	15/07/2021	
						MB	15/07/2021	
						MB	15/07/2021	
						SH	15/07/2021	
						IJ	15/07/2021	
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		H/M/L	pre-event controls)	controls)	Rating H/M/L			
COVID-19	Members of the Public		Social Distancing Spectator Code of Conduct Advising not to watch at start and finish areas	Social Distancing Signage Race Signage		TB	15/07/2021	
	Droplet and touch transmission (All Outdoors)	M		Sanitizer availability	L	TB	15/07/2021	
				Reducing face to face contact by asking runners to leave space on paths and if necessary leave the path to avoid public. Pre race instructions.		DB	15/07/2021	
				Cleaning toilets, barriers regularly				
				Post race symptoms Track & Trace		SH	15/07/2021	
5. Review Date	15/07/2021							

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COVID-19	Waste and Environment		Following COVID-19:Cleaning for non-health care settings outside the home Issuing guidance	Providing additional rubbish bins on the day Waste disposed of normal into bin liners COVID-19 Waste stored for 72 hours then disposed of as normal Handle with gloves. Empty and re-cycle		KB KB KB KB KB	15/07/2021 15/07/2021 15/07/2021 15/07/2021 15/07/2021	
	Athletes, Staff, Volunteers and Contractors (All Outdoors)	M			L			
			Plastic Bottles, for hydration and or medical use.					
5. Review Date	15/07/2021							

Marshall points gates and stiles



New Finish Area





Seeded Start



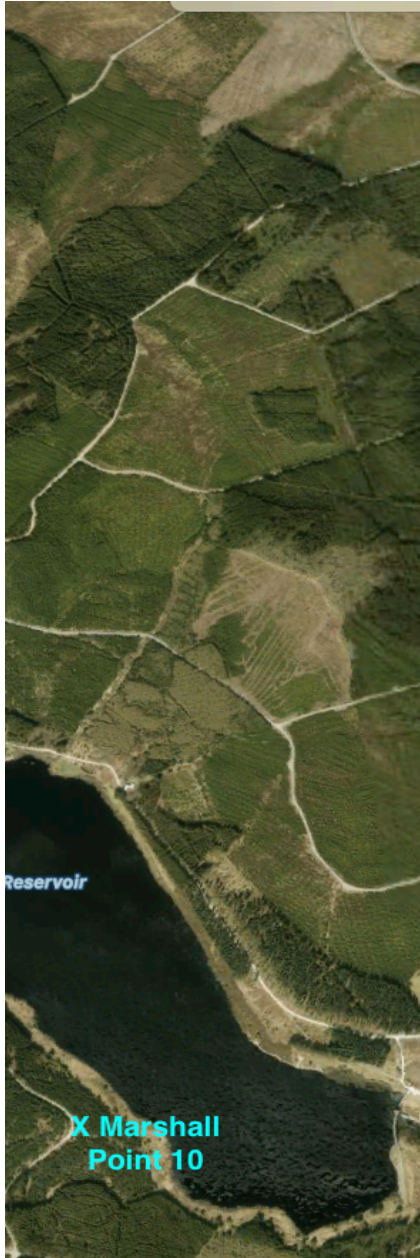


Fairy Freckled Cow Race Risk Assessment – Addendum

EVENT NAME:	Fairy Freckled Cow Trail Race	PERSON RESPONSIBLE:
LOCATION:	Alwen Reservoir	ASSESSED BY:
EVENT DATE / TIME:	1 st August 2021 / 10am	DATE ASSESSED:
HAZARDOUS ACTIVITY or RISK	CONTROL MEASURE TO MINIMISE SPREAD OF CORONAVIRUS	RESULTANT RATING (L/M/H)
Lack of awareness of Covid 19 transmission, minimising the spread	<ul style="list-style-type: none"> To detail on pre-race briefing via email in advance, they must not attend if: <ul style="list-style-type: none"> they are showing any signs of Covid-19 symptoms: a high temperature, a new, continuous cough, 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
Pre-Race Briefing usually held at the start line congregation	<ul style="list-style-type: none"> All details for participants shall be included in email prior to the event Any verbal race briefing to be to socially distanced gathering. 	LOW
Numbers exceeding maximum allowed to gather by law	<ul style="list-style-type: none"> Race is pre-entry only, no entries allowed on the day. This is to be communicated within race advertisement. 	LOW
Race Registration	<ul style="list-style-type: none"> Race is pre-entry prior to the day; no cash exchanged on race day. Persons operating the Registration will regularly sanitise hands and will wear a face-covering. No or limited physical hand-to-hand contact. when passing race bib number and pins. Participants required to wear face-covering when attending registration. Participants to sanitise hands on entering the building. 	LOW
Start & Finish Location	<ul style="list-style-type: none"> Start and finish location will be within a defined area, with sufficient space to allow runners to socially distance whilst waiting to start. Start and Finish to be separated if there will be overlap between starters and finishers. 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. If a mass-start is used, consideration for seeded athlete positioning at the start line, i.e. expected fastest at the front to minimise close contact in early stages of the race. Participants required to arrive at the start line no earlier than 5-10 minutes prior to the actual start time, dependent upon whether there will be a race briefing there. If no briefing the time to be kept to a minimum. 	LOW
	<ul style="list-style-type: none"> No runner personal possessions should be left at Race Control. 	
Parking	<ul style="list-style-type: none"> Participants recommended to travel to the event by car and refrain from car sharing unless suitably within Government guidelines. Parking locations to be highlighted to runners prior to race day. 	LOW
Toilets and/or Changing Facilities (Male and Female)	<ul style="list-style-type: none"> 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 available/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 inside, and if outside a minimum 2 metre distance maintained, or 1 metre with face coverings worn. 	LOW
Medical emergency	<ul style="list-style-type: none"> Notify a race marshal accordingly at one of 10 Marshall Points Participants must carry a face covering / buff for the purpose of protecting others if they become a casualty. 	LOW
Crowd gathering and spectators	<ul style="list-style-type: none"> Timing of runners crossing finish line shall be contactless. No further requirements from participant OR Participants will be advised to disperse from the finish area quickly on finishing to prevent a gathering. 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. Participants are requested to minimise the number of people they might have with them when they attend the race. If they have family/friends with them 	LOW

	<p>they should not attend the race registration, and they should advise them to spectate at a suitable location on the race route where they would not be gathering with others.</p> <ul style="list-style-type: none"> • Race results will be available via an online webpage with link provided in advance to avoid congregation of participants seeking finishing times. • Prizegivings must not involve greater numbers than are lawfully allowed to gather, will take place outside, and adhere to the social distancing rule. • The race will not be publicised outside the relatively narrow circle of the running community, therefore the likelihood of public spectators is low. 	
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Welfare of Marshals	<ul style="list-style-type: none"> • Marshals must have face covering with them. • Advised to carry hand sanitiser. • Marshals to remain a minimum of 1m from participants at all times and where they are less than 2m from participants they are to wear a face covering. 	LOW
Overall race results	<ul style="list-style-type: none"> • No race results will be displayed at the race venue, results will be available online after the race only. 	LOW



Changes from previous years

No on the day entries.

Detailed instructions for the race, co

People collect their numbers and di

Hand sanitiser available at race HQ

No safety pins provided.

Seeded start with signage to maxim

Competitors to carry own water

Spectators discouraged

Volunteer/Marshal verbal encourag

Gate and stile marshals sanitise tou

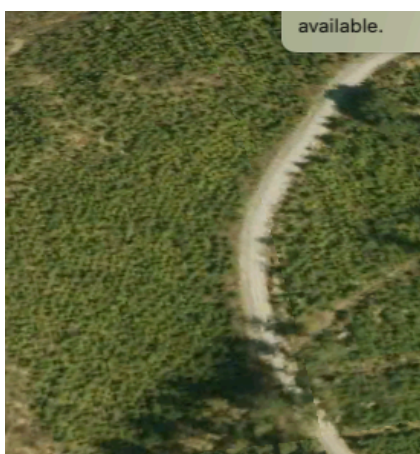
Finish relocated to grassy area on o

People encouraged to disperse afte

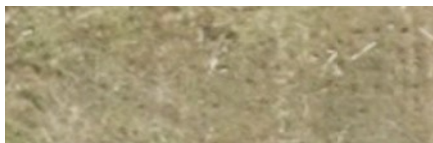
Finisher T-shirts collected on self he

Prize giving in open space and soci

Participants to carry face masks/buff







David Baugh
Owen Conry
06/07/2021
ACTION REQUIRED
Detail to all participants prior to race
Detail to all participants prior to race. Person briefing to ensure crowd can hear briefing without breaching social distancing, e.g. use of loudspeaker.
Information regarding pre-entry only to be within race advertisement.
Detail to all participants prior to race Adequate Marshal Plan in place which includes Registration area.
Detail to all participants prior to race. To be managed during and after the race.

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Adequate Marshal Plan in place
Detail to all participants prior to race.

codes of conduct are emailed out to competitors before the race. This cuts down on the spread.

and spare face masks for participants

enforce social distancing to 2m

check-in at distance only

check points

other side of dam to allow more space and less chance of mingling with public.

on finishing

on a first-come basis - T-shirts in labelled size piles.

socially distanced - prizes picked up off table

first aid at all times in case of injury.

race briefing.