

# Saffron Striders Running Club



## Risk Assessment of: - Marathon Run at Tindon Airfield with Covid issues present

Date	Assessed by	Location	Review date
21 <sup>st</sup> September 2020	Graeme Loudain	Tindon Airfield, private land with permissive footpaths	

Standard risk assessments in black. Additional assessments because of Covid in purple

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Result ant Risk Rating	Action by whom	Target date	Comple t e
Collision with members of public, pets or children	Runner or public	Signs to be erected on private land saying area is closed to public, at request of land owner	L					
Cars parked in areas that are not appropriate, causing a hazard when run is taking place	Moving vehicles could injure a runner	Signs to be erected saying area is closed, at request of land owner	L					
Gravel, Bumps, lumps, holes	Runner injury such as sprain, grazing, bleeding or broken limb because of loss of footing.	Briefing before run to look out for hazards on ground.	L					
Health issue (e.g. Asthma attack)	Physical effects on runner of allergy or illness	Briefing that runners must carry own medications if they have known health issue. Remind all runners to carry their ICE (In Case of Emergency) shoe tags. Welfare Officers and Memb Officer have list of all runners and health issues. Ensure Guide Runners are aware of these lists and contact numbers for WO's and MO	L					
Dehydration	Runner	Have water available at water stops adjacent to running route	L					

Passing or contracting Covid to/from other runners or to/from members of the public before, during or after run	Runners or members of the public	Runner to arrive in kit, or get changed in car  No close congregating, maintain minimum 2m distance from each other at meeting point.	L					
Spreading Covid through contact with disease on a surface (e.g. Cars, door handles, gates)	Runners and family members	Brief runners to avoid touching anything unnecessarily.  Runners are recommended to carry hand sanitiser and use after touching a surface.  Have hand sanitiser available at water station	L					
Spreading Covid through contact while carrying out first aid or injury	Runners and those they come into contact with	Locate first aid kit at water station. Ensure first aid kit contains mask, apron and gloves.  Issue advice to all that additional precautions (Wear mask, apron and gloves) to be taken while carrying out first aid  No mouth to mouth CPR.	M					

Think about

- The risks - a risk is the chance, high or low, of somebody being harmed by a hazard, and how serious the harm could be.
- How accidents could happen and who might be harmed
- What you will need to do to control the risks and ask if there is anything you should do to make your club activities safer.

Focus on risks that could cause real harm. If there is a genuine risk, see what you can do to minimise that risk and still go ahead – it can often be done. Be sensible and proportionate in your approach to managing risk and unlike the example here, don't go 'over the top'.

**Venue:-**  
Tindon Airfield  
Wimbish

## Participants

### Saffron Striders Running Club

<b>Role</b>	<b>Name</b>	<b>Phone</b>	<b>email</b>
Chairman	Alistair Cooke	07547 507 600	<a href="mailto:chair@saffronstriders.org.uk">chair@saffronstriders.org.uk</a>
Welfare Officer F	Paula Thurston	07885 484 538	<a href="mailto:welfarefemale@saffronstriders.org.uk">welfarefemale@saffronstriders.org.uk</a>
Welfare Officer M	Michael Bradley	07990 570 720	<a href="mailto:welfaremale@saffronstriders.org.uk">welfaremale@saffronstriders.org.uk</a>
Covid 19 Coordinator	Graeme Loudain	07876 446 117	<a href="mailto:hands@saffronstriders.org.uk">hands@saffronstriders.org.uk</a>