

# Saffron Striders Running Club



## Risk Assessment of: - XC Challenge runs in Rowney Woods area with Covid

Date	Assessed by	Location	Review date
27 <sup>th</sup> October 2020	Graeme Loudain	Rowney Woods and surrounds	January 2021

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 e
Getting lost in cold weather or otherwise affected by cold	Runner may become lost or disoriented in woods and suffer from anxiety or cold	Suggest runners carry mobile phone with them. Suggest runners tell someone where they are going.	L					
Uneven and slippery conditions underfoot	Runners may slip and fall, possibly be injured, in areas where there are few other people.	Suggest runners carry mobile phone with them. Remind all runners to carry an ICE (In Case of Emergency) tags or a written down note of emergency contacts	L					
Health issue (e.g. Asthma attack)	Physical effects on runner of allergy or illness	Suggest runners should carry medications if they have known health issue. Remind all runners to carry their ICE (In Case of Emergency) shoe tags.	L					
Becoming infected with Covid	Runners and members of public whom they might meet could pass virus to each other	Remind runners to keep at least 2m distance from others outside household and to follow government guidelines. Remind runners to carry a hand sanitiser.	L					

### 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:-**

Rowney Woods, Wimbish and surrounding fields and paths

**Contacts****Saffron Striders Running Club**

<b>Role</b>	<b>Name</b>	<b>Phone</b>	<b>email</b>
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Covid 19 Coordinator	Graeme Loudain	07876 446 117	<a href="mailto:hands@saffronstriders.org.uk">hands@saffronstriders.org.uk</a>

Suggested content of email when event is announced:-

Saffron Striders suggests that members who take part in a XC Challenge

- Carry a mobile phone
- Let someone else know where you are going
- Use ICE tags or keep a written note of emergency contacts in a pocket
- Carry any necessary medication if you have health issues (such as asthma)
- Don't forget to maintain a 2m distance from runners and the public, give way to members of the public