



Event Risk Assessment for 10 Mile “Namer of The Clouds” GP Event Sunday 6th March 2022

Askern District Running Club

Assessment carried out by: D Marlow
Date Assessment carried out: 03/03/2022

Date of next Review: When EA guidance changes
Reason for Review: EA guidance changes

This Risk Assessment relates to the safe execution of the ‘Norton 9’ mile running event on 06/03/2022 starting (10.00am) and finishing at Norton, South Yorkshire. It has been developed in accordance with the following guidelines and recommendations:

- EA Documents
- UK Government Documents

All individuals who have entered the event must be familiar with these documents and agree to the recommendations. The following Risk Assessment must also be adhered to and implemented at all times.

Activity	Hazard Identified	Who is at risk	Existing Control Measures	Additional Controls Required	Action Required	By whom	Done
Norton 9 running event	Person to person transmission of covid-19	Everyone	Social Distancing • Common sense approach should be maintained at all times: • During the run itself. • When meeting at Campsall Balk car park or waiting to enter the start area. • When encountering members of the public on the route. • Once runners have finished, they should leave the finish area to avoid big congregations.	N	N	Club officials, timing marshals and competitors	



Activity	Hazard Identified	Who is at risk	Existing Control Measures	Additional Controls Required	Action Required	By whom	Done
Norton 9 running event	Person to person transmission of covid-19	Everyone	Bookings - All runners must book online in advance. No other entrants will be permitted to take part. Any competitor with lost/missing numbers may collect a replacement from the timing van. - Runners and volunteers (marshals etc) must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus.	N	N	Club officials, timing marshals and competitors	
			Hand washing / Hygiene - Club officials should bring their own sanitisation products. - Although face coverings are not mandatory, and are at each individuals' discretion, everyone should respect a sensible amount of social distancing and avoid unnecessary physical contact. - All rubbish/waste should be disposed of in the bins provided.	N	N	Club officials, timing marshals and competitors	
			Facilities - Toilets will be available in the start line and finish area. - Bottled water will be provided along the course at two water stations and also at the finish area.	N	N	Club officials, timing marshals and competitors	

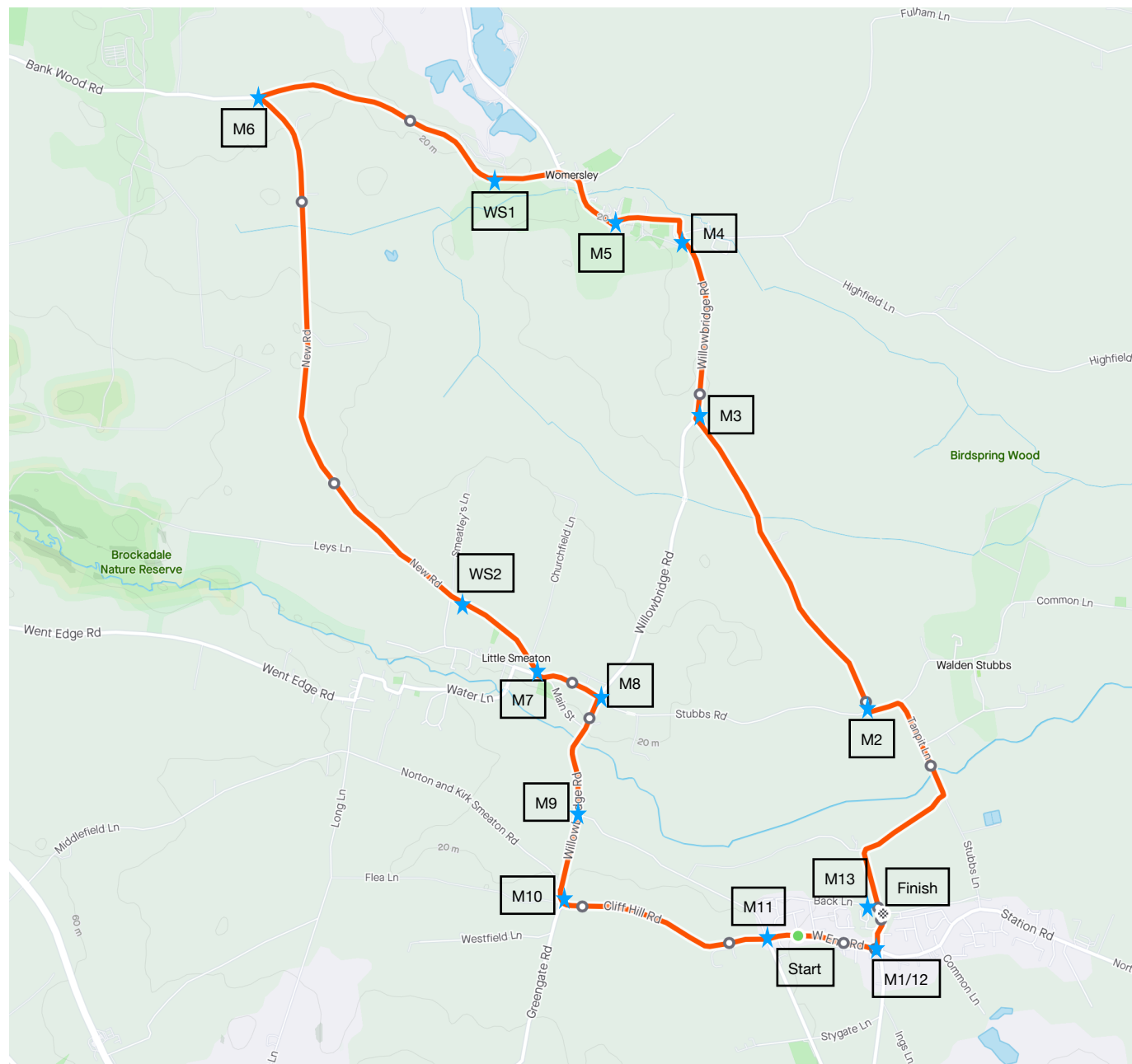


Activity	Hazard Identified	Who is at risk	Existing Control Measures	Additional Controls Required	Action Required	By whom	Done
Norton 9 running event	Injury and/or medical event	Everyone	Risk Assessment and First Aid • Club Representative to ensure all health and safety and first aid guidelines are followed. • Marshals with mobile phones will be on the course. • A designated club member will be present to ensure compliance with all necessary measures. • First aid will be provided by FAMS Ltd.	N	N	Club officials, timing marshals and competitors	



Route and Marshal Points

Start - Bus stop (Social Club)
M1 - The Royal crossroads
M2 - Stubbs Road
M3 - Willowbridge Road
M4 - Womersley roundabout
M5 - Womersley dog leg
WS1 - Water Station 1
M6 - Bank Wood/New Road
WS2 - Water Station 2
M7 - Mount Pleasant blind left turn
M8 - Willowbridge crossroads
M9 - Spittlerush Lane
M10 - Cliff Hill Road junction
M11 - Norton crossroads
M12 - The Royal crossroads (second time)
M13 - Back Lane right to finish
Finish - Field





Askern District Running Club Norton 9 running event 06/03/2022

- Runners must be in good health - nobody should attend if they or a member of their household have symptoms of coronavirus.
- Social distancing should be maintained at all times.
 - During the run itself.
 - When meeting at the car park, start or finish areas.
 - When encountering members of the public on the route.
- First aid will be provided through FAMS Ltd.
- The start (bus stop opposite Coronation Social Club) and finish (Back Lane field) of the course are designated on the map.
- Start time will be 10.00am.
- Race timing will be taken by the race marshals with the assistance of disposable chips on the back of runners' numbers.
- Once runners have finished, they should observe social distancing and congregate around the finish area.
- The course will have signage and marshals with mobile phones.



Health & Safety Executive Guidance for First Aiders Where COVID-19 is a Factor

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – preserve life, prevent worsening, promote recovery.

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms.
- Ask for help. If a portable defibrillator is available, ask for it
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation.
- If available, use:
 - o a fluid-repellent surgical mask
 - o disposable gloves
 - o eye protection
 - o apron or other suitable covering
- Only deliver CPR by chest compressions and use a defibrillator (if available) – don't do rescue breaths.

Prevent worsening, promote recovery: all other injuries or illnesses.

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms.
- If giving first aid to someone, you should use the recommended equipment listed above if it is available.
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible.

After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly.
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible.



Marshal Plan

Marshal Point	Description	Photo
Start	Always keep left throughout the circuit unless directed by a marshal for safety purposes. The roads are quiet, despite country national speed limit (60mph) zones. Start is marked next the bus stop opposite Norton Coronation Social Club. 30mph zone	
M1	Is also M12. Left up the hill onto Hall Lane. 30mph to 60mph zone.	
M2	Follow road to left on Tanpit Lane which becomes Stubbs Road and turn right onto unnamed road. 60mph zone.	
M3	Blind junction onto Willowbridge Road. 60mph zone.	



Marshal Point	Description	Photo
M4	Straight ahead at Womersley roundabout and caution through narrow village road. 60mph to 30mph zone.	
M5	Road dog leg, caution.	 
WS1	First water station on left just before end of village. Becomes 60mph zone.	
M6	Tight left hand turn from Bank Wood Road onto New Road.	
WS2	On left just after entry into Little Smeaton. 60mph to 40mph zone.	

Marshal Point	Description	Photo			
M7	Double left turn heading up Mount Pleasant. Caution, cars coming from right. 40mph to 30mph zone.				
M8	Right at the crossroads from Mount Pleasant down Willowbridge Road and over the River Went. 30mph to 60mph zone.				
M9	Care needed running up Willowbridge Road mindful of cars coming left from Spittlerush Lane.				
M10	Tight blind uphill left onto Cliff Hill Road on the way back into Norton.				
M11	Crossroads, but right of way along the road in Norton and 30mph zone.				



Marshal Point	Description	Photo	
M12	Left up the hill onto Hall Lane again.		
M13	Short run up Hall Lane, turn right onto Back Lane and then quickly...		
Finish	...right again onto the finish field.		