

Risk Assessment: Escape From Lockdown Relay 16-25th Apr 2020

Date:	Assessed by:	Location :	Review :
10/4/21	Chris Davies	Newport	10/4/21

What are the Hazards?	Who might be harmed	What are you already doing?	Risk Rating	What else can participant do to control this risk?	Resultant Risk Rating
Major health incident	Runners	<ul style="list-style-type: none"> ● Advance Information to advise against participation if feeling unwell 	M	<ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. 	L
Minor health problems (Muscle pulls, strains, tears etc)	Runners	<ul style="list-style-type: none"> ● Advance Information to advise against participation if pre existing condition 	M	<ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. 	L
Route not safe	Runners	<ul style="list-style-type: none"> ● Advance Information to advise participants to modify route between start & finish to avoid unsafe areas (e.g. unpaved busy A roads, human threats, narrow/busy paths where social distancing is impossible etc) 	L		

Health risks from COVID-19 transmitted by close contact	Runners, other club members & members of public	<ul style="list-style-type: none"> ● Advance Information to advise social distancing & following Welsh Government legislation ● Website to signpost Welsh legislative control measures. 	L		
Heat exhaustion or dehydration	Runners	<ul style="list-style-type: none"> ● Website & Social Media to remind runners about hydration to run in the cooler parts of the day if needed. 	L	<ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. 	L
Collisions or near misses with other road users	Runners	<ul style="list-style-type: none"> ● Advance Information participants to be cautious about other road users & when crossing roads ● Advance Information to advise against wearing headphones ● Advance Information to remind participants about Lliswerry's Safety Code (on website) 	M	<ul style="list-style-type: none"> ● Mobile phone to be carried by participants running alone, to be used to request support. 	L
Junior runners unattended	Junior runners	<ul style="list-style-type: none"> ● Advance Information to remind participants that all juniors must be accompanied 	L		
Animals / livestock on road	Runners General public Dogs Horses Livestock	<ul style="list-style-type: none"> ● Advance Information to remind participants about Lliswerry's Safety Code (on website) 	L		