

Lostock A.C.

Virtual Lostock 8 Days Challenge 2020

Race Rules and Risk Assessment

Run and Walk Rules

This is a virtual event whereby athletes can choose a distance to complete and then choose their own route over which to complete it. It will not be a strict competitive process but a personal challenge. The selection of the route, time of day and weather will be part of the process and are all completely up to you. We are not putting any rules in place vis a vis out and back, maximum number of laps, amount of elevation, drop or any timing requirements. We do not need a map of your route All we ask is that you log your performance using Strava/Garmin or pen and paper and submit it to us to prove that you completed the distance. In exchange all entrants will receive a specially designed badge with certificate and publish the results on the Lostock A.C. website

www.lostockac.co.uk

Insurance

We have registered both the run and walk disciplines with England Athletics so you will benefit from the UKA Insurance while you take part in this challenge as long as you read and abide by this risk assessment.

First Aid

Naturally First Aid is not provided but you should take reasonable precautions to maintain your own safety as set out in the risk assessment below.

Risk Assessment

As this is a virtual event the event organisers control over the course is limited. So in order to minimise risk athletes should bear the following in mind when choosing their course:

- When choosing your route consider the time of day, the likely weather, the period of time you will be out and carry out your own risk assessment
- Consider the likelihood of meeting others along your route and consider avoiding congested areas
- Follow all relevant guidelines from the Government, Local Council, and England Athletics
- Follow the government's guidelines on social distancing and keep contact with others to a minimum, stay clear or give priority to pedestrians and other people using public spaces
- Consider others around you on your chosen route
- Carry your ICE details with you and let friends and family know where you are going, when you will return and check in on your return
- Keep to public rights of way
- Beware of traffic where your route crosses junctions and carriageway and do not wear headphones if your route crosses a carriageway
- Familiarise yourself with the terrain on the route you have chosen and the prevailing weather conditions and dress appropriately including waterproof/Hi Vis clothing and carry a torch if necessary
- Carry water and any emergency medication you require

Risk Assessment Virtual Lostock 8 Days Challenge 2020

Date:	Assessed by:	Location :	Review :
23/09/2020 to 30/09/2020	Mark Smith	Various	Virtual Lostock 8 Days Challenge 2020

What are the Hazards	Who might be harmed and how	Controls	What else can you do to control this risk	Action by whom	When is the action needed by
Walkers or Runners Route Consider	Walkers or Runners	Carry out your own risk assessment Carry water and any emergency medication you require	Refer to this Document for advice and updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Walkers or Runners	
Collisions with members of the public	Walkers and Runners Other members of the public	Advice given in Race Instructions Consider the time of day Walkers and Runners routes should be planned in advance and preferably a quiet route chosen away from known busy areas Carry your ICE details with you and let friends and family know where you are going, when you will return and check in on your return	Continued advice updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Race Director and Walkers or Runners	
Social distancing Spread of COVID-19	Walkers and Runners Other members of the public	Advice given in race Instructions Walkers and Runners routes should be planned in advance and preferably a quiet route chosen away from known busy areas Follow current Government advice. Consider the time and route in order to minimise the impact on others.	Continued advice updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Race Director and Walkers or Runners	

What are the Hazards	Who might be harmed and how	Controls	What else can you do to control this risk	Action by whom	When is the action needed by
Collisions with vehicles	Walkers and Runners Other road users making sudden change of direction	Advise to choose a quiet course away from traffic. If it is required to run on road then all runners to be advised not to wear headphones on public roads Beware of traffic where your route crosses junctions and carriageway Carry your ICE details with you and let friends and family know where you are going, when you will return and check in on your return	Continued advice updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Race Director and Walkers or Runners	
Runner and walkers injuring themselves during the race	Walkers and Runners	Runners and walkers to ensure they are fit and healthy to run Runners and walkers to ensure they are wearing appropriate and adequate footwear for the terrain Carry your ICE details with you and let friends and family know where you are going, when you will return and check in on your return	Continued advice updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Race Director and Walkers or Runners	
Runner and walkers unwell before race	Walkers and Runners	Runners and walkers to ensure they are fit and healthy to run and advised not to run if unwell If you have any symptoms of COVID-19 or have recently been in contact with someone with symptoms do not take part and follow government advice	Continued advice updates from the government, Local Council, England Athletics and Lostock A.C. Website and Facebook Page	Race Director and Walkers or Runners	
Visibility/Lighting	Walkers and Runners Other members of public Injury from colliding with other road users or tripping/slipping due to poor visibility	Advise to wearing Hi Vis Clothing, Head Torch or LED Clothing for running	Advise to avoid in poor light if NO Hi Vis Clothing, Head Torch or LED Clothing for running	Walkers or Runners	
Weather and Terrain	Walkers and Runners	Familiarise yourself with the terrain on the route you have chosen and the prevailing weather conditions and dress appropriately	Keep yourself update with the current weather forecast	Walkers or Runners	