

## JIM MILLER WOKING 3 MILE HANDICAP

### COVID 19 PLAN

This is a 3 Mile handicap (actual distance is 2.85 miles) race which has been run since June 1998 until Covid 19 stopped the race in March 2020.

The race is run over an urban course on paths in Woking Park, local roads and pavements and is 1 lap. The race starts at Kingfield alongside Woking Leisure Centre where there are toilets and changing facilities.

The highest attendance at the race in the last 3 years has been 26 and the lowest has been 12, with an average attendance of approximately 20.

The race is handicap based on previous times with a race spread of runners of close to 15 minutes at the finish line based on net times.

The race is organised entirely by volunteers and is free to enter. A rota is established on a monthly basis to organise and run the race. This entails registration on the day, notification of starting positions based on handicap times, starting the runners based on handicap times and logging finish times and positions. Normally 2 volunteers are required.

### RISK ASSESSMENT

1. This will look at the Issues/Hazards/What can go wrong
2. People at Risk
3. Control Measures
4. What is in place and comments

#### Point 1

- 1 Some Runners may be more vulnerable to complications associated with Covid 19
- 2 All runners particularly over 70's
- 3 Runners must certify each month in advance that they have no known symptoms
- 4 Information communicated to all runners in advance

#### Point 2

1. Too many runners arrive for the race
2. All runners, park users and local residents
3. Pre registration is required. Vulnerable individuals who are at higher risk advised to stay at home and follow Government advice.
4. Pre registered Runners will be advised and briefed on local conditions.

### Point 3

1. Runners with symptoms of Covid 19 creating potential for transmission from person to person
2. All runners, park users and local residents
3. Runners are made aware that they must not run if they or any member of their household are displaying any symptoms
4. Information communicated to all runners in advance

### Point 4

1. Testing
2. All runners
3. Government has increased eligibility for Covid 19 testing. We expect any runner displaying symptoms to be tested and remain in isolation until results are received.
4. Information communicated to all runners in advance

As the race is run on a handicap basis and numbers of runners are generally low no problems are envisaged with current Government social distancing requirements, with runners leaving the start line in very small groups at pre determined intervals. Where more than 6 runners are due to set off at the same time, they will be split into smaller groups and set off at different intervals.

Runners will in future be pre registered and details will be taken to comply with current Government regulations on Track and Trace requirements.

Runners will be advised to travel to the race by either walking, cycling or car so as to avoid members of the public on public transport where possible.

The only equipment used for the race are finishing tokens handed out to runners at the finish line. In future these will be cleaned after each race.

A test event took place in August and no incidents were recorded.

These measures will be reviewed as Government advice changes.