

# Race for Life Schools

## Risk Assessment

Below are some suggestions on how you could run your Schools Race for Life event safely in line with COVID-19 measures. It is vital that you follow the local regulations for where your event is based as these vary across the UK. These are not exhaustive suggestions and it is important that you carry out your own risk assessment for your event.

Hazards	Suggested Control Measures
Contracting or spreading the virus by not social distancing whilst running	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Stagger the start times so that participants can keep 2m apart (we would suggest starting one person every 5 seconds).</li> <li><input checked="" type="checkbox"/> Start faster runners/walkers first to avoid overtaking or ensure the course is wide enough to allow for overtaking.</li> <li><input checked="" type="checkbox"/> Have a rule that participants should run on the left and overtake on the right only.</li> <li><input checked="" type="checkbox"/> Start "bubbles" together at separate times to other bubbles – you could run the race as a relay with one bubble following another.</li> <li><input checked="" type="checkbox"/> Staff/volunteers to remind participants to keep apart from others.</li> </ul>
Spectators spreading the virus through not social distancing	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ask spectators not to attend the event – consider if you could film or photograph the event to allow parents/guardians to see what happened.</li> <li><input checked="" type="checkbox"/> If you want to allow spectators, you will need to ensure there is sufficient space for social distancing and consider how you space spectators at popular areas such as the start and the finish. Ensure spectators are keeping 2m apart.</li> <li><input checked="" type="checkbox"/> Ask spectators not to attend if they have symptoms or have been told to isolate. People can check their symptoms here <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/">https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</a></li> </ul>
Contracting or spreading the virus through lack of hygiene measures	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ask participants to wash hands thoroughly before and after participating.</li> <li><input checked="" type="checkbox"/> Have a supply of alcohol gel to allow participants to sanitise hands if required.</li> </ul>
Contracting or spreading the virus through sharing or touching of equipment	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ask participants to bring own bottle of water to the event that can be suitably refilled if needed rather than handing out cups or bottles of water.</li> <li><input checked="" type="checkbox"/> Don't hand medals directly to pupils – allow them to collect them individually or consider an alternative way of participants receiving their medals.</li> <li><input checked="" type="checkbox"/> If any equipment is being used to set up a course make sure that those moving equipment wash hands before and after using equipment and provide wipes/sprays to clean equipment after use.</li> </ul>
First Aid	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ensure that first aiders have appropriate PPE for treating participants and to protect themselves, such as a supply of gloves, disposable facemasks and sanitisation wipes/gel.</li> </ul>

“ We love taking part in our annual Race for Life at UTC Oxfordshire and were determined not to be stopped by Covid. Instead of running on mass, we held 4 smaller races so we could remain in our bubbles to protect staff and students. The students had a great time and it was a real positive to lift their spirits during these unprecedented times. We will certainly be going ahead in 2021 as we have seen that with a few tweaks, we can still have fun and raise money to help Cancer Research UK continue with their excellent work!  
Victoria Knight, Teacher UTC Oxfordshire ”

