



General Event Risk Assessment

X-Runner Virtual Challenge is a virtual run aimed to encourage people to get fit and stay healthy. This document relates to general safety, precautions and practises.	Location					Assessors	Date
	At entrants discretion					?	?
							Review Date
Hazards Identified	Risk	Persons affected	Likelihood	Severity	Risk Rating	Control Measures	Further Actions, Comments, Reviews
Common injuries associated with this form of activity	Physical injury	Entrant	L	M	L	! Entrants encouraged to thoroughly warm up prior to activity ! Advise entrants to wear suitable footwear appropriate to conditions	Entrants to ensure they are fit and healthy to participate in activity, and if in doubt should seek medical advice Participation is at entrants own risk

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						<ul style="list-style-type: none"> ! Advise Entrant to carry out Risk assessment of planned route before, during and after ! Advise Entrant to carry Mobile Phone, Switched on at all times ! Advise entrant to Inform someone of location of activity and expected start/finish times ! Advise Entrant to Carry I.C.E.Card ! Entrants encouraged to thoroughly warm down after activity 	
Infection Virus/disease		Entrant	L	H	M	<ul style="list-style-type: none"> ! Advise Entrant they must follow any relevant government guidelines relating to any 	

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						active viruses/ diseases	
Vehicles / traffic	Physical injury	Entrant	L	H	M	! Advise to Plan route with minimal road crossings ! Recommend hi viz/ reflective clothing whilst on roadways	
Extremes of Weather	Physical Injury	Entrant	L	M	L	! Asses weather prior to activity an dynamically during ! Advise entrant to wear clothes appropriate to conditions ! Recommend sun cream if required ! Advise importance of hydration	
Add any other risks here						!	



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Assessors Signature/s

Date

Risk Rating Guidelines

The **aim** of the **risk assessment** process is to evaluate hazards, then remove that **hazard** or minimise the level of its **risk** by adding control measures, as necessary. You should aim to reduce the overall risk rating to **Low** Use the form below to evaluate the risks. Balance the likelihood verses the severity of the risk to judge the overall risk rating.

L i k e l i h o o d	High (It is Likely this event will happen)			
	Medium (it is Fairly likely this event will happen)			
	Low (It is Unlikely this event will happen)			
		Low (Minor injuries requiring first aid)	Medium (Injury requiring further medical assistance)	High (Death, paralysis or long term serious ill health)
		Severity		

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Severity Guidelines

Low	Controls are adequate, no further action required, but ensure controls are monitored and any changes reassessed
Medium	Consideration should be given as to whether the risk can be reduced using the hierarchy of control measures. Risk reduction measures should be implemented within defined time periods. Arrangements should be made to ensure that the controls are maintained and monitored for adequacy
High	Substantial improvements should be made to reduce the level to an acceptable level. Risk reduction measures should be implemented urgently within a defined period. Consider suspending or restricting the activity, or applying interim risk controls. Activities in this category MUST have a written method statement/safe system of work and arrangements must be made to ensure that the controls are maintained and monitored for adequacy