

Individual Risk Assessment for Virtual Purplewave

As a participant of a virtual race we would like to advise that you are responsible for assessing your own risks when taking part. The University of Manchester would like to advise that you take into consideration the following when assessing the risks of partaking in this event.

1. Adhering to government and National Governing Body (NGB) guidance
 - a. Follow all relevant guidance from the government and England Athletics with regards to the restriction in place; Social distancing, limited number for running in groups. Apply social distancing to stay clear/give priority to pedestrians and people using public spaces.
2. Assessing the route and time of day
 - a. Light. Running in day light hours and in well-lit areas is recommended for safety
 - b. Terrain . Be aware of the terrain for your activity and make sure you are equipped and prepared to cope with it adequately and safely
 - c. Elevation. Ensure you are aware to the elevation and how this may affect your performance
 - d. Access restrictions. Plan you route in areas where there are no access restrictions. If there are restrictions please ensure you adhere to them.
3. Assessing own fitness to take part
 - a. Are you in good health
 - b. Do you regularly complete exercise of this nature
 - c. Could this exercise be too strenuous for you
 - d. Make a plan of what to do if you feel unwell whilst participating
4. Adequate training and preparation
 - a. Have you completed adequate training for the event so your body will be able to cope with the stress it will be under
 - b. If you think you may be lacking in training please consider if you should still participate and if you do then consider reducing how strenuous you make it.
5. Correct equipment in good working order
 - a. Ensure you have the correct equipment for the event. Eg good trainers, waterproof jacket
 - b. If you are cycling, rowing etc check your equipment is in good working order and has recently been serviced.

Guidance for runners in case of accident or injury

You should always make a plan in case of accident or emergency as we never know when these may occur.

Always ensure you:

1. Tell someone where you are going and check in with them on your return. Some apps such as Strava now have the Beacon available so your emergency contact can track your progress
2. Carry and ICE (In case of Emergency) card with details of you contact.
3. Carry details of any medical conditions which you may have – including details of medication you may carry and how this should be administered.

If you have any questions regarding this subject please contact: purplewave@manchester.ac.uk