

Situation: **Arriving & getting ready (inc. parking, unloading/loading of bikes/kit from vehicles)** Overall Risk: **LOW**

Transmission Type:	Population				
Transmission Risk:	Coming together of a large number of people in an outdoor space				
People at Risk:	<i>Participants; Staff; Volunteers; Spectators; General Public</i>				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Limit on number of participants allowed to take part				Event Director	
No entries on the day (all participants must book in advance)				Event Director	
Participant arrivals staggered and spread out throughout the morning				Event Director	
Participants encouraged to arrive ready to start				Event Director	
Participants must follow social distancing protocols throughout				Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	Variable	MEDIUM
With Adaptations:	> 2 m	Once	Low	Variable	LOW

Transmission Type:	Droplet Transmission				
	<i>Face to Face; Not face to face</i>				
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Parking in a busy public car park e.g. at a popular beauty spot				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Allow sufficient room for bikes/kit to be unloaded when parking cars				Staff & Volunteers	
Consider parking in alternate spaces with later arrivals filling in gaps				Staff & Volunteers	
Vehicles directed by hand movements (rather than verbally)				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Once	Low	< 1 min	LOW

Situation: **Collection of race packs** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission				
	<i>Face to Face; Not face to face</i>				
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers; Other Users</i>				
Comparable Risk:	Collecting a parcel from a person at the post office counter				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Restrict numbers allowed inside the hall to collect packs at any one time				Event Director	
Race packs handed out one at a time (rather than collected en masse)				Staff & Volunteers	
Collection of race packs spread out, throughout the morning (rather than at the same time)				Event Director	
Distance between participants and staff doubled to two table top widths				Staff	
Face covering worn by person handing out race packs				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	1-10 mins	MEDIUM
With Adaptations:	> 2 m	Once	Low	< 1 min	LOW

Transmission Type:	Fomite Transmission				
	<i>Hands</i>				
Transmission Risk:	Distribution of essential race materials to each participant				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Receiving an item of mail from the postman				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Race packs made up using paper envelopes (not plastic wallets)				Staff	
Race packs sealed and quarantined for at least 48 hours before race day				Staff	
Gloves worn to hand out each pack and/or frequent hand sanitising				Staff & Volunteers	
Regular sanitising of table top surfaces				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once	Medium	1-10 mins	MEDIUM
With Adaptations:	-	Once	Low	1-10 mins	LOW

Situation: **Disseminating race information to participants on the day** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Not face to face; Loud voices</i>		
Transmission Risk:	Proximity to other participants				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Attending a place of worship for a service				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	No race briefing will take place on the day			Event Director	
	All race information disseminated to participants in advance (online)			Event Director	
	Any last minute updates displayed on a noticeboard at the start			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Once	Medium	> 10 mins	HIGH
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW

Transmission Type:	Population				
Transmission Risk:	Coming together of a large number of people in an enclosed space				
People at Risk:	<i>Participants</i>				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	No race briefing will take place on the day			Event Director	
	All race information disseminated to participants in advance (online)			Event Director	
	Any last minute updates displayed on a noticeboard at the start			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Once	Medium	> 10 mins	HIGH
With Adaptations:	> 2 m	Once	Low	< 1 min	LOW

Situation: **Sales and purchases (on the day)** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Going shopping				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Avoid selling items on the day where possible			Event Director	
	Consider operating a 'click and collect' service for race equipment			Staff & Volunteers	
	Pre-purchased items collected with participants' race packs			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	< 1 min	MEDIUM
With Adaptations:	1-2 m	Isolated / rare	Low	< 1 min	LOW

Transmission Type:	Fomite Transmission		<i>Hands</i>		
Transmission Risk:	Handling items and cash				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Purchasing an item in a shop at a manned till				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Take payments by card in advance and avoid cash payments on the day where possible.			Event Director	
	Items to be made up and quarantined for at least 48 hours before race day			Event Director	
	Gloves worn to hand out items and/or frequent hand sanitising			Staff & Volunteers	
	Regular sanitising of table top surfaces			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once	Medium	1-10 mins	MEDIUM
With Adaptations:	-	Isolated / rare	Low	< 1 min	LOW

Situation: **Use of the toilet facilities (at the venue)** Overall Risk: **MEDIUM**

Transmission Type:	Droplet Transmission					
	<i>Face to Face; Not face to face; Flushing toilet</i>					
Transmission Risk:	Proximity to other people					
People at Risk:	<i>Participants; Staff; Volunteers; Contractors; Spectators</i>					
Comparable Risk:	Using a the facilities at a motorway service station					
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:		
	Hire additional portable toilets to supplement those on site			Event Director		
	Reduce peak demand by spreading participant start times out more			Event Director		
	The number of people using the facilities at any one time will be controlled			Staff & Volunteers		
	People queue outside (socially distanced) for the toilets if necessary (not inside)			Staff & Volunteers		
	Operate a one-way system to and from the toilets inside			Staff & Volunteers		
	Wearing of a face covering advised whilst inside (the toilet block)			Event Director		
	Signs to remind participants to put the toilet lid down before flushing			Staff & Volunteers		
	No spectators allowed at the event (not even to accompany participants)			Event Director		
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk	
Without Adaptations:	< 1 m	Multiple times	High	1-10 mins	HIGH	
With Adaptations:	1-2 m	Once/ Twice	Medium	< 1 min	MEDIUM	

Transmission Type:	Fomite Transmission					
	<i>Hands; Body</i>					
Transmission Risk:	Touching of surfaces					
People at Risk:	<i>Participants; Staff; Volunteers; Contractors</i>					
Comparable Risk:	Using a public convenience / supermarket toilets					
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:		
	Soap/sanitiser provided to enable hand washing/sanitising after using the facilities			Staff & Volunteers		
	Regular disinfecting of touch points/surfaces (e.g. door handles, locks, taps, seats etc.)			Staff & Volunteers		
	Doors to be propped open where possible to reduce contact points			Staff & Volunteers		
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk	
Without Adaptations:	-	Multiple times	High	1-10 mins	MEDIUM	
With Adaptations:	-	Once/ Twice	Medium	1-10 mins	MEDIUM	

Situation: **Use of changing rooms and showers** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission					
	<i>Face to Face; Not face to face</i>					
Transmission Risk:	Proximity to other participants					
People at Risk:	<i>Participants</i>					
Comparable Risk:	Use of changing rooms / showers at a leisure centre					
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:		
	No changing rooms and showers are available			Event Director		
	Participants arrive dressed in their race kit ready to start			Event Director		
	Participants bring their own changing robe / large towel for changing after the race			Event Director		
	Participants change outside (at their vehicle) after the race, if they want to do so			Event Director		
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk	
Without Adaptations:	< 1 m	Multiple times	High	1-10 mins	MEDIUM	
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW	

Transmission Type:	Fomite Transmission					
	<i>Hands; Body</i>					
Transmission Risk:	Touching surfaces					
People at Risk:	<i>Participants</i>					
Comparable Risk:	Use of changing rooms / showers at a leisure centre					
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:		
	Changing rooms and showers not available to participants			Event Director		
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk	
Without Adaptations:	-	Multiple times	High	< 1 min	MEDIUM	
With Adaptations:	-	Isolated / rare	Low	< 1 min	LOW	

Situation: **Race starts** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Queueing up at a supermarket checkout				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Participants will be allocated a set start time (rather than a start window)			Event Director	
	Starts will be controlled and only one team will start at a time			Staff & Volunteers	
	Start times will be staggered and spaced out more evenly than normal			Event Director	
	Peak demand on starts reduced by limiting the number that take part			Event Director	
	No dummy checkpoints so participants move away from the start straight away			Event Director	
	Start control itself not marshalled (like it usually is)			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Once	High	1-10 mins	MEDIUM
With Adaptations:	> 2 m	Once	Low	< 1 min	LOW

Transmission Type:	Fomite Transmission		<i>Hands</i>		
Transmission Risk:	Handing out course information to each participant				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Being given a receipt in a shop by a cashier				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	No course information handed out at the start			Event Director	
	All course information put in participants race packs instead			Event Director	
	Any last minute course changes displayed on a noticeboard at the start			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once	Medium	< 1 min	MEDIUM
With Adaptations:	-	Isolated / rare	Low	< 1 min	LOW

Situation: **Registering a visit at a checkpoint control on land (inc. start, finish & transition)** Overall Risk: **LOW**

Transmission Type:	Fomite Transmission		<i>Hands</i>		
Transmission Risk:	Touching of checkpoint control				
People at Risk:	<i>Participants</i>				
Comparable Risk:	Crossing a style / opening and shutting a gate				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Securely fasten controls so they won't move or become dislodged			Course Setters	
	Position controls so they can be punched without participants touching them			Course Setters	
	Participants told to take care when punching controls, to avoid touching them			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Multiple times	High	< 1 min	MEDIUM
With Adaptations:	-	Multiple times	Medium	< 1 min	LOW

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Other Users</i>				
Comparable Risk:	Going for a walk / ride along countryside trails				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Avoid placement of controls in confined areas or where access to them is restricted			Course Planner	
	Place controls at least 2m away from the main trail where possible			Course Planner	
	Participants to wait at least 2m away if someone else is punching the control			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Once/Twice	Low	< 1 min	LOW

Situation: **Travelling between checkpoints on foot and by bike (trail running & mountain biking)** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people e.g. passing people				
People at Risk:	<i>Participants; Other Users</i>				
Comparable Risk:	Going for a walk/run/bike ride in the countryside				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Likelihood reduced by limiting the number of participants that take part			Event Director	
	Likelihood reduced by spreading start times out more than usual			Event Director	
	Avoid the need for participants to use long narrow trails where possible			Course Planner	
	Participants must share the trail and keep 2m apart from other people where possible			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Multiple times	High	< 1 min	MEDIUM
With Adaptations:	1-2 m	Once/ Twice	Medium	< 1 min	LOW

Transmission Type:	Fomite Transmission		<i>Hands; Body</i>		
Transmission Risk:	Touching surfaces e.g. gates, styles, latches etc.				
People at Risk:	<i>Participants; Other Users</i>				
Comparable Risk:	Opening and shutting a gate across a bridleway				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Washing / sanitising of hands after finishing the trail run is recommended			Event Director	
	Wearing of gloves / long sleeved top to avoid direct skin contact is suggested			Event Director	
	Carrying and use of antibacterial gel on the trail run is recommended			Event Director	
	Foods consumed during the race should be 'touch free' i.e. eaten from their wrapper			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Multiple times	Medium	< 1 min	MEDIUM
With Adaptations:	-	Multiple times	Low	< 1 min	LOW

Situation: **Transition between running and mountain biking (and vice versa)** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Other Users; General Public</i>				
Comparable Risk:	Having a picnic in a park on a warm summers day				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Transition area larger than normal to allow participants to spread out more			Staff & Volunteers	
	Use of signage, tape and one-way routes to facilitate safe movement of people			Staff & Volunteers	
	Transition area clearly marked and fenced off from other users / the general public			Staff & Volunteers	
	Kit must be got ready before it is placed in the transition zone			Event Director	
	Participants not allowed to rest, wait or linger in the transition zone pre or post race			Staff & Volunteers	
	Participants can transition at their vehicle instead if they would prefer			Event Director	
	Peak transition periods reduced by spreading participants out more evenly than usual			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	< 1 min	MEDIUM
With Adaptations:	1-2 m	Isolated / rare	Low	< 1 min	LOW

Situation: **Provision of drinking water (water stations)** Overall Risk: **LOW**

Transmission Type:	Fomite Transmission		Hands		
Transmission Risk:	Touching of surfaces				
People at Risk:	Participants; Staff; Volunteers				
Comparable Risk:	Using a public drinking water tap				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Participants told to be self-sufficient and bring sufficient drinking water with them			Event Director	
	Drinking water will only be provided at one location for those in an emergency			Staff & Volunteers	
	Hand washing / sanitising facilities provided at drinking water station			Staff & Volunteers	
	Regular sanitising of table tops / surfaces			Staff & Volunteers	
	No drinks receptacles provided. Participants bring and refill their own bottles			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once/Twice	Medium	< 1 min	MEDIUM
With Adaptations:	-	Isolated / rare	Low	< 1 min	LOW

Transmission Type:	Droplet Transmission		Not face to face		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants				
Comparable Risk:	Queueing to checkout at the supermarket				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Multiple taps in use to enable more than one person to use at a time			Staff & Volunteers	
	Space taps at least 2m apart			Staff & Volunteers	
	Minimise useage by participants bringing sufficient drinking water with them			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	1-10 mins	MEDIUM
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW

Situation: **Collection and return of kayak equipment at the kayak transition** Overall Risk: **MEDIUM**

Transmission Type:	Droplet Transmission		Face to Face; Not face to face; Loud voices		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants; Staff; Volunteers; Spectators; Other Users; General Public				
Comparable Risk:	Attending a canoeing session at the local canoe club				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Participant kayak times spaced out more evenly than usual			Event Director	
	Participants timed out. Collection & return of kayak equipment is not part of the race			Event Director	
	No spectators allowed at the event / kayak transition			Event Director	
	Kayak equipment kept clear of routes and pathways at all times			Staff & Volunteers	
	Considerate sharing of space with other site users			Staff & Volunteers	
	Kayaks tied up / left on the water in between uses if space permits			Staff & Volunteers	
	Kayaks carried using fore and aft handles (not side handles)			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	1-10 mins	MEDIUM
With Adaptations:	> 2 m	Once	Low	1-10 mins	LOW

Transmission Type:	Fomite Transmission		Hands; Body		
Transmission Risk:	Shared equipment: sit-on-top kayaks, paddles & buoyancy aids				
People at Risk:	Participants; Staff; Volunteers				
Comparable Risk:	Renting canoes / kayaks from an activity centre				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Equipment cleaned / sanitised in between uses where possible / practical to do so			Staff & Volunteers	
	Hand washing facilities provided to enable washing of hands before & after kayaking			Staff & Volunteers	
	Wearing of gloves when handling equipment recommended			Event Director	
	Participants advised to avoid eating / touching the face when kayaking			Event Director	
	Handling by staff / volunteers in between uses to be minimised where possible			Staff & Volunteers	
	Solo participants to buddy up and assist each other with carrying kayaks to/from the water			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Twice	Medium	1-10 mins	MEDIUM
With Adaptations:	-	Twice	Medium	1-10 mins	MEDIUM

Situation: **Getting on and off the water (to kayak)** Overall Risk: **LOW**

Transmission Type:	Fomite Transmission		<i>Hands; Body</i>		
Transmission Risk:	Fixed equipment: wooden canoe launch platform				
People at Risk:	<i>Participants; Staff; Volunteers; Other Users</i>				
Comparable Risk:	Getting into / out of a swimming pool				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Platform edges cleaned between sessions as part of a managed cleaning regime			Staff & Volunteers	
	Hand washing facilities provided for participants after they get off the water			Staff & Volunteers	
	Wearing of gloves for kayaking recommended			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Twice	Medium	< 1 min	LOW
With Adaptations:	-	Twice	Medium	< 1 min	LOW

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face; Loud voices</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers; Other Users; General Public</i>				
Comparable Risk:	Queueing up to get an ice cream from an ice cream van				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Participants timed out. Getting on / off the water is not part of the race			Event Director	
	Kayak times staggered and spaced out more evenly than normal			Event Director	
	Getting on and off the water controlled with one team doing each at a time			Staff & Volunteers	
	Participants self-sufficient in getting themselves on / off the water			Staff & Volunteers	
	Participants waiting to get on the water, form an orderly socially distanced queue			Staff & Volunteers	
	One way system on the water, with kayaks forming an orderly queue to egress			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW

Situation: **Travelling between checkpoints by kayak (kayaking)** Overall Risk: **LOW**

Transmission Type:	Fomite Transmission		<i>Hands; Body</i>		
Transmission Risk:	Shared equipment: sit-on-top kayaks, paddles & buoyancy aids				
People at Risk:	<i>Participants</i>				
Comparable Risk:	Hiring and using canoe / kayak equipment from an activity centre Holding a paddle comparable to pushing a trolley round the supermarket				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Equipment cleaned / sanitised in between uses where practically possible			Staff & Volunteers	
	Hand washing facilities provided to enable washing of hands before & after kayaking			Staff & Volunteers	
	Wearing of gloves when kayaking recommended			Event Director	
	Participants advised to avoid eating / touching the face when kayaking			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once	Medium	> 10 mins	HIGH
With Adaptations:	-	Once	Low	> 10 mins	MEDIUM

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people in other kayaks				
People at Risk:	<i>Participants; Other Users</i>				
Comparable Risk:	Hiring a rowing boat and going out on the river				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Participants kayak at different times (not all together)			Event Director	
	Participant kayak times spaced out more evenly than usual to separate participants			Event Director	
	Participants to keep to the right when passing oncoming kayaks / other vessels			Event Director	
	Paddles help to ensure kayaks remain distanced when passing each other			-	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW

Situation:

Two people on one double sit-on-top kayak

Overall Risk:

MEDIUM

Transmission Type:	Droplet Transmission		<i>Not face to face</i>		
Transmission Risk:	Proximity to a team member				
People at Risk:	<i>Participants</i>				
Comparable Risk:	Riding a tandem bicycle				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Kayaks only shared by members of the same team			Event Director	
	Teams are self-selecting and a significant number are single-household teams			-	
	Person in front should not turn around to talk to team member behind face to face			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	> 10 mins	HIGH
With Adaptations:	1-2 m	Once	Medium	> 10 mins	MEDIUM

Situation:

Registering a visit at a checkpoint control on water

Overall Risk:

LOW

Transmission Type:	Fomite Transmission		<i>Hands</i>		
Transmission Risk:	Touching checkpoint control				
People at Risk:	<i>Participants</i>				
Comparable Risk:	The opening and shutting of canal locks whilst boating				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Position kayak checkpoints where controls can be suitably attached			Course Planner	
	Securely fasten controls to objects above the water			Course Setters	
	Position controls so they can be punched from a kayak without participants touching them			Course Setters	
	Participants told to take care when punching controls, to avoid touching them			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Multiple times	High	< 1 min	MEDIUM
With Adaptations:	-	Isolated / rare	Low	< 1 min	LOW

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other kayaks / people				
People at Risk:	<i>Participants</i>				
Comparable Risk:	A group kayak down the river				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Spacing out of participants by only allowing one team to get on the water at a time			Event Director	
	Avoid placement of controls in confined areas or where access to them is restricted			Course Planner	
	Participants to wait at least 2m away if someone else is punching the control			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once/Twice	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Isolated / rare	Low	< 1 min	LOW

Situation: **Rescues on water** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face; Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Being rescued at sea by RNLI volunteers				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	All paddlers wear personal buoyancy and can swim			Staff & Volunteers	
	Participants prevented from continuing if showing insufficient capability to paddle safely			Staff	
	Team members to assist other members of their team in difficulty			Event Director	
	Participants to assist other people in difficulty			Event Director	
	Canal is not very wide or deep. Bank is never far away and easy to get out onto towpath			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Isolated / rare	Medium	Variable	MEDIUM
With Adaptations:	< 1 m	Unlikely	Low	Variable	LOW

Transmission Type:	Fomite Transmission		<i>Hands; Body</i>		
Transmission Risk:	Touching surfaces (safety kayak)				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Being rescued at sea and transported to safety on a lifeboat				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	If necessary, safety kayak to tow participants on their kayaks where possible			Staff & Volunteers	
	Safety kayak surfaces cleaned immediately if used to transport a casualty			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Isolated / rare	Low	Variable	MEDIUM
With Adaptations:	-	Unlikely	Low	Variable	LOW

Situation: **Rescues on land (transportation back to event base)** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Breaking down on the motorway and getting picked up by a rescue vehicle				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Open windows to increase air flow and ventilation			Driver	
	Face coverings worn by occupants			Driver	
	Participants must err on the side of caution and not put themselves or others at risk			Event Director	
	Bikes must be in good working order, and participants carry out basic repairs themselves			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	Enclosed Space	Isolated / rare	Low	Variable	MEDIUM
With Adaptations:	Enclosed Space	Unlikely	Low	Variable	LOW

Transmission Type:	Fomite Transmission		<i>Hands; Body</i>		
Transmission Risk:	Touching surfaces (rescue vehicle)				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Catching a lift in a friends vehicle				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
	Participants sanitise hands before touching / entering vehicle			Driver	
	Participants make their own way back to the event base unless it's a genuine emergency			Event Director	
	Participants must err on the side of caution and not put themselves or others at risk			Event Director	
	Bikes must be in good working order, and participants carry out basic repairs themselves			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Isolated / rare	Low	Variable	LOW
With Adaptations:	-	Isolated / rare	Low	Variable	LOW

Situation: **Provision of first aid** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		Face to Face		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants; Staff; Medic				
Comparable Risk:	Visiting a doctor / nurse				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Participants bring and carry their own basic first aid supplies			Event Director	
	Participants administer their own first aid for all trivial injuries			Event Director	
	Medic provides first aid only in serious cases which need immediate attention			Medic	
	Follow gov.uk first responder guidance			Medic	
	Participants must take extra care and stay well within their capabilities at all times			Event Director	
	Participants must help protect the NHS by not putting themselves / others at risk			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Isolated / rare	Medium	Variable	MEDIUM
With Adaptations:	< 1 m	Unlikely	Low	Variable	LOW

Situation: **Staff / marshals giving instructions** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		Face to Face; Loud voices		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants; Staff; Volunteers; Contractors				
Comparable Risk:	Being stopped and questioned by the police				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Avoid raised voices			Staff & Volunteers	
	Socially distanced conversations			Staff & Volunteers	
	Key information to be disseminated in print format where possible (rather than verbally)			Event Director	
	Wearing of face coverings encouraged when speaking to participants			Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Multiple times	High	< 1 min	MEDIUM
With Adaptations:	> 2 m	Once/Twice	Medium	< 1 min	LOW

Situation: **Finishing the race** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Not face to face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers</i>				
Comparable Risk:	Negotiating a bottleneck on a footpath whilst out walking / running				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Participants spread out more than usual at the finish (controlled by start times)				Event Director	
Peak demand on the finish reduced by having fewer participants take part				Event Director	
Finish control itself not marshalled (like it usually is)				Event Director	
Two finish controls in use, spaced at least 3m apart				Staff & Volunteers	
Operation of a one-way system through the finish				Staff & Volunteers	
No resting or recovering allowed near the finish control				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	< 1 min	MEDIUM
With Adaptations:	> 2 m	Once	Low	< 1 min	LOW

Situation: **Downloads and return of electronic score cards** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		<i>Face to Face</i>		
Transmission Risk:	Proximity to other people				
People at Risk:	<i>Participants; Staff; Volunteers; Contractors</i>				
Comparable Risk:	Using a cashier checkout in a shop				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
Distance between participants and staff managing the station doubled to two table top widths				Staff & Volunteers	
Face covering worn by person managing the download station				Staff & Volunteers	
Participants spread out more than usual (controlled by start times)				Event Director	
Peak download demand reduced by limiting number of participants that take part				Event Director	
Socially distanced ground markings and signs for waiting participants				Staff & Volunteers	
Explanation of printout provided via info sheet handout (rather than verbally)				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Once	Medium	< 1 min	MEDIUM
With Adaptations:	1-2 m	Once	Medium	< 1 min	LOW

Transmission Type:	Fomite Transmission		<i>Hands</i>		
Transmission Risk:	Touching of equipment / surfaces				
People at Risk:	<i>Participants; Staff; Volunteers; Contractors</i>				
Comparable Risk:	Being given a receipt in a shop by a cashier				
Control Measures:	<i>(adaptations/mitigations)</i>			Actioned By:	
The participant will place score card on a plate (rather than it being passed from hand to hand)				Staff & Volunteers	
One operator will handle/download used score cards (a one-way receiving process)				Staff & Volunteers	
A separate operator 2m apart will issue print outs (a one-way hand-out process)				Staff & Volunteers	
Regular sanitisation of all contact surfaces including the printer and table tops				Staff & Volunteers	
Gloves worn by operators and/or frequent hand sanitising				Staff & Volunteers	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once	Medium	< 1 min	MEDIUM
With Adaptations:	-	Once	Low	< 1 min	LOW

Situation: **Supply and consumption of food & drink** Overall Risk: **LOW**

Transmission Type:	Droplet Transmission		Face to Face		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants; Staff; Volunteers; Contractors				
Comparable Risk:	Visiting a fast-food outlet				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	No catering services provided on the day			Event Director	
	Participants bring their own food and drink for before, during and after the race			Event Director	
	Pre and post race food and drink consumed at/in own vehicles			Event Director	
	Participants encouraged to depart soon after finishing (and not hang around for food)			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	1-10 mins	MEDIUM
With Adaptations:	-	-	Low	-	LOW

Transmission Type:	Fomite Transmission		Hands		
Transmission Risk:	Touching of products, surfaces and cash				
People at Risk:	Participants; Staff; Volunteers; Contractors				
Comparable Risk:	Purchasing food / drink from a small shop such as a newsagents or bakery				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	No catering services provided on the day			Event Director	
	People reminded to use hand sanitiser before touching food			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	-	Once/Twice	Medium	1-10 mins	MEDIUM
With Adaptations:	-	-	Low	-	LOW

Situation: **Post race & departure (inc. prize giving and announcing / displaying the results)** Overall Risk: **LOW**

Transmission Type:	Population				
Transmission Risk:	Coming together of a large number of people in an enclosed space				
People at Risk:	Participants				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	Post race chats discouraged			Event Director	
	Participants encouraged to depart as soon as possible			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	> 10 mins	HIGH
With Adaptations:	> 2 m	Once	Low	Variable	LOW

Transmission Type:	Droplet Transmission		Face to Face; Not face to face		
Transmission Risk:	Proximity to other people				
People at Risk:	Participants; Staff; Volunteers; Contractors				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	No results displayed at the venue on the day (they will be published online instead)			Event Director	
	No prize giving after the race. Prizes sent out afterwards instead			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	1-2 m	Once	Medium	> 10 mins	HIGH
With Adaptations:	-	-	Low	-	LOW

Transmission Type:	Fomite Transmission		Hands		
Transmission Risk:	Awarding prizes to winners / handshakes				
People at Risk:	Participants; Staff				
Control Measures:	(adaptations/mitigations)			Actioned By:	
	No prizes awarded on the day. Prizes sent out afterwards instead			Event Director	
	Proximity	Occurrence	Risk	Interaction Time	Cumulative Risk
Without Adaptations:	< 1 m	Once	High	< 1 min	MEDIUM
With Adaptations:	-	-	Low	-	LOW