

## COVID-19 risk assessment for the return of 5k Your Way groups

Please note this risk assessment is designed to sit alongside parkrun's risk assessment.

Risk	Comment	Mitigation
5k Your Way participants and/or volunteers not following government guidelines.	This could be anything from not adhering to social distancing measures to ignoring a localised lockdown.	We will encourage all participants to observe government guidelines. The 5k Your Way Framework and FAQs reflect this.
5k Your Way Ambassadors and participants in close proximity before, during and after the event.	<p>5k Your Way volunteers and participants alike are guests at parkrun events, so the 5k Your Way framework will run alongside the parkrun framework.</p> <p>Whilst in close proximity, this is non-contact and not face-to-face, also typically not for extended periods of time.</p>	<p>Before: We will follow the parkrun framework (section 4). 5k Your Way meeting points to be outside and away from the parkrun start/finish line.</p> <p>During: No requirement for social distancing on the course, however, participants are to be reminded to respect each other's space.</p> <p>After: We will follow the parkrun framework. If 5k Your Way participants and/or Ambassadors wish to go to the cafe, government guidelines should be observed.</p>

		Many attendees may not feel comfortable sitting inside so we recommend using outside seating where possible.
5k Your Way participants not following the parkrun framework.	5k Your Way volunteers and participants are guests at parkrun events, so the 5k Your Way framework will run alongside the parkrun framework.	The 5k Your Way Framework will sit alongside parkrun's framework. 5k Your Way are guests at parkrun and all participants will be reminded of the need to follow their regulations and guidance.
5k Your Way attendees not registering with parkrun.	This is the method parkrun will use to track and trace (see point 13 in the parkrun framework <a href="#">HERE</a> ).	All attendees will be encouraged to register <a href="#">HERE</a> for parkrun, print their barcode and bring it to parkrun. Ambassadors will be asked to encourage this by explaining that this serves as the track and trace mechanism.
Individuals living with cancer currently undergoing treatment attending the 5k Your Way group.	See the final point on the parkrun risk assessment at the bottom of their framework <a href="#">HERE</a> .	We have tried to mitigate as many risks as possible; however it is impossible to create a 100% 'safe' environment.  As discussed throughout our Framework <a href="#">HERE</a> and FAQs <a href="#">HERE</a> , everyone will be welcome to our 5k

		<p>Your Way groups; it is up to every individual to make their own assessment of risk depending on their individual circumstances.</p> <p>Participants will be advised to consult their health care professional team if they are unsure about their individual level of risk.</p>
<p>Individuals with symptoms of Covid-19 attending a 5k Your Way group.</p>	<p>See the first point on the parkrun risk assessment at the bottom of their framework <a href="#">HERE</a>.</p>	<p>Attendees must follow the current government guidance on self-isolation if they show any symptoms of COVID-19, have recently tested positive, are living with someone who has recently tested positive, or are required to quarantine for any other reason. See the link <a href="#">HERE</a> to the most recent Government Guidance on this.</p> <p>Each individual attending parkrun must undergo their own self assessment for COVID-19 symptoms.</p> <p>This is as outlined in point 3e on the</p>

		parkrun framework <a href="#">HERE</a> and point 20 on the parkrun FAQs <a href="#">HERE</a> .
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