

Food safety and checkpoint hygiene.

We understand that most helpers on LDWA Challenge events, and especially on 100s are experienced and knowledgeable. We therefore provide these summary notes as an aide memoire, and to meet our own obligations to reduce any likely risk to the health and well being of entrants, marshals and supporters.

On arrival at checkpoint

Please unpack and refrigerate any items which require keeping cool. This applies to milk, uncooked and cooked meats, hummus, pâtés, meat pies/sausage rolls, yogurts, pizzas, quiches, cheese etc.

Store any uncooked meats in the bottom of the fridge.

Study any food safety or hygiene notices which may be displayed in the checkpoint

Personal hygiene

Do not handle food if you or anyone in your household has any gastric upset or heavy cold.

Keep hands clean and make sure they are washed properly.

Always wash hands thoroughly with liquid hand wash (will be provided for kitchen use)

- Before preparing and serving food
- After using the toilet
- After taking a break
- Between handling raw food and handling other high risk or ready to eat food
- After handling food waste
- After handling packaging
- After using any cleaning cloths or chemicals for cleaning

Dry hands thoroughly with paper towels or hot air drier if provided.

Cover any cuts or sores with a blue waterproof plaster (will be provided)

Put on an apron when working in the kitchen or serving food.

Remove apron before visiting the toilet.

Kitchen hygiene

Wipe surfaces regularly with sanitiser (or special chemicals as advised for particular checkpoints)

Wipe up spillages using a separate cloth for chopping boards, kitchen surfaces, and floor.

Remove food waste regularly from kitchen areas

Food preparation

Regularly clean cutting boards and use separate ones for raw meat, cooked meat, vegetables and bread/bakery, where possible. Always use different boards for raw and cooked foods.

Salad, vegetable and fresh fruit items: please wash (as appropriate) before preparing and serving

Where food requires cooking, ensure this is done thoroughly.

Food prep gloves

Opinions vary about the use of gloves, and it is not a requirement under legislation. Gloves are not a substitute for good personal hygiene and hand washing. They can become contaminated with bacteria in much the same way as hands can, even when they are new, and should be kept clean and sanitised in a similar way to bare hands. Even if sterile gloves are used they are only beneficial when a new glove is used for each activity and contamination of the new glove or hands is avoided when changing gloves. Remember that a glove is only as clean as the last thing it touched, and can give a false sense of security in relation to cleanliness. If worn, gloves should therefore be changed between different tasks, and hands should always be kept clean.

However, always use food handling gloves if you have a cut or sore which cannot be covered. [Will be provided]

Food serving

If you are working at a checkpoint which is open for long hours, keep as much perishable food in the fridge as possible and gradually replenish supplies in the checkpoint eating areas, ensuring that new food is not placed on top of old food-in other words, rotate.

Cover food on display with cling film or foil (will be provided) as required.

Keep tables clean and remove waste as soon as possible, especially any items such as used plasters, route descriptions, items of clothing which have been discarded or forgotten, etc.