



RISK ASSESSMENT FOR HILL RACE

Event	East Lomond Junior Hill Races	Assessment carried out by Roger Rees
Venue	East Lomond, Falkland	Signed Roger Rees
Date of Event	6-May-2018	Date of Risk Assessment 8- April-2018

This is a hill race in daylight hours in springtime, over occasionally steep grassland with no scree or cliff hazards, involving ascent and descent. It is for Juniors, DoB from 1999 onwards (Runners born in 2010 or later are to be accompanied). The route will be marshalled and marked with tape.

STEP 1 List the hazards identified STEP 2 Recommendations for minimizing risk STEP 3 – Action taken

<p>COURSE <i>e.g. tree roots, streams (flooding)</i></p> <p>Farmland.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To have marshalls in place.</p> <p>To mark-up route with tape on the morning of the race</p> <p>Marshalls in place before race start</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get tape, scissors, signage; marshalls and hi-viz.</p> <p>ON RACE DAY: arrive in good time to mark up course, put out signage, distribute hi-viz, brief marshalls</p>
<p>STRUCTURES <i>e.g. damaged barriers, guide ropes to tents frayed</i></p> <p>N/A</p>	<p>RECOMMENDATIONS <i>e.g. replace or remove</i></p>	<p>ACTION TAKEN</p>
<p>COMPETITORS <i>e.g. changing facilities, toilets, out of bounds areas.</i></p> <p>Toilets at Purin Hill car Park</p>	<p>RECOMMENDATIONS <i>e.g. signage and advice</i></p> <p>Intimated on website and at registration</p>	<p>ACTION TAKEN</p> <p>Done</p>
<p>COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i></p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i></p>	<p>ACTION ON THE DAY.</p>

In good weather, the entire course is visible to marshalls. Mobile connectivity tends to be fine in the area.	If visibility is restricted, extra marking will be put out. If weather conditions are very bad (eg heavy snow), alternative routes over lower ground can be used; or the event can be cancelled.	More tape and markers available on the day. Discretion to be exercised on the day. Marshalls to have mobiles and the number of the race organizer at start/finish.
OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Runners going off-route.	RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Runners to be counted out and in Marshals at the summit, the two key gates, and the lap turn.	ACTION ON THE DAY. Start/finish officials to count runners out and in.
FIRST AID <i>e.g. adequate numbers, access onto and off course</i> Medical emergencies	RECOMMENDATIONS <i>e.g. increase numbers, signage,</i> First Aid kit, defib and bivvie bag in place at the start/finish	ACTION ON THE DAY To take defib, bivvie bag and First Aid kit
CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> Car parking is available at registration.	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Intimated on website	ACTION Done

Phone numbers on Day – Roger Rees, 07807097850