



RISK ASSESSMENT FOR BEACH RACE

Event Minitour of Fife: Beach Race Assessment carried out by Graham Kirby

Venue West Sands, St Andrews Signed:

Date of Event 28-May-2018 Date of Risk Assessment 09-May-2018

This is a short beach race in daylight hours in early summer. Distances are 1 mile for runners aged under 11, 2 miles for under 13s and 3 miles for under 18s. Parents of younger runners will be encouraged to run with them.

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>None identified. Course is wholly on the beach. Low tide is at about 21:00 so there will be plenty of runnable sand.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p>	<p>ACTION</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>No toilets or changing facilities</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> Inadequate communication between marshals along race route.</p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i> No problem with mobile phone signal along the route. Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.</p>	<p>ACTION ON THE DAY. Marshals to have mobiles /exchange numbers with Clerk.</p>
<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Runners going off-route.</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Low risk on beach course. Marshals will be in place along the route. Parents will be encouraged to run with younger runners. Marshals to be briefed on location of first-aid.</p>	<p>BEFORE RACE DAY: get tape, scissors; marshals and hi-viz. ON RACE DAY: arrive in good time to mark course, put out signage, distribute hi-viz, brief marshals.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i> Medical emergencies.</p>	<p>RECOMMENDATIONS <i>e.g. increase numbers, signage,</i> First Aid kit and defib in place at the start/finish. Position cars at the beach exit point.</p>	<p>ACTION ON THE DAY Take defib and First Aid kit and locate at start/finish.</p>
<p>CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> N/A</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i></p>	<p>ACTION</p>

Phone numbers on Day – Graham Kirby 07941 615809; Stewart Davidson 07502 603 601; Clerk Dave Francis 07753 189408