

## RISK ASSESSMENT FOR HILL RACE

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

Venue                      East Lomond, Falkland                      Signed:

Date of Event              29-May-2018                      Date of Risk Assessment      09-May-2018

This is a hill race in daylight hours in early summer. Distances are 1.5 miles 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>Farmland.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To have marshals in place. To mark-up route with tape on the morning of the race. Marshalls in place before race start.</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get tape, scissors, signage; marshals and hi-viz. ON RACE DAY: arrive in good time to mark up course, put out signage, distribute hi-viz, brief marshals.</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></p> <p>Inadequate communication between marshals along race route.</p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i></p> <p>In good weather, the entire course is visible to marshals.</p>	<p>ACTION ON THE DAY.</p> <p>Marshals to have mobiles /exchange numbers with Clerk.</p>

	<p>Mobile connectivity tends to be fine in the area.</p> <p>Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.</p>	
<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i></p> <p>Runners going off-route.</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i></p> <p>Marshals will be in place along the route.</p> <p>Parents will be encouraged to run with younger runners.</p> <p>Marshals to be briefed on location of first-aid.</p> <p>Marshals at the summit, the two key gates, and the lap turn.</p> <p>If visibility is restricted, extra marking will be put out.</p> <p>If weather conditions are very bad (e.g. severe rain or dense mist), alternative routes over lower ground can be used; or the event can be cancelled.</p> <p>Perform head-count of runners on the start-line.</p>	<p>BEFORE RACE DAY: get tape, scissors; marshals and hi-viz.</p> <p>ON RACE DAY: arrive in good time to mark course, put out signage, distribute hi-viz, brief marshals.</p> <p>More tape and markers available on the day.</p> <p>Discretion to be exercised on the day.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i></p> <p>Medical emergencies.</p>	<p>RECOMMENDATIONS <i>e.g. increase numbers, signage,</i></p> <p>First Aid kit and defib in place at the start/finish.</p> <p>Position cars at the car park near the start/finish.</p>	<p>ACTION ON THE DAY</p> <p>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></p> <p>No cars crossing course.</p> <p>Restricted parking.</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i></p> <p>Competitors encouraged to car-share, intimated on website.</p>	<p>ACTION</p> <p>Done.</p>

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