



RISK ASSESSMENT FOR ROAD RACE

Event Minitour of Fife: Time Trial Assessment carried out by Graham Kirby

Venue Tarvit Estate, near Ceres Signed:

Date of Event 31-May-2018 Date of Risk Assessment 09-May-2018

This is a time-trial race on very quiet roads in daylight hours in early summer. The distance is 1.5 mile for runners of all ages. 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>Road within Tarvit estate.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To have marshals in place. Marshalls in place before race start.</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get signage; marshals and hi-viz. ON RACE DAY: arrive in good time to 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</i></p>	<p>RECOMMENDATIONS <i>e.g. use of two</i></p>	<p>ACTION ON THE DAY.</p>

<p><i>mobile phones,</i> Inadequate communication between marshals along race route.</p>	<p><i>way radios</i> The short nature of the course means that no part is very far from the start/finish.</p>	<p>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> Marshals will be in place along the route and at turning points. Parents will be encouraged to run with younger runners. Marshals to be briefed on location of first-aid.</p>	<p>BEFORE RACE DAY: get marshals and hi-viz. ON RACE DAY: arrive in good time to 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 car park near the start/finish.</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> Course is on quiet road. Through-traffic is likely to be minimal.</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Position marshals and warning signs at two entry points to estate.</p>	<p>ACTION BEFORE RACE DAY: get marshals and hi-viz. ON RACE DAY: arrive in good time to put out signage, distribute hi-viz, brief marshals.</p>

Phone numbers on Day – Dharini Balasubramaniam 07729 390833; Stewart Davidson 07502 603 601; Clerk Dave Francis 07753 189408