



RISK ASSESSMENT FOR HILL RACE

Event Emily Hill Assessment carried out by Roger Rees

Venue Luthrie Signed Roger Rees

Date of Event 28-April-2018 Date of Risk Assessment 8-April-2018

This is a short hill race in daylight hours in springtime, over undulating ground, with no great altitude, and no scree or cliff hazards. It is for Juniors, typically those born in 2004 or later. The route will be marked with tape and marshalled.

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. Outside possibility of vehicular traffic.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To have marshalls in place. To mark-up route with tape on the morning of the race Signage and 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 and changing at Luthrie Village Hall</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>

COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i> Mobile phone coverage works in the valley. This race is set over a small area.	RECOMMENDATIONS <i>e.g. use of two way radios</i>	ACTION ON THE DAY.
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 Marshal at the summit and the turns	ACTION ON THE DAY. Start/finish officials to count runners
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 and defib in place at the start/finish	ACTION ON THE DAY To take defib and First Aid kit
CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> Car parking is tight at Luthrie; to encourage car sharing and responsible parking	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Intimated on website	ACTION Done

Phone numbers on Day – Roger Rees, 07807097850