



RISK ASSESSMENT FOR ROAD RACES

Event Ravenscraig Park Mile Series Assessment carried out by... Daniel Newman
 Venue Kirkcaldy Signed
 Date of Event 26-April-2016 Date of Risk Assessment 26-April-2016

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>Some minor pot holes. Other Park users including children and Animals (Dogs)</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>Warn runners, although no major intervention required</p> <p>Advise runners to be aware of and courteous to other park users and that there will be dog walkers in the park.</p> <p>CAUTION RUNNERS signs to be used.</p>	<p>ACTION TAKEN</p> <p>All on the day</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 and changing facilities are not available in the park.</p>	<p>RECOMMENDATIONS <i>e.g. signage and advice</i></p> <p>Runners advised prior to event</p>	<p>ACTION TAKEN</p> <p>Done</p>

<p>COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i></p> <p>Mobile communications are not really an issue</p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i></p> <p>No problem with mobile phone signal along the route.</p>	<p>ACTION TAKEN</p> <p>On the day</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>Runners counted at the start and finishers counted to ensure that everyone has completed the course.</p>	<p>ACTION TAKEN</p> <p>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>ACTION TAKEN</p> <p>On the day</p>
<p>CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i></p> <p>Traffic</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i></p> <p>Car parking is back is available at the park and is a safe distance from the course route.</p>	<p>ACTION TAKEN</p> <p>N/A</p>

Phone numbers on Day – Daniel Newman, 07512 063449