



## RISK ASSESSMENT FOR MULTI-TERRAIN RACE

Event	Strathkinness-Blebocraigs	Assessment carried out by Roger Rees
Venue	Strathkinness	Signed Roger Rees
Date of Event	26-April-2017	Date of Risk Assessment 6-March-2017

This is a multi-terrain race (quiet road, trail) over 4.5 miles in daylight hours in springtime, over undulating ground.

STEP 1	List the hazards identified	STEP 2	Recommendations for minimizing risk	STEP 3 – Action taken
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<p>COURSE <i>e.g. tree roots, streams (flooding)</i></p> <p>Varied terrain – road, trail</p> <p>Vehicular traffic</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To advise runners</p> <p>To have marshals in place at junctions</p> <p>To mark-up course with tape and flour</p> <p>Signage and marshals in place before race start</p> <p>Close outgoing road to vehicular traffic from Stathkinness to turn off road</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get tape, scissors, signage, flour; marshals and hi-viz.</p> <p>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>Toilets and changing at Strathkinness Village</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>

Hall		
COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i> Inadequate communication between marshals along race route.	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.	ACTION ON THE DAY. Marshalls to have mobiles /exchange numbers with Clerk.
OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Marshalls, start/ finish officials required	RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Briefing, equipping	ACTION ON THE DAY. Briefing, equipping
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 at Strathkinness is reasonable; short walk to race start from registration and from the finish to the hall	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Intimated on website. Sensible road safety practice	ACTION Map detailing registration/ start/finish has been published online

Phone numbers on Day – Frank McLaren 07729 689262