



## RISK ASSESSMENT FOR BEACH RACE

Event: Minitour of Fife, beach Race

Venue: West Sands, St Andrews

Date of Event: 29<sup>th</sup> of May 2023

Date of Risk Assessment: 13<sup>th</sup> May 2023

Assessment carried out by Mercè Torres

Signed:

This is a short beach race in daylight hours in early summer. Distances are 1 mile for runners aged under 9 and 11, 2 miles for under 13s and 3 miles for under 18s.

Parents of younger runners will be encouraged to run with them, and this is compulsory for runners under 8.

STEP 1 List the hazards identified STEP 2 Recommendations for minimizing risk STEP 3 – Action taken

COURSE <i>e.g. tree roots, streams (flooding)</i>	RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i>	ACTION
Course is on sandy path parallel to the		

<p>beach and on the beach. Low tide is at about 16:45PM, high tide about 23:19PM, so there will be plenty of runnable sand.</p> <p>The sandy path is uneven with some big (but not deep) holes.</p>	<p>We will warn the runners during briefing about the uneven path.</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 at the east side of West Sands beach will be open until 8pm</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>No problem with mobile phone</p>	<p>ACTION ON THE DAY.</p> <p>Marshals to have mobiles /exchange</p>

	<p>signal along the route. Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.</p>	<p>numbers with Clerk.</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>Low risk on beach course.</p> <p>Marshals will be in place along the route. Parents will be encouraged to run with younger runners.</p> <p>Marshals to be briefed on location of first- aid.</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>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 ON THE DAY</p> <p>Take defib and First Aid kit and locate at start/finish.</p>

	Position cars at the beach exit point.	
CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> N/A	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i>	ACTION

Phone numbers on Day – Race Director Mercè Torres 07874749429