



RISK ASSESSMENT FOR TRAIL RACE

Event Minitour of Fife: Multi-Terrain Race Assessment carried out by Graham Kirby

Venue Kingsbarns Signed:

Date of Event 31-May-2019 Date of Risk Assessment 09-March-2019

This is a multi-terrain race in daylight hours in early summer, over very quiet estate road, trails and beach. Distances are 1 mile for runners aged under 11, and 3 miles for all others. 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

<p>COURSE <i>e.g. tree roots, streams (flooding)</i></p> <p>Under 11s: road within golf course, coastal path, beach. Under 13s, Under 15s, Under 18s: rural path, road within Cambo estate, woodland trail, beach.</p> <p>On woodland trail, risk of tripping on roots, and one steep descent of steps.</p> <p>Low tide is at around 19:30, so there will be plenty of runnable sand.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i></p> <p>To have marshals in place. To mark-up route with tape on the morning of the race. Mark trip-hazards with flour. Marshalls in place before race start. Re-route along coastal path if tide is too high to allow easy running on beach.</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get tape, scissors, signage; 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. Marshal at access point to beach on long course to assess tide state and direct runners accordingly.</p>
<p>STRUCTURES <i>e.g. damaged barriers, guide ropes to tents frayed</i> 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>RECOMMENDATIONS <i>e.g. signage and advice</i></p>	<p>ACTION TAKEN</p>

No toilets or changing facilities	Intimated on website and at registration.	Done.
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> Mobile connectivity is variable in the area. Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.	ACTION ON THE DAY. Marshals to have mobiles /exchange numbers with Clerk.
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> Marshals will be in place along the route. Parents will be encouraged to run with younger runners. Marshals to be briefed on location of first-aid. Use sweeper runner on longer course.	BEFORE RACE DAY: get tape, scissors, flour; marshals and hi-viz. ON RACE DAY: arrive in good time to mark course, put out signage, distribute hi-viz, brief marshals.
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. Position cars at the car park at the beach, and in Kingsbarns Square.	ACTION ON THE DAY Take defib and First Aid kit and locate at shared finish at Kingsbarns end of beach.
CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> Only part of course shared with cars is short section of road within Cambo estate.	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Competitors briefed to be vigilant for cars on road section. Marshal positioned at entrance to Cambo estate to warn drivers of runners. Position warning signs on road section.	ACTION 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.

Phone numbers on Day – Graham Kirby 07941 615809; Stewart Davidson 07502 603 601; Race Director Dave Francis 07753 189408