



RISK ASSESSMENT FOR ROAD RACE

Event Minitour of Fife: Time Trial Assessment carried out by Sophie Milne-Akermo

Venue - Tarvit Estate, near Ceres Signed:

Date of Event - 1st June-2023 Date of Risk Assessment - 1st Mach 2023

This is a time-trial race on very quiet roads in daylight hours in early summer. The distance is 1.5 mile for runners of all ages. 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. treeroots, streams (flooding) potholes</i></p> <p>Road within Tarvit estate.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course and marking pot holes</i></p> <p>To have marshals in place. Marshalls in place before race starts.</p>	<p>ACTION</p> <p>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.</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>No toilets or changing facilities</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>RECOMMENDATIONS <i>e.g. use of twoway radios</i></p>	<p>ACTION ON THE DAY.</p>

<p>Inadequate communication between marshals along race route.</p>	<p>The short nature of the course means that no part is very far from the start/finish.</p>	<p>Marshals to have mobiles /exchange numbers with Clerk.</p>
<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Runners going off-route.</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Marshals will be in place along the route and at turning points. Parents will be encouraged to run with younger runners. Marshals to be briefed on location of first aid.</p>	<p>BEFORE RACE DAY: get marshals and hi viz. ON RACE DAY: arrive in good time to put out signage, distribute hi-viz, brief marshals.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i> Medical emergencies.</p>	<p>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 near the start/finish.</p>	<p>ACTION ON THE DAY</p> <p>Take defib and First Aid kit and locate at start/finish.</p>

<p>CAR PARKING AND VEHICLES <i>e.g safe access, crossing course</i> Course is on quiet road. Through-traffic is likely to be minimal.</p> <p>Cars leaving before the race is finished.</p>	<p>RECOMMENDATIONS <i>e.g rerouting access, provide signage, fluorescent vests</i> Position marshals and warning signs at two entry points to estate.</p> <p>Intimated at registration and on website.</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get marshals and hi viz.</p> <p>ON RACE DAY: arrive in good time to put out signage, distribute hi-viz, brief marshals.</p>
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Race Director - Merce Torres 07874749429; Eleanor Brown; Sophie Milne-Akermo 07813075966; Heather Anderson 07470261290