



## RISK ASSESSMENT FOR HILL RACE

Event Emily Hill Assessment carried out by Roger Rees  
 Venue Luthrie Signed Roger Rees  
 Date of Event 16-April-2016 Date of Risk Assessment 26-Mar-2016

This is a short (1.5k) hill race in daylight hours in springtime, over undulating ground, with no great altitude, and no scree or cliff hazards. It is for Juniors, typically those born in 2002 or later. The route will be marked with tape.

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>Farmland. Possibility of vehicular traffic in the road beside the fields where the race will be held.</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 Signage and marshals in place before race start</p>	<p>ACTION</p> <p>BEFORE RACE DAY: get tape, scissors, signage; marshals and hi-viz. 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 Luthrie Village Hall</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>

COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i> N/A - the course is visible from the start/finish	RECOMMENDATIONS <i>e.g. use of two way radios</i>	ACTION ON THE DAY.
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> Runners to be counted out and in Marshal at the summit and the turn	ACTION ON THE DAY. Start/finish officials to count runners
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 is tight at Luthrie; to encourage car sharing and responsible parking	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Intimated on website	ACTION Done

Phone numbers on Day – Roger Rees, 07807097850