



## RISK ASSESSMENT FOR HILL RACE

Event	Normans Law	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 (7k) hill race in daylight hours in springtime, over undulating ground, with no great altitude, and no scree or cliff hazards. Some of the race passes through working beef and dairy farmland. The ascent is routed through a series of gates; the descent is not routed. Runners must have DoB before 2002. The race is run according to FRA Safety guidelines, as has been intimated on the website.

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
Varied terrain – road, trail, open hill, farmland.	To advise runners of protocols for experiencing/ witnessing injury and getting lost	BEFORE RACE DAY: get tape, scissors, saw, signage; marshals and hi-viz.
Gates/ stiles on route (compulsory on ascent)	To have marshals in place.	ON RACE DAY: arrive in good time to mark up ascent, put out signage, distribute hi-viz, brief marshals
Possibility of fallen trees on the trail section	To check for fallen timber and to mark-up ascent with tape on the morning of the race	
Remote possibility of vehicular traffic	To advise runners and have marshals in place Signage and marshals in place before race start	

STRUCTURES <i>e.g. damaged barriers, guide ropes to tents frayed</i> N/A	RECOMMENDATIONS <i>e.g. replace or remove</i>	ACTION TAKEN
COMPETITORS <i>e.g. changing facilities, toilets, out of bounds areas.</i> Toilets and changing at Luthrie Village Hall	RECOMMENDATIONS <i>e.g. signage and advice</i> Intimated on website and at registration	ACTION TAKEN  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> 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> Runners going off-route.	RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Runners to be counted out and in Marshal at the gates on ascent, and at the summit Sweeper at the back of the race so that marshals will know when all the runners have gone through.	ACTION ON THE DAY. Sweeper to run, with mobile phone.  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> Sweeper. 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