



RISK ASSESSMENT FOR TRAIL RACE

Event Sweatshop Tour of Fife: Trail Race Assessment carried out by Graham Bennison

Venue Letham/Monimail Signed:

Date of Event 31-July-2016 Date of Risk Assessment 24-July-2016

This is a trail race in daylight hours in early summer. Distance is 4.9 miles.

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> Half a mile on road at start.</p> <p>Farmland.</p>	<p>RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i> Lead car with flashing lights to escort runners up road. To have marshals in place. To mark-up route with tape on the morning of the race. Marshalls in place before race start. Farmers notified in advance.</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>Action taken.</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. Course also marked with tape , flour arrows. Marshals to be briefed on location of first-aid.	BEFORE RACE DAY: get tape, scissors; 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 near the start/finish.	ACTION ON THE DAY Take defib and First Aid kit and locate at start/finish.
CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> Restricted parking.	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Competitors encouraged to car-share, intimated on website.	ACTION Done.

Phone numbers on Day – Graham Kirby 07941 615809; Graham Bennison 07731-904559.