

FifeAC Minitour X-Country Race
Risk Assessment

Cairnie Fruit Farm

Date:	Assessed By:	Location:	Review Date:
May 2024	Eleanor Smith	Cairnie Fruit Farm	May 2025

Hazard	Who might be harmed and how	Controls in Place	Risk Rating	Other Controls Needed	Resultant Risk Rating	Actioned By
Participants health and ability	Participants Injury or illness	Participants to compete only if they are fit to exercise. 1 st Aider onsite	M	Participants to stop exercising if they feel unwell.	L	Eleanor Smith
Underfoot conditions (uneven ground, leaves, tree roots, wet)	Marshalls, spectators and participants. Slips, trips and falls	Conditions will be assessed before session and participants informed of potential risks or hazards. Advise participants to remain alert to changing conditions Participants to wear suitable footwear with adequate support and grip.	M	Point out hazards to participants as the group are approaching them. Adjust route if underfoot conditions are too treacherous.	L	Eleanor Smith
Dog excrement	Marshalls and participants	Marshall to inspect the ground to be used.	M	Participants asked to be on the look out for dog excrement.	L	Eleanor Smith

Members of public and dogs	Marshalls participants and members of public Cuts, bumps, bruising due to collisions. Trips, falls, injuries due to dog attack.	Advise participants that the area could be used by others eg local walkers/dog walkers	M	Give due consideration & warning to other venue users. Marshalls to inform members of public of a race in progress.	L	Eleanor Smith
Weather conditions	Marshalls and participants Illness or injury from extreme weather; rain, standing water, snow, ice, fog, wind. sun/heat etc.	Race coordinator to assess the conditions of the venue to be used in relation to the weather. If deemed unsafe to run the race it will be cancelled or route altered. Participants to be expected to dress according to weather conditions including sunscreen.	M	Advise participants if their clothing is not considered appropriate to the conditions. Participants to have water. Additional water in hot conditions will be available from marshalls.	L	Eleanor Smith
Irresponsibility	Marshalls, spectators and participants not adhering to race route/path. Disrespecting farm land/environment.	Marshalls, participants and spectators to respect the use of farm land. Everyone to stay on designated race route/paths.	L	Use of tape to keep everyone on the race route. Marshalls to monitor where spectators are standing/walking to protect environment. No spectating within the narrow wooded area.	L	Eleanor Smith