



## RISK ASSESSMENT FOR BEACH RACE

Event: Minitour of Fife, beach race

Venue: West Sands, St Andrews

Date of Event: 27<sup>th</sup> of May 2024

Date of Risk Assessment: 12<sup>th</sup> May 2024

Assessment carried out by Mercè Torres

This is a short beach race in daylight hours in early summer. Distances are 1 mile for runners aged under 9 and 11, 2 miles for under 13s and 3 miles for under 18s.

Parents of younger runners will be encouraged to run with them, and this is compulsory for runners under 8.

Hazard	<b>COURSE</b> <i>e.g. tree roots, streams (flooding)</i>  None identified. Course is wholly on the beach. Low tide is at about 16:00, high tide about 22:00, so there will be plenty of runnable sand.
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Control Measure	Conditions will be assessed before session and participants informed of new potential risks or hazards. Advise participants to remain alert to changing conditions.
Hazard	<b>COMPETITORS</b> <i>e.g. changing facilities, toilets, out of bounds areas.</i>  No toilets or changing facilities
Control Measure	Intimated on website and at registration.
Hazard	<b>COMMUNICATIONS</b> <i>e.g. lack of signal for mobile phones,</i> <sup>[[1]]</sup>  Inadequate communication between marshals along race route.
Control Measure	<sup>[[1]]</sup> No problem with mobile phone signal along the route. <sup>[[1]]</sup> Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.
Hazard	<i>OFFICIALS e.g. adequate numbers, knowledge of course i.e. location of first aid</i>  <i>Runners going off-route.</i>
Control Measure	<i>Low risk on beach course.</i> <sup>[[1]]</sup> Marshals will be in place along the route. Parents will be encouraged to run with younger runners.  <i>Marshals to be briefed on location of first-aid.</i>  <i>BEFORE RACE DAY: get tape, scissors; marshals and hi-viz.</i>  <i>ON RACE DAY: arrive in good time to mark course, put out signage, distribute hi-viz, brief marshals.</i>

Hazard	<p><i>FIRST AID e.g. adequate numbers, access onto and off course</i></p> <p><i>Medical emergencies.</i></p>
Control Measure	<p><i>First Aid kit and defibrillator in place at the start/finish in a very visible red bag.</i></p> <p><i>Position cars at the beach exit point.</i></p>
Hazard	<p><i>WEATHER CONDITIONS</i></p> <p><i>Marshalls and participants: Illness or injury from extreme weather; rain, standing water, snow, ice, fog, wind. sun/heat etc.</i></p>
Control Measure	<p><i>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.</i></p> <p><i>Participants to be expected to dress according to weather conditions including suncream (advised on event website and entries form).</i></p>
Hazard	<p><i>MEMBERS OF PUBLIC AND DOGS</i></p> <p><i>Cuts, bumps, bruising due to collisions. Trips, falls, injuries due to dog attack.</i></p>
Control Measure	<p><i>Advise participants that the area could be used by others eg local walkers/dog walkers. Give due consideration &amp; warning to other venue users. Marshalls to inform members of public of a race in progress.</i></p>

