


RISK ASSESSMENT FOR HILL RACE

Event: Minitour of Fife

Venue: Hill Race East Lomond, Falkland

Date of Event: 28th May 2024

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Assessment carried out by Mercè Torres

This is a hill race in daylight hours in early summer. Distances are 1.5 miles for runners aged under 11 and 3km for under 13, u15 and u18.

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

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.</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. Marshalls 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> N/A</p> <p>Wired fence along an uneven path at some point of the race.</p>	<p>RECOMMENDATIONS <i>e.g. replace or remove</i></p> <p>We have slightly changed the race course.</p>	<p>ACTION TAKEN</p>

<p>COMPETITORS <i>e.g. changing facilities, toilets, out of bounds areas.</i></p> <p>No toilets or changing facilities</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>
<p>COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i></p> <p>Inadequate communication between marshals along race route.</p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i></p> <p>In good weather, the entire course is visible to marshals. Mobile connectivity tends to be fine in the area. Marshals to each have a mobile phone and know the number to use to contact the Clerk during the race.</p>	<p>ACTION ON THE DAY</p> <p>Marshals to have mobiles /exchange numbers with Clerk.</p>
<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid.</i></p> <p>Runners going off-route.</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i></p> <p>Marshals will be in place along the route. Parents will be encouraged to run with younger runners.</p> <p>Marshals to be briefed on location of first-aid. Marshals at the summit, the two key gates, and the lap turn. If visibility is restricted, extra marking will be put out.</p>	<p>BEFORE RACE DAY: get tape, scissors; marshals and hi-viz.</p> <p>ON RACE DAY: arrive in good time to mark course, put out signage, distribute high-viz vests, brief marshals.</p> <p>More tape and markers available on the day. Discretion to be exercised on the day.</p>

	If weather conditions are very bad (e.g. severe rain or dense mist), alternative routes over lower ground can be used; or the event can be cancelled. ^[L] ^[SEP] Perform head-count of runners on the start-line.	
FIRST AID <i>e.g. adequate numbers, access onto and off course</i> ^[L] ^[SEP] Medical emergencies.	RECOMMENDATIONS <i>e.g. increase numbers, signage,...</i> First Aid kit and defib in place at the start/finish. Another kit with the First Aider at the top of East Lomond. 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> ^[L] ^[SEP] No cars crossing course. ^[L] ^[SEP] Restricted parking.	RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Competitors encouraged to car-share, intimated on website. Marshals helping at the car park.	ACTION Done.

Phone numbers on Day – Mercè Torres 07874749429