



Event: Minitour of Fife

Venue: Multi-Terrain Race, Craigtoun Park

Date of Event: 31st of May 2024

Date of Risk Assessment: 12 May 2024

Assessment carried out by Mercè Torres

RISK ASSESSMENT FOR TRAIL RACE

This is a multi-terrain race in daylight hours in early summer, over the main trail path at Craigtoun park. Distances are 1 mile for runners aged under 9 and under 11, and 3 miles for all others. 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

COURSE <i>e.g. tree roots, streams (flooding)</i>	RECOMMENDATIONS <i>e.g. taping off area, rerouting course</i>	ACTION
All well entertained gravel park path and some sections of tarmac.	To have marshals in place. To mark-up route with tape on the morning of the race.	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

	Marshalls in place before race start.	hi-viz, brief marshals.
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 will be open. Marshalls, participants and members of public (Cuts, bumps, bruising due to collisions, trips, falls, injuries due to dog attack)	RECOMMENDATIONS <i>e.g. signage and advice</i> Intimated on website and during briefing. Advise participants that the area could be used by others eg local walkers/dog walkers Give due consideration & warning to other venue users. Marshalls to inform members of public of a race in progress.	ACTION TAKEN Done Done
COMMUNICATIONS <i>e.g. lack of signal</i>	RECOMMENDATIONS <i>e.g. use of two</i>	ACTION ON THE DAY.

<p><i>for mobile phones</i></p> <p>Inadequate communication between marshals along race route.</p>	<p><i>way radios</i></p> <p>Mobile connectivity is good 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>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. Use sweeper runner on youngsters race.</p>	<p>BEFORE RACE DAY: get tape, scissors, flour; marshals and hi-viz.</p> <p>ON RACE DAY: arrive in good time to mark course, put out signage, distribute hi-viz, brief marshals.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i></p> <p>Medical emergencies.</p>	<p>RECOMMENDATIONS <i>e.g. increase numbers, signage</i></p> <p>First Aid kit and defib in place at the start/finish.</p>	<p>ACTION ON THE DAY</p> <p>Done</p>

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Phone numbers on Day – Race Director Mercè Torres 07874749429