



RISK ASSESSMENT FOR CROSS COUNTRY RACES

Event Sandy Slither Assessment carried out by... MLB, WDF, MG, AW
 Venue Lower Largo to Elie Signed
 Date of Event 27-June-2018 Date of Risk Assessment 25-May-2018

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 TAKEN
Tidal flooding/high tide.	Date for race determined by tides – check tide forecast.	Date chosen so that race coincides with low tide.
Start is on a road	Dead end road and very quiet. Put a “Caution Runners” sign on the road ahead of the start point.	
Stream crossing at end of Largo Beach.	Marshal at the stream crossing. Monitor the weather over the few days and hours prior to race then decide whether to re-route the race via the footbridge a little way inland.	
Steps down from headland to Earlsferry.	Marshal below steps, start to Earlsferry beach.	Marshal will have first aid kit.
Rock pavement on Largo beach.	Warn runners to avoid the rocks on the first beach (there’s no need to cross any) and of the need to take care on the descent to	Runners advised in race briefing notes to avoid the rocks.

<p>Route crosses golf course</p> <p>Route follows the private road through the caravan park.</p>	<p>Earlsferry. Notify the golf club of the race. The race is relative late in the day so usually not many golfers still using this part of the course.</p> <p>Very little traffic on the road in question and vehicle speeds very low. Runners are able to run on the grass at the side of the road.</p>	<p>Golf Club notified of race taking place</p> <p>Owner of caravan park contacted and they are aware the race is taking place. Hazard noted in race briefing notes.</p>
<p>STRUCTURES <i>e.g. damaged barriers, guide ropes to tents frayed</i> Gate at end of road, Lower Largo.</p> <p>Large step down onto beach at Elie</p>	<p>RECOMMENDATIONS <i>e.g. replace or remove</i> Place marshal in front of gate, steering runners to the steps down onto the beach. Some will take the narrow gap on the left side of the gate. Marshal close by. There are smaller, easier steps a couple of metres to the left.</p>	<p>ACTION TAKEN</p> <p>Runners asked to use the steps in the race briefing notes.</p> <p>Smaller steps mentioned in race briefing notes.</p>
<p>COMPETITORS <i>e.g. changing facilities, toilets, out of bounds areas.</i> Toilets at start</p>	<p>RECOMMENDATIONS <i>e.g. signage and advice</i> Public toilet in car park at Lower Largo i.e. at start of the race. Ask Fife Council if the opening hours of the toilets will be extended for the evening of the race.</p>	<p>ACTION TAKEN</p> <p>Fife Council contacted and they have said that the toilets will be kept open to the start time of the race on 27-June.</p>
<p>COMMUNICATIONS <i>e.g. lack of signal for mobile phones,</i> Inadequate communication between marshals along race route.</p>	<p>RECOMMENDATIONS <i>e.g. use of two way radios</i> Mobile phone signal available along the route. Marshals to each have a mobile phone and know the number to use to contact the race organiser during the race.</p>	<p>ACTION TAKEN</p> <p>Give all marshals race organiser's mobile number.</p>

<p>OFFICIALS <i>e.g. adequate numbers, knowledge of course i.e. location of first aid</i> Runners going off-route.</p>	<p>RECOMMENDATIONS <i>e.g. briefing, signage, course map</i> Publish course map on Fife AC website prior to race. Marshals at key points and key turns. Signage (red, white tape on posts) to mark route through the caravan park. Signage (red, white tape and arrows) at turns onto and off Earlsferry beach, and on the route round the headland and onto Elie beach. Sweeper at the back of the race so that marshals will know when all the runners have gone through.</p>	<p>ACTION TAKEN Map published on Fife AC website.</p>
<p>FIRST AID <i>e.g. adequate numbers, access onto and off course</i> Medical emergencies</p>	<p>RECOMMENDATIONS <i>e.g. increase numbers, signage,</i> Sweeper and at least one of the marshals at the finish have completed Emergency First Aid training within the last two years.</p>	<p>ACTION TAKEN Marshal at foot of steps to have first aid kit.</p>
<p>CAR PARKING AND VEHICLES <i>e.g. safe access, crossing course</i> Traffic</p>	<p>RECOMMENDATIONS <i>e.g. rerouting access, provide signage, fluorescent vests</i> Car park at Lower Largo, just prior to start. The car park is currently mostly occupied by contractor's plant. The work is due to finish by mid-June. Identify alternative car parking facilities and encourage runners to use it. Put up a "Caution Runners" sign on the</p>	<p>ACTION TAKEN There is an alternative car park a short distance away (5mins walk) – signed as free parking for the harbour. Make runners aware of this alternative car park via the Fife AC bulletin board and re-iterate the need to car-share. Also worth stating that it is possible to get a bus from Elie to Lower Largo and walk down to the start (give the relevant times). All the above included in the race briefing notes.</p>

	<p>approach to the car park.</p> <p>Shell Bay caravan park manager will be notified of the race taking place. Speed limit (for vehicles) of 10mph in caravan park.</p>	<p>Shell Bay caravan park manager has been informed of the date of this year's race.</p>
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