

Risk Assessment – Farndale Marathon/half/10k Sunday 11th August 2024

| What are the hazards? | Who might be harmed and how | Evaluate the risks. What are you already doing? | What further action is necessary? | Action By Whom ? | Action By When? | Complete Y/N (Date) |
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| Trip Hazards on Trails | Participants travel over rough uneven ground and could trip | The course is entirely over public footpaths and public rights of way. There is the possibility that participants may injure themselves, especially by tripping, however all participants are aware of the risk. | Action: Race First Aid Provider to be in attendance with mobile ambulance which can be used to treat and take care of competitors as well as extracting them from the course where necessary. | FA | Race Day | |
| Bad Weather (Cold/wet) | Participants and Marshals Possibility of hypothermia | A compulsory kit is required for completing the course. Route Description and Map Waterproof jacket with taped seams Hat & Gloves Capacity to carry 500ml of fluid Survival bag Foil blanket | This will be spot-checked by the organisers but is the responsibility of the entrant. Entry is dependent on participants declaring that they are carrying the required kit. | PA/MA | Race Day | |
| Members of the Public on the course | Participants and Members of the public could collide on narrow trails | Participants will be sharing footpaths with members of the public. In general members of the public will stand aside to let runners though. However, this is not a right and should not be assumed. When passing a member of the public, runners will be reminded in the pre-race brief to do so safely and courteously. | Participants must respect other users of the course | PA | Race Day | |
| Livestock | Participants could come into contact with livestock that could | Some fields may contain livestock. Where possible the Race Director will advise landowners/farmers of the event so that they can move the livestock if they wish. However, some may remain. | Participants will be advised in the pre-race brief which will be sent to them the week prior to the event and repeated on the day. If livestock is encountered, especially cows with | RD/PA MA | Race Day | |

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| | become aggressive if with young | Marshalls will be placed on strategic gates | calves who could be protective, they should proceed with caution at their own risk. No dogs are allowed to race All gates MUST be closed after each runner has passed through to avoid livestock wandering across fields and moors Marshalls will be situated where this is of critical importance. | | | |
| Road Crossings | Participants could be hit by traffic travelling in both directions with limited vision at some points | At all major road crossings there is a risk of traffic | Participants will be started on grassy area and asked to stay at the side of the road until on the trail. Signs will be placed in the road to warn drivers of the race. First Aid ambulance in place to warn vehicles approaching start area. Risk rating: low. Action: Marshalls in place to stop the runner from crossing if traffic is approaching. It is NOT expected that the cars should wait for runners. Risk Rating: Low | RD MA | Race Day | |
| Checkpoints /Hydration/ Nutrition | Participants could become dehydrated or exhausted | Checkpoints will offer food and drink to supplement participants own provisions. This to avoid participant failing to have enough fuel to complete an event of this length | Participants will be advised of the locations of the checkpoints in the race brief. | MA/PA | Race Day | |
| Participants falling behind due to illness or lack of fitness | If unaccounted for, participants could become ill | All participants are issued with a race number and this number is recorded at each checkpoint. If a participant has to retire, they are required to do so only at a manned checkpoint where their race number is | On race day all participants will be fully briefed on the measures in place. Emphasis will be placed on the decisions of the marshals or | ALL | Race Day | |

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| | with exhaustion or more prone to injury | <p>retained by the marshall, and the information is communicated to race HQ. The participant is then transported by a marshall to the race finish.</p> <p>There is a team of sweepers who travel on foot behind the participants to ensure everyone is accounted for and if anyone is injured, the sweeper can assist or call for assistance.</p> <p>Time cut-offs are in place at strategic checkpoints to ensure participants can complete the course in a reasonable time. Failure to meet these times will result in the participant being withdrawn.</p> <p>After the last participant and sweeper has passed through the checkpoint, the race numbers will be cross referenced to ensure all people are accounted for and any information regarding withdrawals relayed to the next checkpoint, either directly or via Race HQ.</p> <p>Participants are told that they have to respect the decision of all race marshalls and if a marshal decides that a participant is not fit or able enough to continue, they must retire for their own safety.</p> | <p>sweepers on a participant's fitness to carry on must be respected and complied with.</p> <p>Following these is a condition of taking part in the race.</p> <p>Failure to follow these and all other measures in place will result in a participant's disqualification.</p> | | | |
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Key

PA = Participant

Friday, 08 March 2024

FA = First Aider

MA = Marshals

RD = Race Director

SO = Safety Officer

SW = Sweepers