

## Risk Assessment – Fryupdale races Saturday 9<sup>th</sup> October and Sunday 10<sup>th</sup> October 2021

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)
<b>Trip Hazards on Trails</b>	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	
<b>Bad Weather (Cold/wet)</b>	Participants and Marshals Possibility of hypothermia	<p>A compulsory kit is required for completing the course.</p> <ul style="list-style-type: none"> <li>• Waterproof jacket with taped seams</li> <li>• Hat</li> <li>• Gloves</li> <li>• Foil blanket</li> <li>• Spare long sleeved base layer</li> <li>• Headtorch/torch – advisory for Trail marathon</li> <li>• 500ml of water/sports drink to be carried (Trail Marathon)</li> </ul> <p>Mobile phone with Race Directors number stored in phone (0330 2236350) Emergency food supply (chocolate/energy bar)</p>	A spot check will be completed at registration. Entry is dependent on participants accepting they are carrying the required kit.	PA/MA	Race Day	
<b>Members of the Public</b>	Participants and Members of	Participants will be sharing footpaths with members of the public. In general members of the public will stand aside to	Participants must respect other users of the course and adhere to the distance rules when passing	PA	Race Day	

<b>on the course</b>	the public could collide on narrow trails	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.	members of the public. In addition, runners should always ensure social distancing separation is maintained. No overtaking on narrow tracks is allowed, the slower runner will be expected to stand aside to let quicker runners through as soon as they are safely able to.			
<b>Livestock</b>	Participants could come into contact with livestock that could become aggressive if with young	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 calves who could be protective, they should proceed with caution at their own risk and any dogs must be kept under close control.	RD/PA	Race Day	
<b>Road Crossings</b>	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 in the car park. Signs will be placed in the road to warn drivers of the race and Marshals will temporarily stop traffic for the couple of minutes that it takes for runners to set off for each race. Risk rating: low.  Action: Marshalls in place to stop the runner from crossing Risk Rating: Low	RD  MA	Race Day	
<b>Checkpoints /Hydration/ Nutrition</b>	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	Marshals will always maintain social distancing. Participants will be advised of the locations of the checkpoints in the race brief. Participants will be advised not to stop longer than necessary and to	MA/PA	Race Day	

			maintain social distancing requirements			
<b>Participants falling behind due to illness or lack of fitness</b>	If unaccounted for, participants could become ill with exhaustion or more prone to injury	<p>All participants are issued with a race number and this number is recorded at each checkpoint.</p> <p>If a participant has to retire, they are required to do so only at a manned checkpoint where their race number is 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>If transported to the finish by the First Aider or in a marshall's vehicle, disposable masks to be worn.</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 each checkpoint 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</p>	<p>On race day all participants will be fully briefed on the measures in place.</p> <p>Emphasis will be placed on the decisions of the marshals or 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>	ALL	Race Day	

		and if a marshal decides that a participant is not fit or able enough to continue, they must retire for their own safety.				
<b>Additional measures to reduce risk of Covid-19 infection</b>	If Social Distancing requirements are not maintained there is a possibility of the virus spreading especially from those who are asymptomatic who may not realise they are infected	<p><b>Participants</b> All participants will receive emails to inform of the COVID precautions.</p> <p>Participants are advised if possible, to take temperature prior to leaving home and if this is raised or if they have any of the symptoms of COVID-19 to <b>NOT</b> attend Hand sanitiser to be provided at start/finish and all checkpoints. Any queues for toilets to be at 2m distance. They will be asked to observe social distancing requirements to ensure any risk of exposure is as low as reasonably practicable.</p> <p><b>Finish</b> There will be no massage facilities or shop.</p> <p><b>Marshalls</b> At checkpoints marshalls will use hand sanitiser when placing individually wrapped items of food onto table. Marshalls will fill up runners' water bottles arm's length. Marshalls will wipe down surfaces using anti-bacterial spray where runners have touched.</p>	If all instructions are followed, then the risk of transmission will be as low as reasonably practicable and do not require any further action. This Risk Assessment will be reviewed weekly until race day or if there is any change to Government guidance and Social Distancing requirements			

## Specific Considerations for Fryupdale

1. Start of race on minor road in Fryupdale.

Risk: Traffic travelling along both directions of road.

Action: Marshalls will warn runners to keep to one side. Signs will be placed in the road to warn drivers of the race. Runners **MUST** move to one side and keep in single file.

Risk rating: **High**. This is at 11am for the half marathon on Saturday 9<sup>th</sup>; 9am for the marathon, and 11am for the 10k on 10<sup>th</sup> when traffic flow can be higher than normal

2: Road crossings during the route where runners must take care

Action: There will be marshalls where there are potentially dangerous crossings

Risk: Low. Runners will be spread out after the first few miles

3: Runners run along minor roads into and out of small villages such as Danby, Castleton and Lealholme.

Risk: Runners being run into by cars

Action: Runners must keep to one side and avoid traffic at all times.

Risk rating: Medium. Traffic is heavy for the countryside on these roads, especially on Sundays

4: At finish runners run down minor road into Yorkshire Cycle Hub.

Risk: Traffic in both directions

Action: Signs to warn drivers of the runners.

Further considerations:

Running on moors in mud, water, and potentially bad weather

Action: Mandatory kit and previous advice on what to wear on feet and upper body

### Key

**PA = Participant**

**FA = First Aider**

**MA = Marshals**

**RD = Race Director**

**SO = Safety Officer**

**SW = Sweepers**