

Risk Assessment – Hardmoors 110/160 26th – 28th May 2023

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)
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 paramedic 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. Hat and Gloves Waterproof Jacket with taped seams Minimum of 1 litre water/sports drink Headtorch/Torch Spare Batteries Cleveland Way Map or OS Maps Whistle Survival Bag (bag, not just blanket) Mobile phone with Race Directors number stored in phone (0330 223 6350) Emergency food supply (chocolate/energy bar)	Entry is dependent on participants accepting 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	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	Participants must respect other users of the course and adhere to the distance rules when passing members of the public. In addition,	PA	Race Day	

	on narrow trails	passing a member of the public, runners will be reminded in the pre-race brief to do so safely and courteously.	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.			
Livestock	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 It is against race rules to run with a dog.	RD/PA	Race Day	
Road Crossings	Participants could be hit by traffic travelling in both directions with limited vision at some points	This is at 17.00 on Fri 26th for the 160 and 8am for the 110 on Sat 27th May. At all major road crossings there is a risk of traffic	160 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. 110 participants will start on a large area of grass where no traffic goes. Risk rating: low. Action: Marshalls in place to stop the runner from crossing 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	

<p>Participants falling behind due to illness or lack of fitness</p>	<p>If unaccounted for, participants could become ill with exhaustion or more prone to injury</p>	<p>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 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 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 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>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>	<p>ALL</p>	<p>Race Day</p>	
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03/05/2023

Key

PA = Participant

FA = First Aider

MA = Marshals

RD = Race Director

SO = Safety Officer

SW = Sweepers