

Risk Assessment – Hardmoors 55 Saturday 23rd March 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)
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	<p>Participants will sign to say they have the full kit at registration and there will be spot checks at strategic points on the course</p> <ul style="list-style-type: none"> • Rucksack • Hat (a bandana is not sufficient) and Gloves. • Spare gloves • Waterproof Jacket (Must have taped seams and a hood) • Waterproof trousers. • Full running tights (Tracksters & 3/4 tights permitted). • Minimum of 1 litre water/sports drink (to start race with, you are allowed to use this). • Headtorch/Torch (check your batteries or carry spare just in case). • Cleveland Way Map or OS Maps (Not just GPS) 	Weather warnings to be monitored Route to be modified if there is a likelihood of severe ice or high winds (No summit of Roseberry Topping)	PA/MA	Race Day	

		<ul style="list-style-type: none"> • Whistle. • Survival Bag (Bag not just blanket) or a Blizzard Survival Jacket • Foil blanket • Emergency food supply (chocolate/energy bar). • SPARE WARM LAYER can be a Lightweight fleece eg microfleece/Polartec etc or Merino Wool base layer or Primaloft jacket/down jacket*. • A fully charged mobile phone (to be kept on at all times) • Safety pins, clips, magnets or race belt with which to attach your race bib to your body • Suggested: ski goggles if the weather is forecast to be snowy 				
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. 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.	PA	Race Day	
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.	RD/PA	Race Day	

Road Crossings	Participants could be hit by traffic travelling in both directions with limited vision at some points	At all major road crossings during the race, there is a risk of traffic	Action: Marshalls in place to stop the runner from crossing (not stop the vehicle) 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 a 16 hour event.	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 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 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 cutoffs 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>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	

		<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>				
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Key

PA = Participant

FA = First Aider

MA = Marshals

RD = Race Director

SO = Safety Officer

SW = Sweepers