

**Risk Assessment – Hardmoors 60 Saturday 21<sup>st</sup> September 2024**

<b>What are the hazards?</b>	<b>Who might be harmed and how</b>	<b>Evaluate the risks. What are you already doing?</b>	<b>What further action is necessary?</b>	<b>Action By Whom ?</b>	<b>Action By When?</b>	<b>Complete Y/N (Date)</b>
<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 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	
<b>Bad Weather (Cold/wet)</b>	Participants and Marshals Possibility of hypothermia	<p>A compulsory kit is required for completing the course.</p> <p>Hat or Buff and Gloves. Waterproof Jacket with taped seams. (WATERPROOF! not just windproof) Minimum of 500ml water/sports drink to be carried. Headtorch/Torch. Cleveland Way Map or OS Maps. Whistle. Survival Bag Mobile phone</p> <p>Mobile phone with Race Directors number stored in phone (0330 223 6350) Emergency food supply (chocolate/energy bar)</p>	<p>There will be a partial kit check at registration and a random kit check during the course of the race to ensure all kit is carried at all times.</p> <p>Entry is dependent on participants accepting they are carrying the required kit.</p>	PA/MA	Race Day	
<b>Members of the Public on the course</b>	Participants and Members of the public	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	Participants must respect other users of the course and adhere to the distance rules when passing members of the public.	PA	Race Day	

	could collide on narrow trails	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	Overtaking on narrow tracks should be avoided. 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.	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 during the race, there is a risk of traffic	Action: Marshalls in place to stop the runner from crossing (NOT STOP THE TRAFFIC)	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 a 10-hour event.	Participants will be advised of the locations of the checkpoints in the race brief.	MA/PA	Race Day	
<b>Participants falling behind due to illness or lack of fitness</b>	If unaccounted for participants could become ill with exhaustion or	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.	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 sweepers on a participant's fitness to	ALL	Race Day	

	more prone to injury	<p>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>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>			
<b>Emergency Contact</b>	Police	<b>Whitby Police Station</b>	101 01904 618691			
	Hospitals	<b>Whitby Hospital</b>  <b>James Cook University Hospital</b>	Springhill, Whitby YO21 1EE 01947 604851 Marton Road, Middlesbrough TS4 3BW 01642 850850			
<b>If in doubt call 999</b>						

22 September 2023

**Key**

**PA = Participant**

**FA = First Aider**

**MA = Marshals**

**RD = Race Director**

**SO = Safety Officer**

**SW = Sweepers**