

Hardmoors Ltd Hardmoors 60 Risk Assessment 19th September 2020

Description of activity:

Hardmoors 60 is a 60-mile event which takes place in September each year. First organised in 2011, this is a competitive race in which participants run from Guisborough to Filey, following mainly the Cleveland Way. Participants have 18 hours in which to complete the event.

General Considerations

All participants are asked to carry a route description and map of the course. The route description states where there are road crossings and to beware.

In September the weather conditions are highly unlikely to be icy or snowy, but could be windy or rainy.

It is a requirement that all participants carry the following mandatory equipment:

- Hat/Buff and Gloves.
- Waterproof Jacket.
- Minimum of 0.5 litre water/sports drink to be carried.
- Head torch/Torch.
- Cleveland Way Map or OS Maps.
- Whistle.
- Survival Bag.
- Mobile phone with Race Directors number stored in phone.

To ensure all participants pass through certain points and so that they can be accounted for, there are 7 checkpoints as follows:

Start: Guisborough

Checkpoint 1: Highcliff Nab

Checkpoint 2: Saltburn Valley Gardens

Checkpoint 3: Runswick Bay (bottom car park)

Checkpoint 4: Saltwick Bay

Checkpoint 5: Robin Hoods Bay

Checkpoint 6: Ravenscar Village Hall

Checkpoint 7: Scarborough (sea front)

Finish: Filey Methodist Hall

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 marshal and the information is communicated to race HQ. The participant is then transported by a marshal to the race finish, or taken home by their support crew.

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.

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.

Checkpoints will offer food and drink to supplement participants own provisions. This to avoid participant failing to have enough fuel to complete an 18-hour event.

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.

Some checkpoints will have qualified first aiders in attendance. Qualification: ITC Level 3 Award in Outdoor First Aid Emergency Action. This to be determined each year but both Race Directors have the qualification as do 8 marshalls.

Time cut-offs are in place to ensure participants finish within the time allowed for the whole event. These are 10.30 Saltburn; 20.00 Ravenscar 23.00 Scarborough.

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.

Specific Considerations

1. Start of race on Belmangate in Guisborough.

Risk: traffic travelling along both directions of road.

Action: Participants will be started in the car park and marshalls will temporarily stop traffic. Signs will be placed in the road to warn drivers of the race.

Risk rating: small. This is at 8am when traffic flow on a Saturday is minimal

2. Road Crossing of A171 by Fox and Hounds in Slapewath

Risk: Traffic travelling in both directions of road

Action: Route description mentions road crossing and there will be marshalls to ensure the crossing is clear. Runners will be stopped until the way is clear

Risk rating: small. The Cleveland Way National route crosses the road at this point and does so without warnings. The crossing is at 3 miles and the competitors will be spread out by this time. Visibility is good at the crossing and therefore the risk is minimal

3. Road crossing in Skelton Green and next mile through housing estate

Risk: Traffic travelling in both directions of road.

Action: Route description mentions road crossing.

Risk Rating: Small. The Cleveland Way National route crosses the road at this point and does so without warning. By this stage competitors will be very strung out and visibility is good so the risk is minimal

4. Road crossing in Saltburn

Risk: Traffic travelling in both directions

Action: Route description mentions road crossing. Marshall to be at this crossing to warn competitor of when is safe to cross

Risk Rating: Small. The Cleveland Way National route crosses the road at this point and does so without warning. By this stage competitors will be very strung out and visibility is good so the risk is minimal.

5. Navigating Staithes village

Risk: Cars in village.

Action: Route description mentions roads.

Risk Rating: Small. The Cleveland Way National route crosses the road at this point and does so without warning. By this stage competitors will be very strung out and visibility is good so the risk is minimal.

6. Navigating Runswick Bay

Risk: Cars in village

Action: Route description mentions roads. Marshall at checkpoint will warn competitors to be careful on the road.

Risk Rating: Small. The Cleveland Way National route crosses the road at this point and does so without warning. By this stage competitors will be very strung out and visibility is good so the risk is minimal.

7. Navigating road section from Sandsend to Whitby

Risk: Cars on main road

Action: Route description mentions roads. Marshall at checkpoint will warn competitors to be careful on the road.

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors run along pavement so risk is minimal

8. Navigating Whitby town

Risk: Cars in town

Action: Route description mentions roads.

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors run along pavement so risk is minimal

9. Navigating Robin Hood's Bay

Risk: Cars in village

Action: Route description mentions roads.

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point so risk is minimal

10. Navigating Ravenscar

Risk: Cars in village

Action: Route description mentions roads. Marshalls to show participants the way

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point so risk is minimal

11. Navigating Scarborough

Risk: Cars in town

Action: Route description mentions roads. Marshalls to show participants the way

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point and running on pavement so risk is minimal

12. Navigating cliff section from Scarborough to Filey

Risk: Proximity to cliff edge

Action: Participants who navigate this section in the dark are mandated to carry a head torch so their visibility is good

Risk Rating: Small. Runners encouraged to team up at this point for safety reasons

13. Navigating Filey

Risk: Cars in town

Action: Route description mentions roads. Marshalls to show participants the way. Participants will be using head torches if it is dark so cars will be alerted to oncoming runners.

Risk Rating: Small. The Cleveland Way National route follows the road at this point and does so without warning. Competitors very strung out at this point and running on pavement so risk is minimal

SJ Steele 21/01/2020