

Risk Assessment – Hardmoors Goathland races Saturday 9th November 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>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 and foil blanket Mobile phone with Race Directors number stored in phone :0330 223 6350)</p> <p>First Aid number to be stored: 07434 806322</p> <p>Emergency food supply (chocolate/energy bar) Pins, race clips or belt with which to attach race bib to person</p>	There will be a check at registration but is the responsibility of the entrant to carry the required kit.	PA/MA	Race Day	

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 and allow plenty of space when passing walkers or runners.	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. NO PARTICIPANTS SHOULD RUN WITH DOGS	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 an event of this length.	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	If unaccounted for participants	All participants are issued with a race number and this number is recorded at each checkpoint.	On race day all participants will be fully briefed on the measures in place.	ALL	Race Day	

<p>lack of fitness</p>	<p>could become ill with exhaustion or more prone to injury</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 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 must 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>In the event of evacuation the nearest hospital is Scarborough General Hospital, Woodlands Dr, Scarborough YO12 6QL Tel: 01723 368111. This is 23 miles away and a 42 minute drive. Also James Cook University Hospital, Marton Rd, Middlesbrough TS4 3BW Tel: 01642 850850 30 miles away from Goathland and 53 minute drive (Google maps)</p>						

Specific Considerations

1. Start of race in Goathland.

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. Near the Mallyan Spout Hotel runners cross a very minor road.

Risk: Traffic

Action: Marshall in place

Risk rating : small. Very low flow of traffic

3. In Levisham runners go along the road to the CP

Risk: Traffic

Action: Marshall

Risk rating : Low. Traffic should be slow in the village

4. At finish runners run down minor road into Goathland

Risk: Traffic

Action: Marshall

Risk rating : small. Very low flow of traffic and runners will be very spread out by the finish of the race

Key

PA = Participant

13 February 2024

FA = First Aider

MA = Marshals

RD = Race Director

SO = Safety Officer

SW = Sweepers