

Risk Assessment – Wainstones Variable Distance Races Sunday 5th May 2024, Chop Gate, N. Yorks.

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. <ul style="list-style-type: none"> • WATERPROOF JACKET • HAT or BANDANA AND GLOVES • ROUTE DESCRIPTION AND MAP • SURVIVAL BAG and BLANKET • WHISTLE 	Participants will sign to say they have the required kit. 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 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 through. 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 Notice to be placed in Chop Gate car park to notify walkers of the event taking place.	Participants must respect other users of the course and adhere to the distance rules when passing members of the public. In addition, 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.	PA	Race Day	
Livestock	Participants could come into contact with livestock	Some fields may contain livestock. Where possible the Race Director will advise landowners/farmers of the event	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	RD/PA	Race Day	

	that could become aggressive if with young	so that they can move the livestock if they wish. However, some may remain.	encountered especially cows with calves who could be protective, they should proceed with caution at their own risk. No dogs to be allowed to run the race.			
Road Crossings	Participants could be hit by fast traffic travelling in both directions with limited vision at some points	<p>The start is 8am until 10.00 am on B1257 in Chop Gate:</p> <p>At the bottom of Carlton Bank runners cross Raisdale Road.</p> <p>Clay Bank runners cross B1257</p> <p>Approaching finish runners run down minor road into Chop Gate:</p>	<p>Participants will be started in the car park. Signs will be placed in the road to warn drivers of the race. Risk rating: low.</p> <p>Action: Marshalls in place Traffic which will not be travelling fast at this point Risk Rating: Low</p> <p>Action: Marshalls in place Risk rating : Low, if runners follow marshals' instructions</p> <p>Action: Marshals and signs to warn drivers of the runners. Runners taken along field edge rather than along the road so as to minimise time on road.</p>	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 lack of fitness	If unaccounted for participants could become ill	<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 where their race number is</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</p>	ALL	Race Day	

	<p>with exhaustion or more prone to injury</p>	<p>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>sweepers on a participant's fitness to carry on must be respected and complied with.</p> <p>Following the safety measures 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>			
--	--	--	---	--	--	--

Key**PA = Participant****FA = First Aider****MA = Marshals****RD = Race Director**

13/07/2023

SO = Safety Officer

SW = Sweepers