

RACE & MEDICAL RISK ASSESSMENT

Venue	Holme Pierrepont Country Park		Event Date	05/08/2021			
Race Distance	HP 10km						
Originally Complied By	G. Sawford		Date 27/12/16				
Review By	G. Cragg/ A Gray		Date 17/05/2021				
What are the Hazards	Risk H/M/L	Who is at Risk & How	Current Preventive Measures	Further Action Required	Resultant Risk	Action by Who	Action by Date
Colisions with members of the public using the open park	L	Runners, spectators, members of the public,	Signs around the area to make it obvious event is taking place.	Marshals in high visibility bibs. Advise public event is in progress. Ask to keep dogs under control	L	Marshalls	Race Day
Slips & Trips due to mixed and uneven terrain including tarmac, hard-packed paths and grass	L	Runners	Written pre race instructions posted out with number.Pre event course inspection	Event safety instruction displayed on notice board	L	Race Director	Race Day
Collision with motor vehicles at 4Km:- Country Park road. vehicle access to white water course	M	Runners, Marshals	Advanced Notice information given to Canoe Slalom to be displayed for their uses	Warning signs on road	L	Race Director	Race Day
Collision with motor vehicles at 5Km - Tee Junction turn left onto and along Adbolton Lane	M	Runners, Marshals	Written pre race instructions posted out with number. Permission to use the road requested from Highways Dept. Letters to Gym, Ski tow, Blotts and Holme Pierrepont Hall warning of the event.	Warning signs to include race start time. Marshals in high visibility bibs. 2 marshals on junction with traffic management certs. Marshals at regular intervals on Adbolton Lane to ski tow road entrance.	L	Race Director	Race Day

Collision with motor vehicles at boat house entrance	M	Runners, Marshals		Warning signs both ways. Marshalls to advise drivers that race event is taking place, Polite request to give way to runners.	L	Race Director	Race Day
Collision with motor vehicles at Main entrance to Water Sports Centre & Gym	M	Runners, Marshals	Advance notice of race sign in place 2 weeks prior	Marshalls to advise drivers that race event is taking place, polite request to give way to runners. 2 marshals will be in place here Race in progress warning signs on road	L	Race Director	Race Day
Runner Using Earphones	M	Runners	Following UKA Rule 240 S5 rules for races on open single carriageway roads, earphones are not allowed Written pre race instructions posted out with number	Event safety instruction displayed on notice board Pre race announcement	L	Race Director	Race Day
Pre-existing medical conditions	L	Runners & Marshals	Entrants encouraged not to run if feeling unwell or have been ill leading up to the event. Write details of medical condition on back of number	This information is included in race instructions	L	Race Director	
Unfit / inexperience competitors	L	Runners	Not generally used as charity event. Competitors can drop out at anytime and easily get back to finish area	Marshals asked to be vigilant of runners in distress	L	Chief Marshal	Race Day
Races distances not suitable for all ages	L	Runners	Minimum age for entry is 15 clearly displayed on entry form		L		
Prevailing weather conditions	L	Runners & Marshals	Events take place in the evening in the summer so typical weather does not create an issue	Prevailing weather conditions on race day to be monitored, excessively hot or lightening may be an issue	L	Race Director	Race Day

Illness or Injury during the race	L	Runners	Qualified first aiders present in line with UKA Good Practise Guide to Medical Services. Marshals placed around the course in telephone contact with team leader or direct with first aid team	Ensure first aid cover is present and in place	L	Chief Marshal	Race Day
Illness or injury at end of the race	L	Runners	Qualified first aiders present in line with UKA Good Practise Guide to Medical Services. Gaps left in finish lanes to enable casualty to be accessed.	Ensure gaps are left in finish lanes	L	Finish Team Leader	Race Day
Wet and/or Uneven Surfaces	L	Lead & Sweep Cyclist	Use only experienced cyclist	Ensure cyclist take care & helmets are worn	L	Chief Marshal	Race Day
Excessive number of runners	L	Runners	Races are limited to 500	Ensure race limit is not exceeded by on day entries	L	Entries Team	Race Day
Manual Handling	L	Marhals setting up the course and on drinks staions	Advanced instructions to marshals	Marshalls encouraged to lift correctly	L	Chief Marshal	Race Day
Runner pushing wheelchairs & wheelchair athletes	L	Other runners and wheelchair athletes	Communication direct to entrant to explain the above risks in relation to wheelchairs including different surfaces and the use of an appropriate wheelchair	Ensure that runners pushing a wheelchair start at the back of the start	L	Race Director / Entries team	Race Day
COVID-19	M	Athletes: Droplet and touch transmission	<p>Athletes Code of Conduct</p> <p>All entries in advance</p> <p>Posting out numbers and timing chips</p> <p>No baggage area</p> <p>No changing area</p> <p>No presentations or awards</p> <p>No water on the course or after</p> <p>No race map/ event board</p> <p>Spectators discouraged</p>	<p>Social Distancing signage</p> <p>Larger start area</p> <p>Race briefing kept to minimal time</p> <p>More marshals</p> <p>Post Finish Dispersal</p> <p>Provision of hand sanitiser</p> <p>Additional toilets</p> <p>PPE for key volunteer roles (if required)</p>	L	Race Director / Covid Officer	Race Day

			Runners asked to disperse straight after finish			
COVID-19	M	Volunteers: Droplet and touch transmission	Volunteer Code of Conduct Emailing instructions and roles in advance Volunteer Code of Conduct	Social Distancing signage High vis collection Sanitizer made available PPE for key volunteer roles (if required)	L	Race Director / Covid Officer Race Day
COVID-19	L	Members of the Public: Droplet and touch transmission	Advise against spectators Spectator Code of Conduct	Social Distancing signage Sanitizer made available	L	Race Director / Covid Officer Race Day